

# Working from home takes self-discipline (and a little creativity).

Here are some great tips from RemoteHustle.com:

## 1. GET IN THE ZONE

- Put on some clothes (Yes, pants too. Ok, they can be yoga pants.)
- Create a dedicated work space with a comfortable chair or standing desk
- Try the Pomodoro technique
- Listen to music that is conducive to productivity



## 2. TAKE BREAKS

- Leave the house at least once a day (even if it's just a walk around your neighborhood. Get some fresh air!)
- Bust a sweat (even if it's a quick 10 minute workout in your living room)
- Don't forget to eat lunch
- Start (or finish) a load of laundry



## 3. ORGANIZE

- Lists, lists, lists (find the best task or list system that works for you)
- Do the WORST thing first
- Get small, annoying tasks out of the way before something more complex



## 4. BE SOCIAL SOMETIMES

(loneliness can be the most challenging)

- Join a coworking space or work from a coffee shop on occasion
- Take advantage of your flexible schedule to enjoy time away from home when you're not working (even on weekdays)!
- Join the Remote Hustle Slack Channel (email [megan@conversationsdigital.com](mailto:megan@conversationsdigital.com) for access)

Of course, there are all kinds of other ways to stay sane, like making sure your office has a nice view or listening to certain types of music or using candles/essential oil diffuser or having snacks at the ready... The main thing is to try different things, figure out what works for you, and then rinse and repeat!