

Brilliant Persistence Checklist



1. Eliminate distractions

- Turn off your phone, close unnecessary tabs, and find a quiet space to work in.

2. Set a clear goal

- Know what you want to achieve and break it down into smaller tasks.

3. Prioritize your tasks

- Tackle the most important ones first and work your way down the list.

4. Take breaks

- Give yourself time to recharge and come back to work with a fresh mind.

5. Stay organized

- Keep your workspace neat and tidy to avoid feeling overwhelmed.

6. Avoid multitasking

- Focus on one task at a time to increase productivity and reduce stress.

7. Keep track of your progress

- Use a to-do list or a productivity tool to monitor your accomplishments and stay motivated.