**Creating Good Work Habits**

[00:00:00] Grow while you're doing the real world experience, but how are you growing outside of that in your downtime, you could be learning something else that you may not necessarily be learning on the job, or you could be like reviewing your jobs process and coming up with new ideas of how to make it better.

[00:00:23] Next time you're listening to the UI narrative podcast. The biweekly podcast that shares how initially when designers got started interface, design, and how they create successful user centered experiences. And I'm your host , let's get started.

[00:00:44] Hello. Hello. Welcome back to the UI narrative podcast. I'm still waiting on that update with Steinberg, um, to get the, get it working with garage band. So please bear with me as I'm still using my Apple [00:01:00] earphones to record this podcast. I know the audio quality isn't up to par to what it usually is from previous episodes, but.

[00:01:09] They said soon. I think it's not going to be until January next year. Is that some of you may have never heard of UI or UX design before. So let's go over that again in 90 seconds. UI is what you use to interact with the product while UX is concerned with how this overall interaction feels, user interface, AKA UI design is the design of machine and softwares such as computers, mobile apps and other electronic and devices, UI designers, design all the screens on these machines or software that a user interacts with.

[00:01:44] This includes functions like clicking a button on a website. Yeah. Swiping through your Instagram feed or something. I think your character and Mario kart user experience, AKA this design is the best way to go through what the products will be like without going through the [00:02:00] pain of building it. You can do this through collective data from users, by sussing out the concepts or new features of the product, the data that you collect from the users informed the UI designers, how they should design the user interface.

[00:02:13] I go over six types of data you can collect in the episode, which UX research methods should I use. I want you to understand that UI and UX are separate roles. These roles requires separate skill sets, but also have some similarities. If you're interested in this career, check out the episode is a career in UI UX design, right for you.

[00:02:34] Let's go into the latest reviews. This review came from the website, UI narrative.com. Ether Olu wall said all sudden job total. Ooh, I really love listening to you all the time. I would love it. If you can talk about UX writing, I would love to talk about that too, but since I don't consider myself an amazing writer, I'm scouting right now for a great UX writer as a guest.

[00:02:57] So if you have any suggestions, let me know, you know, [00:03:00] but hopefully I'll have an episode on that real soon. So I had no idea. I had been missing out on views from other countries on Apple podcasts, but now that I'm on chartable, I'm able to see reviews from all over the world. So let's catch up on a couple of the ones that I missed.

[00:03:18] Um, this one's, uh, from Apple podcasts, USA, urban unbound.com said the most relatable design podcasts, five out of five. My favorite design podcast. I can't wait to hear more told Lou gives really actionable tips and seems so relatable. Other podcasts, featuring more seasoned design professionals, which is useful, but they face very different challenges from millennials trying to get into the UI UX design space.

[00:03:47] In 2019, 2020, this podcast feels much more relatable and therefore is particularly inspiring. This podcast makes me feel like my dreams are attainable and. By listening. I [00:04:00] am getting closer to those dreams. Hey, thank you so much for your review. I agree that a lot of podcasts out there are more of a high level or approach to UI UX, and I'm glad that you're able to gain something from the content that I'm putting out, because my goal is to make it as easy as possible to learn about UI UX design and give you information that actually sticks.

[00:04:22] You know, something you can remember later on this reviews from Apple podcasts, Canada. Um, person is Valley 2010. They said, I like your show. Hey, I listened to your show. It is so good and informative. It would be great. If you could share your show notes or scripts, especially for which UX research the methods should I use suggestion for upcoming shows?

[00:04:47] Can you make a show, which is all the steps for UX design process, since I'm learning UX design, in addition to show. Um, I update my skills, knowledge and trends in the field of UX and UI design. [00:05:00] Hey, is Allie first, sorry for literacy. I have it on my roadmap to have, um, transcripts for every episode. I'm so decided on the best way to have that done if I should type them out or if I should hire someone, um, either way both require time or money, but I promise I'll have that up soon.

[00:05:19] Um, you're not the only one wanting transcripts. And second. Yes, I can do more detailed episode of my UX design process. I've been struggling with deciding the best way to approach this episode because I'm deciding on if I should go over the UX process for the website, mobile apps and games in one episode or freshly do like a series on that.

