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Last updated July 10, 2020 Life is wasted. From the time your alarm first goes off, during the time you finally decide to get out of bed. Time to sit at your desk and start productive work. Time to make a decision and then do something. Slowly, your day is whittle away from all the unused middle moments. In time, the time of time, laziness and procrastination will make you better. The solution to bringing back these lost moments in the middle is to create rituals. Every culture on earth uses rituals to transfer information and encode actions that are seen as important. Personal rituals help you build better patterns for handling everything from how you wake up to how you work. Unfortunately, when most people see the ritual, they see meaningless superstitions. Indeed, many rituals are based on a primitive understanding of the world. But by building personal rituals, you can encode actions you feel are important and cut out useless middle moments. Another way to display program rituals with your own algorithms is to look at them as computer algorithms. An algorithm is a series of instructions that are repeated to obtain results. Some algorithms are very efficient, sorting and searching millions of pieces of data in seconds. Other algorithms are bulky and cumbery, taking the time to perform the same task. By forming rituals, you are building algorithms for your actions. Take a late and painful pattern of waking up, discuss whether to go to bed for another 2 minutes, press the snooze button and repeat until almost late at work. This can be re-programmed to get out of bed immediately without discussing your decision. How to form a ritual I dealt with emails and set up personal rituals for myself to wake up every morning, write articles and read books. Far from inflexible me, these rituals give me the most effective convenient default pattern 99% of the time. Whenever my current ritual goes wrong, I always stop using it. Forming rituals is not so difficult, and the same principles that change habits apply: write out sequences of actions. I recommend starting with a simple ritual that is only 3-4 steps max. Wait until you establish a ritual before adding a new procedure. Promise to follow your ritual for 30 days. This step will take the idea and condition it to your nervous system as a habit. Define a clear trigger. When does your ritual begin? What inspired you to go to the gym, read a book, or answer an email? Your algorithm probably won't be completely efficient in the first place. You can make some adjustments after the first 30-day trial to make your ritual more convenient. How to use rituals based on the above ideas, here are some ways You can implement your own rituals: 1. Wake up when you wake up and immediately set up a morning ritual for the next few things you do. To deal with the wobble after waking up quickly, my solution is to do some push-ups right after you get out of bed. Then sneak through a 90-minute reading before getting ready for your morning class. 2. Web usage How often do I respond to emails, look at Google Reader, or check Facebook every day? 3. How long does it take to read a book? If your library doesn't size as much as you'd like, consider the ritual you're using to read it. You can chew through dozens of books each year by programming a few steps to give you an impety to read instead of watching TV or reading during a break in the day. 4. Familiarity rituals can also help communicate. Set up a ritual to start a conversation when you have the opportunity to meet people. 5. One of the most difficult barriers to overcoming procrastination is building a concentrated flow. Incorporating these steps into the ritual allows you to start or continue working immediately after the interruption. 6. If you're struggling with gym-going exercises, encoding rituals can take away a lot of the difficulties. Set up a quick ritual to go to exercise immediately after work or when you wake up. 7. Exercise even within your training, you can have rituals. Emptying the interval between runs or sales reps with a constant breathing count can remove guesses. Forming rituals that perform specific exercises in a specific order can save you time. 8. Sleep form a calming ritual in the last 30-60 minutes of your day before you go to bed. This slows itself down and makes it easier to fall asleep. Especially if you plan to stand up full of energy in the morning, it will help if you eliminate insomnia.8. Weekly Review Weekly Reviews are a big part of the GTD system. By making a simple ritual checklist for my weekly reviews, I can make the most of this exercise in a short time. Originally, I did an overall review where I wrote my thoughts on progress as a week and as a whole. Now I focus on specific plans, ideas and measurements. The final idea we all want to be productive. But the time of 候, procrastination and laziness sometimes make us better. If you are facing such difficulties, don't be afraid to take advantage of these rituals and conquer them. More tips for conquering time wasters and procrastination Photo Credits: UNsplash.com RODOLFO BARRETO via Craigslist allows users to buy and sell goods or post and read and exchange classified ads for someone in the community. The service was launched in the mid-1990s and has since grown to cover everyone But what is Craigslist and how does it work? In 1995, San Francisco resident Craig Newmark created an online hub to inform visitors of local events. Soon, individuals began using Craig's small platform to post