

Effektiv og glad

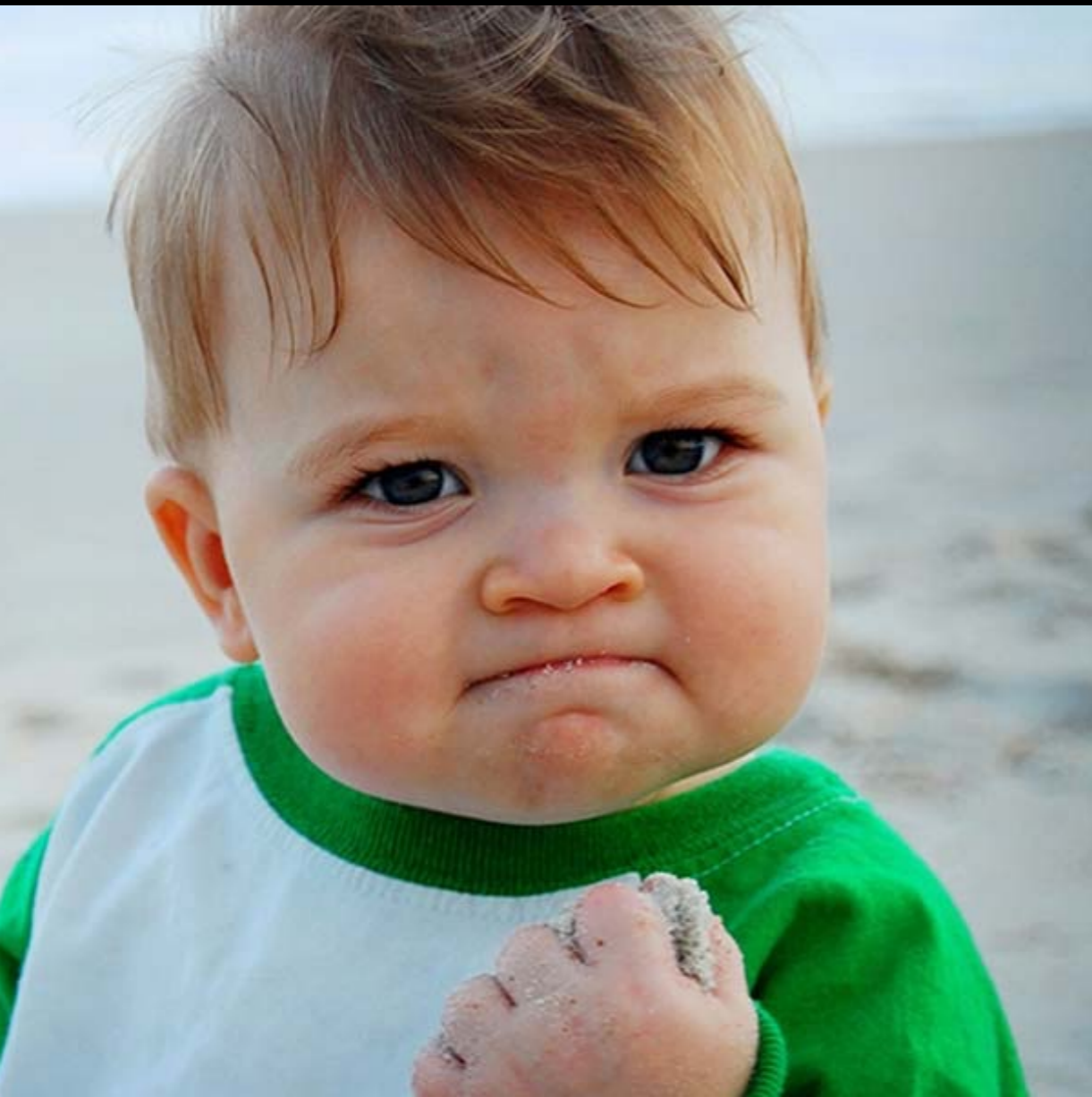
- nå mere og bevar arbejdsglæden
Distrikt Ulvsund, 27. november 2019
med Jon Kjær Nielsen #jondk



Mere guf i podcasten RevolutJon!