[00:05:40] I wonder if I should bring my guests on is how bout it with me. So I do love that suggestion and it's an episode or series that I've been working on perfecting and it is coming soon. Um, this next one is from Apple podcasts, Netherlands UX, and UI said interesting and clear, really good content and good explaining.

[00:05:59] I've [00:06:00] only listened to one so far, but I'm looking forward to the other ones. Topics are really interesting. I love topics where you can learn a lot from and using your daily work life. I'm sorry for my late reply. Um, thank you for listening to the show and thanks so much for your feedback. I really appreciate it.

[00:06:16] If you want to show me some love by leaving a review, you can do so on Apple podcast, Stitcher SoundCloud, or on my website, you are narrative.com. If you do want to leave her a review on her website, you have to go to the bottom of the episode page and leave a review as a guest. All right, let's get into today's topic, creating good work habits.

[00:06:37] I'm going to go over 12 habits that have helped me become a better designer and a person to work with. And also we'll be discussing some listener answers at the end. First one I want to go over is taking breaks. I'm guilty of not taking enough breaks and taking too many breaks. Can I get a creative block?

[00:06:58] But the thing [00:07:00] is the more breaks that I take, the less creative block I get, and I'm way more productive. So my solution to this is working in intervals. I like to use the beef focus timer for Mac desktop, and it's free. I like it because you can set intervals for time, spent working short breaks, long breaks and long breaks.

[00:07:23] After a set amount of intervals, you can also set a target of how many intervals you're trying to get through. And if you're on windows, or if you prefer to have like a timer app, you could try out interval, timer.com. It's also a free, um, and they have some of the similar functionalities as B focused does.

[00:07:43] Um, even though it's advertised as a workout interval timer, it works through their website and their full time re.com or their app for iOS or Android, but it's like $5 to get the full version of the app to see, you know, So the [00:08:00] intervals, I take our 25 minutes to one hour working times, depending on the type of break that I need.

[00:08:06] If I'm writing, then I take a break every 25 to 30 minutes because I usually get writer's block. Like, Oh, if I'm designing or doing research, then I take a break every hour. I do have exception to these intervals when I'm like in a really good thought process. And I've been struggling with an idea. If I come to a solution, then before my break, I like to write down where my current thoughts are on a sticky note.

[00:08:31] So when I come back, I can build off of where I was. Um, the break helps me clear my mind, but also I'm able to pick up where I left off when I come back. Cause you know, sticky notes. So sometimes this involves me writing out bullet points on the sticky notes. If there were like multiple things, I was in the process of doing my breaks, lasts like five minutes to one an hour.

[00:08:53] And it depends on what I'm doing during my break for the day you order breaks like five to 25 minutes things I like to [00:09:00] do, or like go to the bathroom, have a snack, check my phone, um, read articles or like walk outside, meditate, check emails. We're gonna talk about that one in a minute. Um, take a power nap.

[00:09:12] We don't talk about that one too in a minute. And they'll power. Enough's like 10 to 15 minutes, um, or just stare up something other than my screen, like the wall or ceiling for the longer breaks that are 30 minutes to one hour. I just go to lunch because if I need to break that long, then it should just be my lunch break since getting food and eating.

[00:09:31] It takes time. Yeah. My goal is to breaks is just to not think about what I'm working on at all. This really helps me clear my mind. And once I'm done with my break, I come back so relaxed, like, Oh, so typically my interval is 25 minutes of working then five minute break. And I do that interval until I feel like I need a longer break.

[00:09:54] Would you usually like my lunchtime? Um, I also switch up intervals depending on like how well [00:10:00] I'm sticking to the intervals. Sometimes I end up doing one hour working time, then a 15 minute break. This really depends on the day. Um, so just choose inner rules that work best for you. And maybe that means you only work during certain times every day, like 9:00 AM to 11, and then you come back from lunch and do like another, like two, three hour working, whatever works for you.

[00:10:22] Um, Try out different intervals to see, uh, you know, what works best. If you work at a corporate office, I should just doing five minute breaks. I know Boston tripping. If you step away from your desk too much, maybe just try it afternoon break here and there. And then like you take a little five minute break.

[00:10:41] So just like stare at a desk, sir, at the wall. Just do something to give your eyes a break. All right. So with these breaks come some benefits from taking a break. Um, you get better ideas because after I take a break, I'm able to look at the design or whatever I was working on in a new [00:11:00] way. I'm also able to spot any design falls or typo typos that I see right away.

