

Health

Consider getting a 'daylight alarm' to wake naturally

Invest in a standing desk to reduce the number of seated hours

Get a fitness tracker to remind you to take regular intervals

Get an exercise ball to sit on to improve posture

Learn correct breathing and make sure to do this

Exercise regularly

Consider using magnesium threonate for sleep and vitamin D

Take half an hour to an hour away from technology before sleeping

Invest in a mechanical keyboard to protect your fingers from RSI

Productivity

Start your day working on something you enjoy

Consider leaving a task 'half finished' at the end of the day. It will be easier to jump into!

Surround yourself with music you know well and have it repeat

Don't make your first tea until you have completed some kind of task

Separate your day into blocks to enhance productivity

Lifestyle Design

Consider becoming a digital nomad!

Or why not just take more trips throughout the year?

Find ways to meet people and be more social

Consider working in coffee shops, or visiting local areas of interest

Consider how you'd like to grow and develop your business

Keep separation between work hours and play

Internet Marketing Lifestyle

Tools and Hardware

Get a powerful computer to make working more fun and to give yourself more options

A wide screen has been shown to boost productivity by up to 30%. Look for a 21:9 ratio

Work with a good 'mobile command center' to help you get more work done when you're on the move

Something with good build quality will make you look forward to working more and will let you complete more professional work, more quickly

Investing in You

You are your greatest asset - invest in yourself to get more work done

Dress for success - you will work better if you do

Spend time working 'on' your business as well as in it. Think about what you need to feel accomplished.

Develop your skills and add more to your repertoire

Build your own website to help promote your business

Work Satisfaction

Improve work satisfaction by choosing to focus on one niche that you're passionate about

Drop clients that are more trouble than they are worth

A leaner client list means more time working and less dealing with admin

Work you don't want to do can be outsourced or automated in almost all cases

Have a vision for what you want to accomplish and where you want to be and shoot for it!

Learn to negotiate and charge more - you choose your own value