Materialet: jon.dk/ulvsund

Tag handling



- Beslut dig for 1 til 3 ting du vil gøre i dagligdagen
- Små ting!
- Start en vane, inden travlheden rammer







Jon Kjær Nielsen -
Foredragsholder &
Forfatter

Civilingeniør, 2002.
Tidl. HR-specialist.

Foredragsholder og
konsulent fra 2006.

Motorcyklist, læsehest,
hobbykok, podcast vært



Materialer efter foredraget: jon.dk/ulvsund

- Præsentationen + skema
- ebog "Det Glade Dusin"
- Ugens produktivitetstip
"Målrettet Mandag"

Links til:

- RevolutJon! podcast
- HappyWays podcast



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Listen on
Spotify

Fundamentet:

Arbejds glæde

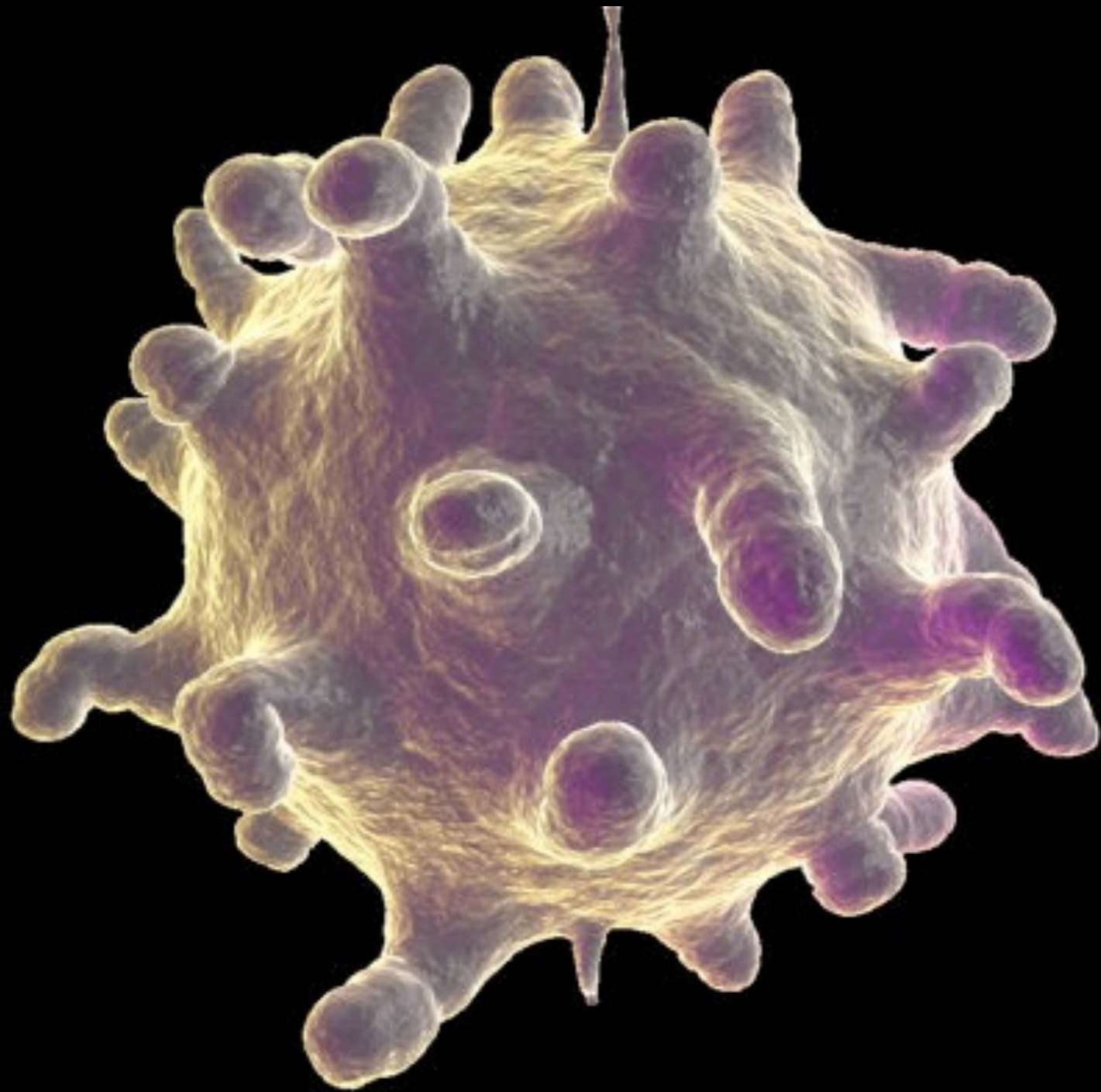




36.8°C



OMRON



Produktivitet:

...glade læger er 19% hurtigere til at stille en præcis diagnose...



Kilderne til arbejdsglæde

Refleksion



Tænk på en god
oplevelse på
jobbet



Offertrøjen



GRUMPY CAT

HappyWays Podcast
Episode 03:
An end to whining and
complaining

Podcasten RevolutJon!
Afsnit 06:
Den fra Folkemødet
(panel om brok)

IS NOT IMPRESSED

Leveregel: Intet er
nogensinde nogens skyld



Arbejdsglædedræbere

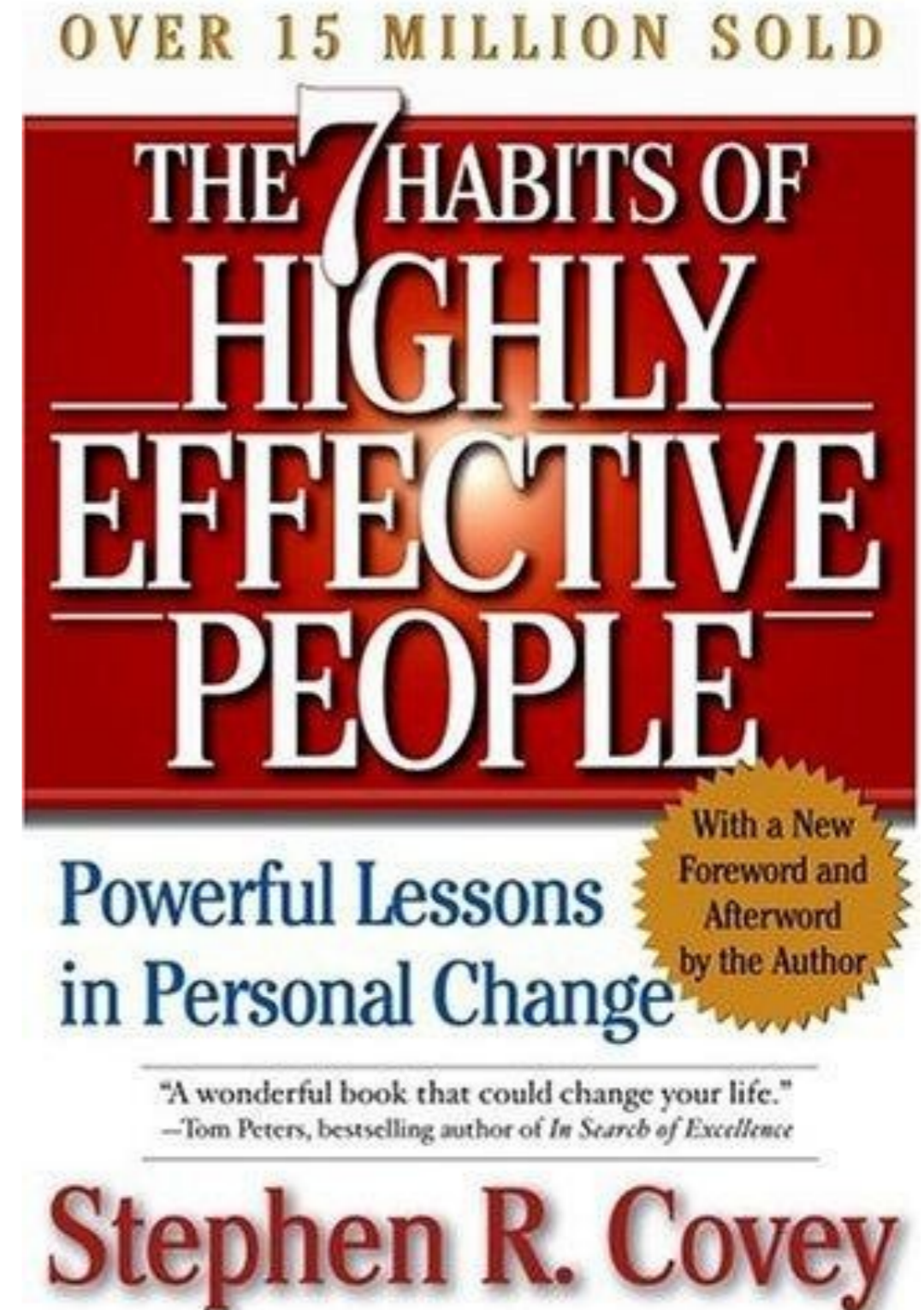
- Rod i rammer og vilkår
- Brok fra kolleger
- Manglende anerkendelse
- Ikke tid nok til opgaverne

