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Productivity and Technology

Let's look at how technology helps us be productive today. It's important to understand that computers, smart phones, and tablets have been commonplace for at least five years. How're you doing with all this tech to help you be productive? You should have been able to shave some time to prepare better meals and grab a workout.



You have apps that separate and categorize your email. You have calendar apps that can help you schedule your appointments and give you reminders. You have watch apps that will pay for your groceries and even track your steps, heart rate, and blood pressure throughout the day. There are vacuums that you can program to clean your floors. Certainly, with all of these technological helpers, you must have the time to be more productive. But you don't, do you?

There are two reasons for that. First, it's a level playing field. Everyone has the technology, so it's giving you more work to do to stay even with everyone else. You don't get that time; you get it filled with something else that's important. For those of you in the business world, that's called Parkinson's Law: "work expands so as to fill the time available for its completion."

Second, you have to spend time entering data and then more time looking at reports on your productivity. In reality, researchers have found that technology no longer makes us more productive; we've reaped all the benefits we're going to. They estimate it will be 30 to 50 years before the next great improvement happens.

There's one way you can be more productive, and that's the topic for Saturday. You can read the productivity articles I talked about by clicking on the links in the reference section.

What are you prepared to do today?

Dr. Chet

References:

1. <http://n.pr/2jpFYh4>
2. <http://bit.ly/2j6mGfx>

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