

Spend Less Time at Work and Get More Done

Sounds too good to be true? It really isn't!

by **Chris Widener**

331 words | 2 pages



Sounds too good to be true? It really isn't! In fact, studies show that after a certain amount of hours at work each week, the average worker hits diminishing returns for their labor.

Here are a couple of reasons this is true.

Family drain. Does your spouse or family complain that you work too much? This puts strain on you when you're at work and limits your effectiveness. Cutting out five or more hours a week and spending it with your family will make them happier and that will make you happier too, enabling you to enjoy your work more and get more done.

A healthy home life helps ensure a happy work life.

Mental fatigue. Remember the old saying, "All work and no play makes Johnny a dull boy"? After a certain amount of time at work, your brain goes on auto-pilot and begins to work ineffectively. Taking some more time to relax and recreate will put you at a higher level of performance when you do go to the office. Get some exercise, take up a hobby, but take some more time off. It will help your work become more effective!



Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and

help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!