items for work, service, sales, and more, eventually requiring the use of servers. During San Francisco's housing shortage, individuals began posting ads for the rental of apartments in and around the city. In response, Craig wrote software that could automatically add e-mail posts to its website: craigslist.org. Finally, in 1999, Craig was able to devote himself full time to Craigslist. Craigslist works as an online classification forum, but it also allows for community discussions, job listings, service ads, and more. Visitors can post their own ads, apply for gigs, and take advantage of deals they're interested in. A first look at craigslist's homepage will show you an array of sections. The main sections you'll find are Communities: This section shows events and trends happening in your community, such as classes, lost and found items, political forums, and local news. There is also a unique section called Lanz & Rave where you can share the thoughts and emotions that the poster has. Services: Find people and organizations that provide services such as car repairs, website design, dog walking, and more. Housing: Use this section to find or promote a rental apartment. You can also find a list of real estate in your area, whether you're looking to buy, sell, rent, or trade. Jobs: Job listings are very common on Craigslist. You can find a list of almost all areas including education, real estate, accounting, security and media. One of the most used areas of Craigslist, these advertisements are arranged by individuals who sell anything from furniture to collectible stores. Discussion Forum: Craigslist has a forum for discussing almost everything in the sun: high-tech products, religion, celebrities, politics, etc. In the Sales section, you can use the Recruiting category to invoice specific items that you want, or to see a list of requests from other users. Craig Newmark was once asked to include sponsored ads on his website, but turned down the offer. Instead, Craigslist focuses only on a few revenue streams, including job listing fees: fees for posting job openings in major U.S. cities, and a range of \$7 to \$75, depending on location. Fee for apartment posts: Individuals who post apartment listings in Boston, Chicago or New York will be charged \$5 per post. Other posting fees: Craigslist also charges fees for other posts, mainly depending on the region. You can find the full list on craigslist's post fees page. Follow these steps to set up and get started. Craigslist Marketplace. You can follow these exact same steps to search for other posts such as gigs, houses, and more. Go to the Craigslist home page. If you're using location services, Craigslist will pull up the community home page closest to your area. Use the search bar on the left to manually search the list, or browse to the subcateg categories under the Sales section. Each list is different and the level of detail is different. Each ad displays a map and description of the item's general location. You can contact us about an item by selecting Reply in the upper-left corner of the page. You're offered the option to reply directly via email or use the email provider of your choice. Craigslist allows posters to mask their email addresses to keep their personal information private. The emails you view and use will be sent to your poster email account. You can use voice search to search for Craigslist items, services, or gigs. Say Craigslist near me to be redirected to a craigslist page in your area, through Siri, Alexa, or Google Assistant. You can also use voice commands to search for items and services. For example, you can look at Craigslist Puppies and see a list of cities and their puppies list. Craigslist's forums allow you to join conversations and start conversations about almost anything, from classical music to the latest iPhones. In this section, you can select and view the forum using the search bar at the top of the page. When you select a forum, you'll see a list of all threads and discussions related to a specific topic or search word. If you see information that interests you, select the blue hyperlink area to see the response in more detail. To reply to forum posts, you need to sign up for a Craigslist account. By replying, you can create a new thread to start a new discussion or comment on others. You can also rate individual responses and flag them if they are inappropriate. Forums are a great place to learn, discuss topics, and find friends. As with any online activity, it's important to stay safe. If you're posting a gig to a product, service, or Craigslist, here are some security tips to be aware of: Don't add all your contact information: Keep contact information to a minimum and it's enough for buyers and anyone interested in posting to reach out. Accept cash only for financial transactions: Do not accept checks or remittances for products or services. Many scams have occurred for buyers using these methods. Always invite buyers to a safe place: If you don't have a place in the business and you're an individual selling items, meet the buyer in a public place. Don't invite buyers to your home. For Craigslist buyers, it's always best to ask: if you're not sure about the items or services you're interested in, be sure to ask. You can also request more photos, past transaction information, and other details. Don't send money first: don't send money to the seller before you see the item or know exactly what you're buying. This is a good way to get scammed. Scam.

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