Eliminate Distractions with Visual Insights' 3 Simple Steps

Monday 6 July, 2015

Creating a routine is vital for achieving goals, which is why eliminating distractions is essential expresses Visual Insights. The outsourced sales and marketing firm offers their top three tips from removing distractions from a working day.

About Visual Insights :http://www.visualinsightsltd.com/#about-us

Visual Insights believe for entrepreneurs to achieve maximum productivity a daily schedule is vital to eliminate distractions and should establish routines to create success. Creating a consistent work structure will go a long way to generating consistent results.Visual Insights believe it is important to eliminate distractions to ensure work is completed in a timely manner allowing businesses to build and maintain a strong reputation.Delivering work late on a deadline can damage a company's all important reputation hindering their ability to attract further business.

Visual Insights offer their three simple tips to eliminate distractions:

1) Start Focusing on Your Spending – Being in control of your spending on social activities has multiple benefits, allowing an individual to save money and also time.Setting a monthly spend limit on food and entertainment, means that the individual will have to make decisions as to which events and activities are important to them as not all are realistic, this immediately frees up time to become more productive.

2) Stay Away From Gossip - A strategy to help avoid gossiping while in work mode is to use time blocks. Set 60 minutes aside and work in silence. Get as much of the task at hand done before taking a break. When a break is taken, keep the chatter to 10 minutes then go back on the grind. This method will allow time to take a lunch break and hit the gym. "Working" throughout the day with never ending distractions will make you miserable and inefficient.

3) Don't Give in to Peer Pressure - Some people always look at being different negatively. But to be productive and successful, you must be willing to separate yourself from the social norms. Saying no to almost everything is not what most people do. Instead, they always say yes and keep their schedule as busy as possible. But to be busy is not the same thing as being productive.

Visual Insights is an outsourced sales and marketing firm based in Birmingham. The firm specialises in a personalised form of direct marketing which allows them to accurately represent their clients' brands to consumers, on a face-to-face basis. This one-to-one connection allows the firm to create long-lasting and personal relationships between brand and consumer, which often leads to increased customer acquisition, brand awareness and brand loyalty for their clients.

Related Sectors:

Business & Finance :: Charities & non-profits :: Entertainment & Arts :: Home & Garden :: Leisure & Hobbies :: Media & Marketing :: Men's Interest ::

Related Keywords:

Entrepreneurs :: Strategy :: Routine :: Visual Insights :: Brand :: Distractions :: Birmingham ::

Scan Me:

Company Contact:

_

Visual Insights

E. info@visualinsightsltd.co.uk
W. https://www.visualinsightsltd.com/

Additional Contact(s):
Dan Lake

View Online

Newsroom: Visit our Newsroom for all the latest stories:
https://www.visual-insights.pressat.co.uk