[00:11:06] There's something about when you're working on something for a long period of time, it just makes you like oblivious to obvious mistakes. I don't know why, but. Take your break. You get better ideas. You'll also be less tired. Oh man. This one, have you ever fallen asleep while working? Sometimes I'll be in the middle of working hard on something, but after that lunch, you know, you get sleepy.

[00:11:32] He hit you at like 2:00 PM and you like, and that's when my boss comes over and slashed me away. You get up, you foolish goat. Okay. That doesn't happen. But yeah, breaks are important. Power naps are amazing. If you don't have privacy rooms at work, maybe you could go to your car for 10 minutes, put the seat back.

[00:11:53] You can park in the back of the parking lot. If you're worried about someone seeing you in your car. Yes, I've done this shit before. [00:12:00] Moving on. Don't judge me. Um, another benefit of taking a break is less stress. I like to meditate, to help keep me balanced. So it's important to have like five to 15 minute meditation breaks, which sometimes ended up being a power nap too.

[00:12:19] I mean, You know, those meditation voices, VCU. Then anyways, if you're working on a problem, that's stressing you out. Or with people that stress you out, a break could help you collect yourself. So you don't pop off on anyone and get fired. See, I'm trying to help you keep your job. And that's all I got for taking breaks.

[00:12:41] The second good work habit. Is making time blocks for checking your email. This is one of the things I mentioned that you can do when your break time. Look, I know it's hard to not check your email either because it's habitual and you like to check it every five minutes or because people stressing you to check your [00:13:00] email.

[00:13:00] Often it's harder to make time blocks when you work at a desk job. So let me go over how to do that first. I assume you have, um, desktop notifications on. So, you know, if it's an urgent email from your boss that scheduled like a meeting in 10 minutes. So what I like to do is skin emails. I have my desktop notifications on and from the email title, I can usually tell if it's important or not.

[00:13:25] If I can't tell, then I skimmed the email to see how urgent it is for me to reply. If it's urgent, then I go ahead and reply. If not, I Mark it as unread. Um, then I set a timer to reply in like 15 to 30 minutes. Another thing that I like to do is have my emails automatically move into folders. Um, you can set this up in your rules in Gmail or like outlook and to do it in Yahoo too.

[00:13:52] Whenever you receive a new email, it can automatically be sorted into a folder. And I liked this because. I have a clutter folder, which [00:14:00] helps me sort through less important emails, but I also have a folder with my boss's name on it. So if I get an email from them, I know right away, I need to respond for remote freelancers.

[00:14:11] These are contractors. So I talked about, you know, breaks earlier in. I like to use some of these breaks intervals to check my emails. Then I rotate out and like check them like every one to two times an hour, depending on how active I need to be in the responses. Um, it's important to try and not use all your breaks for checking email because that defeats the purpose.

[00:14:36] So you, you know, having a break, so that's making time blocks for. Checking your email, the third good habit that I want to go over is using your downtime. They get your workflow down if possible. So during the holidays right now, you know, business usually slows down and this is a perfect time to get your work flow down.

[00:14:57] And what I mean by this is, you know, when you [00:15:00] start like a new project, you might be wondering how should I get started? What's new when UI UX industry. This downtime is a perfect time to get a list of where you like to look for. Like those options, like color inspo, reading up on new articles and books that you might've missed and UI or UX, you can also reevaluate your workflow for projects.

[00:15:22] If there's something you could be doing better or faster, could you work on automating things like creating templates for emails, proposals? A wire frames are like questionnaires for your user research. Maybe you could be writing out your process. Do you see what I'm getting at? You grew up while you're doing the real world experience, but how are you growing outside of that in your downtime, you could be learning something else that you may not necessarily be learning on the job, or you could be like reviewing your jobs process and coming up with new ideas of how to make it better.

[00:15:58] Next time [00:16:00] is use your downtime wisely. The fourth, the good habit I want to go over is checking your work. I know we've already talked about this in a previous episode, so let's quickly do a refresher check your work three times before sending it over taking breaks will help you check your work better.

[00:16:18] So before you send it over, make sure you take a short 10 minute break first and then give it a final look over with your fresh eyes and you'll feel more confident about what you sent over. Some key things you'll need to look for are type of mistakes. Read every word out loud. I've found that reading the copy out loud makes me catch mistakes.

