



January 24, 2017 – Grand Rapids, MI

## Modern Productivity

Do you feel like you want to eat better and exercise, but you don't have the time? That's why I'm focusing on productivity this week. I always tell you to eat less, eat better, and move more, but those last two may take more time than you're currently able to give them. Where can we get that extra time? That sent me into researching the fascinating field of workplace productivity.

The current state of modern productivity can be traced back to Frederick Taylor in the late 1890s through early 1900s. He was constantly frustrated by co-workers who did not seem to do their work in the most economical manner. He believed that time is money, and if you don't do tasks in the fewest steps it takes to do them, you're wasting money. Taylor did some interesting experiments in the steel industry, always with the goal to do tasks with the fewest possible steps.



That approach may apply to some areas of our lives, but we don't live 120 years ago. Most jobs today require less physical effort but a whole lot more mental effort: sales, management, customer service, marketing, home schooling. Even jobs we think of as physical often require us to interact with sophisticated technology.

How are we going to be more productive in this day and age? We'll continue our look by asking this question: have modern electronics helped us be more productive?

What are you prepared to do today?

***Dr. Chet***

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