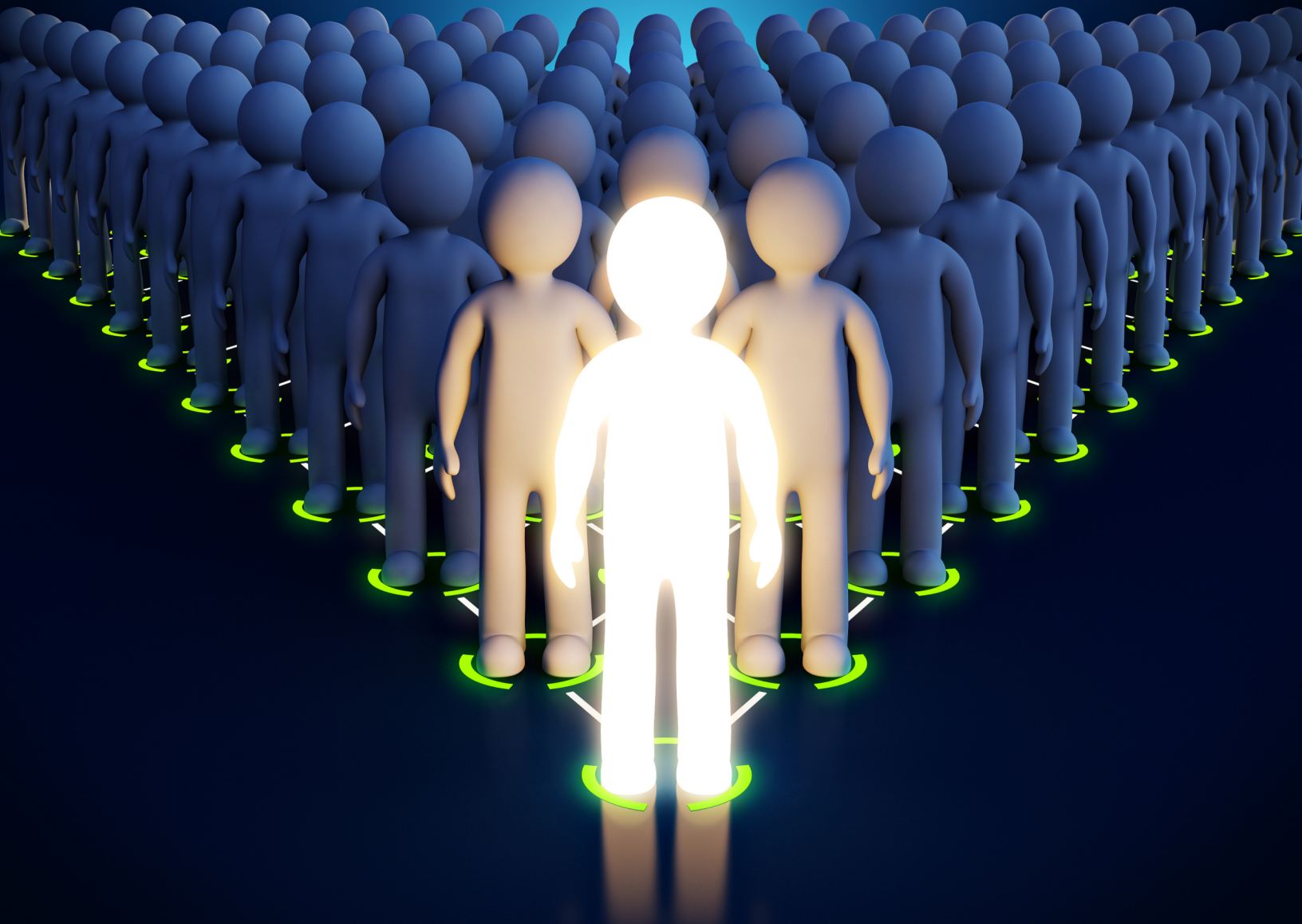




THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE



LEADER GUIDE



Notes

Episode 48: The Top 5 Productivity Killers for Leaders

1) _____ - The Unnoticed Thief

Distractions are one of the greatest enemies of _____.

2) _____ - The Habits That Hinder

3) _____ - The Silent Divider

4) _____ - The Cost of Constant Choices

5) _____ - The Confidence Killer



Reflection

Episode 48: The Top 5 Productivity Killers for Leaders

Episode Summary:

Leaders face five major productivity killers that can significantly impact their effectiveness: distractions, derailing habits, disconnection, decision fatigue, and self-doubt. Distractions like social media and constant notifications steal precious time, while poor habits and lack of discipline create internal barriers. Team disconnection and excessive decision-making drain energy and effectiveness. Self-doubt often prevents taking necessary action. By implementing strategic solutions like time blocking, habit replacement, improved communication, and decision automation, leaders can overcome these challenges and maximize their productivity.

Reflection Questions:

- What are your biggest time-wasters during a typical workday?
- How do you currently handle distractions in your workplace?
- What habits have you identified that might be derailing your productivity?
- How do you maintain meaningful connections with your team while staying productive?
- When during the day do you feel you make your best decisions?
- What strategies do you currently use for time blocking?
- How does self-doubt impact your decision-making process?
- What steps can you take this week to better protect your time?