[00:16:40] Quickly. Check out Grammarly. I use that text editor for everything like email texts, social posts, everything. Then make sure you correct. Copy is used double check the copies place with the copy you've been given. And this includes like if you've been provided edits, You especially want to make sure [00:17:00] that you've got those changes, correct.

[00:17:02] Um, also lay out principles, go through and make sure all the layout principles are done correctly. If you want help grading the layout of your design. Yeah. Check out my layout grading system. I go over actionable steps that help you improve your design. And you can find that@uinarrative.com such grading system, and it's also in the show notes.

[00:17:22] Yes, these three things. Take times typo, mistakes, um, correct. Copy of use and layout principles, but you'll save yourself the embarrassment of not truly checking your work. Let's take a short break. Have you ever received the bad feedback on your mobile app designs? Yup. Me too. I know how much it sucks to receive negative feedback on a design.

[00:17:45] I've worked so hard on and I still reflect on the first time I worked with caught ugly over seven years ago. I was determined to become a better designer. So I created a grading system to see just how bad I was. And once I graded myself, I [00:18:00] realized where my problem areas were and began to focus on improving them seven years later.

[00:18:04] And I'm still using this system at my corporate job for every project. Since I've started using this grading system, I'm able to have the confidence and knowing I presented my best work to my clients and my boss. I created this layout grading system to help you find clarity on how to decipher feedback and improve your designs.

[00:18:22] In this guide, we go over industry tested best practices that I use in my day to day and reveal where your problem areas are. Then you proceed with action says on how to improve your designs. You have the power to change negative feedback and do something positive. Visit UI narrative.com/grading system.

[00:18:40] To start improving your designs today. That's you are narrative.com/grading system. I'm super excited to share the methods that helped me turn my designs into something exceptional. And I can't wait to see it. Do the same for you. The fifth good work habit is asking for [00:19:00] feedback, asking for feedback, should not be asking someone to check your work.

[00:19:04] That's come correct. It should be focused on the overall design or concept. Not spelling errors. However, if you want someone to specifically check for grammatical errors and mentioned in that, you'll also build trust with your boss. If you're handing off work that never needs to be checked for spelling errors or incorrect copy placed.

[00:19:24] So there's a way to ask for feedback. So let's go over that, go over your process of how you got to this designer, research that you're showing them. Then ask for specific questions about your work. It could be something like I chose these colors for the buttons because of blah, blah, blah. Do you understand what this button does?

[00:19:45] Or I paired this copy together and this section because of blah blah, does this make sense to you? Just BS. Okay. Specific. So they can critique you better. If you give a vague explanation for handing off a project, don't be [00:20:00] surprised if you get vague feedback, you can also use it as a way to ask for help by saying something like.

[00:20:06] I know the hierarchy isn't as good as it can be in this section, but I'm not sure what I'm doing wrong or what could be better. Do you have any recommendations? So you gotta be like descriptive on what area of this design or whatever you're presenting you need help with, because otherwise it's just like, it's so vague.

[00:20:26] It's like, where do I even start with giving you help? So let's go over the wrong way to ask a feedback. What do you think. How does this look now don't do that. Instead. Ask questions. Like I went with this blah, blah, blah, style for the onboarding screen because it matches the brand. What do you think about this style?

[00:20:49] You gotta be specific when asking for the feedback, because it'll also help you answer some of your own questions. You may ask the question about if the colors are working to find out [00:21:00] that, writing it out as a question made you realize it's not. So you're getting perspectives from. Others through the feedback will help you design better over time because you should be taking notes.

[00:21:11] Like the common problem is that you're having and work on improving those next time around you're creating products that revolve around what people think when they use it. So it's important that people are responding well to your designs. The six work habit is handoffs to clients. Don't just say here's the, this design client.

[00:21:34] So what do you think. You're missing out on your best chance for your voice to be heard. So talk to your process in that email or presentation, let them know why you did what you did. Um, do this, even for simple projects, I'll show them that every design you give them is well thought out. And I know this may feel awkward if you're doing this with a person that isn't interested in the process, but it'll prepare you for [00:22:00] future positions too, because if you ever plan on moving up to a senior year position, having this habit of always yeah.

