

Six Ways That Setting a Timer Is A Great Way to Boost Your Productivity

The next morning, you wake up to the sound of your alarm going off at night. Then you are required to get up and go to the gym after the alarm sounds once more. You step on the treadmill and set the timer to 30 minutes. After that, you're able to enjoy your favorite cardio.

After a shower warm, you head for the kitchen, where you set the egg timer to just wait for the sound to happen. Once the timer goes off and you are ready to serve the boiled egg and enjoy it with a macchiato.

You're heading home to hail an Uber ride. This starts another timer that tells you the time it is going to take to reach you. The app will tell you how long it will take to arrive when your ride is complete.

It is evident that our lives are influenced by various timers in one way or another.

The issue is that this trend doesn't persist at work. That is why we have a hard time achieving our productivity goals. You can increase your productivity by applying the same technique in your workplace.

In this article, you'll discover six ways in which setting a timer can increase productivity.

1. Keeps You Committed

The ability to stay focused on a particular task seems difficult, especially when you're at a loss for how to manage several balls at once. A [countdown timer](#) helps to keep you focused focused on the task at hand. In the end, you'll complete your task faster.

For example, you can set a 40-minute timer and devote all of that time to a single project and finish it in the best possible method. This method can be handy for critical tasks that require your full attention. Setting a timer that gives you 40 minutes to finish an assignment can reduce the likelihood of you moving on to other tasks. This kind of commitment will bring out the best in employees and help you achieve more in a shorter period of time.

2. Make Sure Distractions Are Kept At Bay

Emails, blabbering colleagues and social media telephone calls, notifications, browsing the internet, and many other distractions could throw you off of your goal. These distractions are the biggest productivity killers at work and can make a big dent on your work productivity. By setting a timer that you set, you can ensure that all these distractions at bay. When the clock is ticking, you are less likely to be distracted by these distractions and more likely to remain focused on the task at the moment.

If your phone rings such as, choose to turn it off or pick up the line and tell the caller you have fifteen minutes to complete the task. You will then call back when you are ready. This is true for texts, emails and loud coworkers. You can also resist the urge to check social media and not waste your time.

3. Avoid Multitasking

We all are guilty of multitasking. It doesn't matter whether it's the nature of our jobs that requires us to multitask or the constant desire to be better than our colleagues and achieve lower productivity. That's right. It is one of the things you need to put aside if you wish to achieve your goals according to research.

Research from Stanford University shows that multitasking can reduce productivity and efficiency. But that's not all; a study carried out by the University of London has shown that multitasking may damage the brain and lower IQ levels.

The ability to switch between tasks isn't something our brain was designed for. It takes us some time to switch from one task to another. Focus on one task at a given moment by setting a timer. This allows you to concentrate on a single item at a time that will allow you to achieve your objective without losing sight of it.

4. Maintain Discipline

With so many tasks to accomplish daily we try to adhere to the "move quickly and make things break" mantra of Mark Zuckerberg, which might work in some cases however, it's not always the best option. This approach can lead to lots of mess that can reduce your efficiency over time.

Due to the mess you created, it will be difficult to locate things. This will result in wastage of time and you end up missing your goals for productivity each day. This is why it's important to instill discipline in your workday and setting productivity timers are a great method to achieve this. TaskQue's timer feature helps you set an amount of time for each task, and keep on track.

5. Build Momentum

Sometimes you may not be able to provide 100 percent. This usually happens when you're engaged in a difficult or difficult task. A timer can be a wonderful method to channel your energy and get it out in smaller bursts. This can help you develop momentum which can be used to quickly complete complex tasks. You'll be able to accomplish tasks faster and using less resources.

6. Make Your Breaks Meaningful

You are exhausted and want to take a break. Take a break but make sure to set your timer to 20 minutes. This will prevent your breaks from becoming too long. You can also make the most of your break [time](#) by knowing that you have only a few minutes to relax. In the end, you will begin to appreciate each minute of your break and spend it on useful activities.

Conclusion

Just like your personal life setting a timer may be useful in your professional life well. It can boost productivity by allowing you to stay focused and committed to critical tasks at hand. A timer can assist you to accomplish more in a shorter time by blocking distractions. It can also help make your breaks more enjoyable and also help you stay organized while maintaining discipline.