



Your Daily Practice

Episode 17

Unhook From Feeling That You're Not Doing Enough
With Dr. Judson Brewer

Are you constantly busy and still feel it is never enough? Is the thought of taking a break stressing? The struggle of productivity anxiety is common in our achievement and productivity focused society. In today's daily practice, you will begin to focus on enjoying the journey of life rather than the outcome. Freedom begins with a shift in attention towards your values.

Practices for Productivity Anxiety

1. Cultivate a sense of belonging within yourself:
Use the Mantra: "I am enough; there is enough; I have done enough."
2. Feel oriented in present moment:
Try this 10 minute practice of mindfulness in the here and now.
3. Build competency and mastery:
Create a "completed list" and focus on completion instead of "to dos."