[00:22:06] Explaining your process will be beneficial for building up your report of, um, being someone that does work the seventh. Good work happen. It is preparing for meetings. Read the invite description. If there is one, um, you could also send a quick email, so descender to ask for more info with necessary. If you're like me, and you're initially more quiet in meetings because you like to observe, then you can prepare it by doing like a little overview of what will be discussed and write a list of any questions you may have.

[00:22:39] This will be like a great starting point. If you're put on the spot to say. Something, and you have nothing to say. You can just look at those questions, you know, take notes during the meeting too. So you can think of any questions you may have at the end, and you can also follow up after the meeting, if you have any additional questions.

[00:22:56] And this shows that you're paying attention and you're hands [00:23:00] on for that project, the eighth good work habit is staying up to date with what's going on. And I'm talking about staying updated on what the company you work for is doing. What new products they're launching or creating, how they're they compare it to competitors.

[00:23:17] This will help you make better decisions for the projects that you work on. A great product manager could inform you about this, but it's the best to stay updated through Ashley. And then what's going on or reading the company like blog posts or asking other coworkers from like different departments.

[00:23:33] And some companies have like company-wide meetings where you can take notes and. Get information that way, if you're not interested in learning more about the company, then you should get a new job, get a little experience there. And if that's why you're there in the first place, then jet there's way too many jobs in this world for you to be wasting your time in a job that you're not passionate about.

[00:23:56] There's an employer out there. That's actually looking for someone just [00:24:00] like you. That's passionate about what they do. So get out, get what you need and, you know, go somewhere else where you actually enjoy your job and then want to go to work. If it's just a contract project, then it matters a little less, you know, because it's more understandable to jump project to project, but you still need to be passionate about helping the client achieve their goals.

[00:24:23] So you need to stay up to date on what that company is doing while you're there. Contractor, the ninth. Good habit is naming conventions. I'll keep this one simple naming, whatever you're working on appropriately can save you and other designers time. This will also make you a more enjoyable designer to work with.

[00:24:42] All right. So the bad way to do it is so leave everything named layer 13 and group 42. If you're never going to hand off this project, then do you, I don't care. However, it's a bad habit to have the right way to do it. So name your layers and groups and symbols [00:25:00] correctly. Like nav icon home, be specific about where it goes and what it does.

[00:25:08] Like adding things like selected and unselected. The 10 good work habits is project updates. And I'm specifically talking about like keeping pace with the deadline, be a person of your word. So employers and clients and coworkers know that you're reliable. Ways I do. This is at a time of one to three days for each project that I work on.

[00:25:35] So I have a time to adjust for any problems that I might have while working. It's hard to know how long it takes you to complete a project when you're first starting out. So make a note of this, of like how long a project takes you by using a time tracker like harvest. Um, you can create weekly phase outline.

[00:25:54] So you know what to do each week. If the client or boss is taking too long to provide [00:26:00] feedback, you can refer them back to the outline. Knowing the status of every project. Weekly is a great habit to have because in meetings you can have that info ready to go. They were put on the spot since then. I like to use from our weekly outlines is a software called a sauna.

[00:26:16] It's free, um, for like minimal usage, like one person. So yeah, check that out. The 11th good work habit that I want to go over is turn phone notifications off and put your phone to silent. So it's only the vibration. No, right now I have my phone turned over and phone is silent, so I don't get distracted while recording is so freaking easy to get out of the zone while working.

[00:26:43] Which is why at this stage checking your phone as one of the things you should do during your breaks. I know it's, if you have kids, you gotta keep it on and it has to be easy to hear, but you can still have it on silent. So social media notifications, aren't an excuse [00:27:00] to check your phone while you're working during one of your work intervals.

[00:27:04] It's a bit of a struggle to get into the pattern or like working in intervals, especially when it comes to social media notifications. So it's best to just turn them off while working and you gotta be dedicated and force yourself to focus. Okay. So work group chat notifications are another thing. My goodness.

[00:27:23] It's tough. If you're in a chat that is like work and play. So you don't. No. If you need to check it or not, but. Then, if you do check it, you get distracted by like the funny means of gifts. So my motto is if it's super urgent, then if I'm in the office, they'll come up to me, you know, talk face to face, or if I'm out of the office and they'll just call me otherwise, it can wait until my next break.

[00:27:50] In the role. I like to group email checking in group chat, checking into like one interval of my break. Because most of the chats are just chatter [00:28:00] anyways. All right. So we're to the last good work habit. Number 12, playing the right music. Now I gotta tell you something you might not like. So imagine this, you have your music, they turned up.

[00:28:13] This is your song is singing the lawn while working, but you're not actually getting any work done. All right, here it is. Your music might be, it is action. That's in it. I know. Is your music helping you or distracting you, but it's not just you like, I'm a lover of music too. And this is me. Like I daydream when I listened to familiar music.

[00:28:37] So I have to listen to like basic ass music while working on something that requires me to focus all of my attention, because my mind just starts thinking about like, Ooh, this song right here, this is good. Who sings this? And next thing you know, I'm buying concert tickets. Like, how the hell did we get here?

[00:28:53] What am I doing again? Ah, shit. Now I messed up my interval, see where this is going. [00:29:00] So I like to listen to like basic pieces in a music or B with no words, because before I know it, if it had words that I like to listen to, um, then I started to look up the lyrics, like what they're saying. And I do like to listen to musical at words, like if I'm doing something like a mundane task, Like optimizing images.

[00:29:20] So just keep in mind and like evaluate if your music is distracting you or if it's helping you. Alright. So those are 12 habits I have while I'm working. And I hope this helps you with your workflow. Let's take a short break. Did you listen to this episode before it launched? My email club members are the only people who get access to this behind the scenes information.

[00:29:43] They're the first to know when I posted the blog posts. Luxury products and also share clips at the next podcast episode. This weekly email is a way for you to see the behind the scenes of what new things are coming to you. I narrative, I also share my weekly UI UX, inspirations tips and challenges. [00:30:00] So you get to see what my creative process is like each week.

[00:30:03] So this next episode is about, Oh, well, I can tell you, you have to join. You are narrative, email club to hear more. You can join@youarenarrative.com slash email club, that UI narrative.com/email club. I have a lot to tell you, so I can't wait to talk to you soon now. It's time for listener answers. Yay. So this segment last episode, um, and I'm asking you guys questions on Instagram and then my email club, then choosing random answers to reply, live on the show.

[00:30:39] So if you're not following me on Instagram, go and follow me. UI narrative on Instagram and joined the email club at UI narrative comm slash email club. I also released it episode early on Sundays email club members. I fucked it up last Sunday, but I'm gonna try and get it right today. Cause I'm recording today's Sunday.

[00:31:00] [00:31:00] The question that I asked this time was what's something you struggle with while working. I decided to take the most common responses this time and just go over those just because there was a lot to go over and I don't want to keep y'all here for like two hours. All right. So the first one I want to go over is focusing on one task.

[00:31:19] You know what? Um, this happens to me too. This is why I strive off using interval timing. It helps me stay focused because I know I have time set aside to think about other things. Um, another thing I like to use is a sauna. I know I mentioned, I think I mentioned it earlier. If not a sauna it's free. I like to divide up my tasks into weekly and daily goals and it's so satisfying to Mark them as complete.

[00:31:48] So another thing y'all said was coming up with an idea I've spent 30 minutes to one hour, brainstorm on an idea and coming up with nothing, but you know what [00:32:00] helped me taking a break? And then I come back to it. I think there's more pressure to come up with an idea when we were repeatedly telling ourselves I need to come up with something I'm running out of time.

[00:32:12] I feel like most of my ideas come to me when I'm less stressed about thinking about it. And like when I'm doing something basic, like eating my lunch or driving also like to browse through like design websites, like interface that pro or whatever inspo for what I'm working on. And then after I looked at the inspo, I take another small break and then come back to it because I usually have an idea by then, because I've taken the pressure off of coming up with something and let my mind breathe and wonder about what's possible.

[00:32:46] Another one y'all mentioned was procrastination. This one right here. I felt I still struggle with this. Like it took me five attempts to get started on this episode. [00:33:00] Something I've truly understood through all, all the times I procrastinated is it really comes down to three reasons of why I'm progressing you're on something.

[00:33:10] It's the importance. Like, do I really care about what I'm doing is what I'm doing important to me? Um, the second is fear. Am I scared of getting started? Can I not see the big picture of the outcome of this? Is there uncertainty for me? And then third one is laziness. Am I being lazy or uninteresting? Am I distracting myself?

[00:33:35] Because I know. So this is going to be a lot of work, man. Those are some real uncomfortable questions to ask yourself, but if you truly want to push through the procrastination each day, you need to ask yourself those questions. I hate when it turns out that I'm just being lazy, because it makes me feel crappy about myself, but it's also a reality check that I can do [00:34:00] better.

[00:34:00] And then I do better and get started when it's fear. I start to write out the pros and cons getting started. And by the time that I'm done writing them, the pros always outweigh the cons because. There's so many pros to getting project done. And sometimes even as soon as I pick up the pen to write out the pros and cons, I think to myself, love y'all foolish.

[00:34:24] Why are you scared? You have no excuses. You already know the pros. So then I just get started when it's, because of something I don't really care about. Then I read down the benefits for the clients or the users. And once I can establish how, what I'm doing is impacting someone in a positive way. I feel more purposeful and willing to get started.

[00:34:50] So, um, those three that I went over that was like the importance, fear, and laziness. When you like conquer, whichever three of [00:35:00] those, is it holding you back, you know, from getting started? Then you'll be right on your way. You just have to be truthful with yourself and ask yourself those questions. All right.

[00:35:11] The fourth listener answer, I want to go over. It is confidence. I deal with this shit on the daily. Um, first I want to recommend that you all check out my episode. How to manage imposter syndrome. I go over dealing with confidence in detailed because what it is it comes down to is yeah, you have an imposter syndrome, especially when you're lacking confidence.

[00:35:35] When you already got the job. I mean, you did it. I mean, you went through the interview and you got the job. So pasta syndrome should be overwrite. No. It's a daily thing for me, but you can overcome it. Yeah. In that episode, I dive into the trigger is imposter syndrome and how to manage it. So please check it out.

[00:35:54] If you're struggling with confidence, I talk about my personal struggles with confidence in the [00:36:00] episode and how I get through it. The last listener answers I want to go over is design thinking keen and pressure. I'm putting these ones together because I think the pressure comes from coming up with a solution.

[00:36:13] In a timely manner. If you weren't struggling with design thinking, then I would say, you're not digging deep enough. It's supposed to feel uncomfortable in nervous, wracking going through the design thinking process. So, yeah, I think you're in the right place that coincides with the pressure to come up with an idea.

[00:36:31] You know what I do, I'm feeling too much pressure. As a reminder, I take a break, so I have time to level up my mind and divide my time. So I can focus on what's most important thing that this client needs from me. If it's in a workshop, then of course it's harder to take a break. So I take deep breaths.

[00:36:51] Those are my breaks. I breathe in for five seconds, hold for three, and then read out for five seconds, hold for three. And I [00:37:00] do that about like five times for like three times. And I'm like way less stressed out, but more open to let in my mind, one do through all the ideas, whether they're dumb or grade.

[00:37:11] And I write it all down as we go through the worksheet also, don't be afraid to ask for help or clarity if that's what you're struggling with. All right. That's all I have for you guys. Um, we went over 12 habits, which were taking breaks, making time blocks for checking emails. Using your downtime to perfect your work flow.

[00:37:32] Um, checking your work, asking for feedback, handoffs to clients, preparing for meetings, staying up to date with what's going on. Naming conventions, project updates, and keeping up peace with deadlines, turning off your phone notifications and your phone on silent and playing the right music. And then we went over the top answers.

[00:37:55] Which were for the question. What's something you struggle with while working. [00:38:00] And the ones I chose were focusing idea creation, um, procrastination and confidence, design thinking and pressure. I want to leave you with this quote change might not be fast and it isn't always easy, but what time and effort almost any habit can be reshaped.

[00:38:23] Take time and reflect on this episode, we listened to it if you need to, so you can really grasp it. And I guess the most important thing that I want you to take from this episode is it's time for a break. You can always email me@helloatuinarrative.com or DM me on Instagram at UI narrative or Twitter at UN narrative CEO.

[00:38:48] If you have any questions about this episode, Uh, feel free to reach out to me. I cannot wait to hear from you and talk to you in two weeks. My friend. [00:39:00] Thank you for listening to the UI narrative podcast. If you like what you hear, make sure to show this podcast and love by commenting and subscribing where you listen.

[00:39:08] You can find me on Instagram and Facebook at UI narrative or Twitter or UI narrative CEO. I also respond to emails@helloatuinarrative.com. Talk to you later. Bye.