Min vej hertil:
Træt af lektier

A close-up, slightly angled view of a clock face. The numbers 8, 9, 10, 1, 2, and 3 are visible. The word 'TIME' is written in large, bold, red, 3D block letters. Below it, the words 'OUR MOST PRECIOUS RESOURCE' are written in large, bold, black, 3D block letters. The clock face is light gray with black tick marks and numbers.

TIME
**OUR MOST
PRECIOUS
RESOURCE**

Har du
gode vaner?



Mandag
23

Tirsdag
24 Skt. Hans dag

Onsdag
25

Torsdag
26

Fredag
27

Lørdag
28

Søndag
29

26	27	28	29	30	31
M T O T F L S	M T O T F L S	M T O T F L S	M T O T F L S	M T O T F L S	M T O T F L S
23 24 25 26 27 28 29 30	1 2 3 4 5 6	7 8 9 10 11 12 13	14 15 16 17 18 19 20	21 22 23 24 25 26 27 28 29 30 31	1 2 3
JULI					AUGUST

2008
JUNI
Uge 26

Planlægningens problemet

“Ingen plan overlever mødet med fjenden”



Hovedproblemet:

Fokus og energi

Spørgsmål:

Hvor meget arbejde
findes der?

Hvor meget arbejde findes der?



Der er for meget arbejde

#1



#2

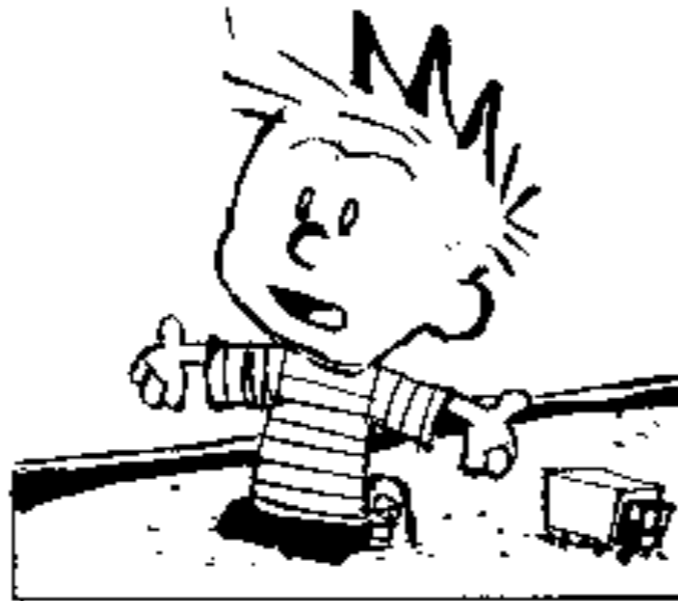
Det er muligt at have
arbejdsglæde, selvom der
er for meget arbejde



Parkinsons Lov



YOU CANT JUST TURN ON CREATIVITY LIKE A FAUCET. YOU HAVE TO BE IN THE RIGHT MOOD.



#3

Parkinsons Lov

“Arbejde udvider sig
således, at det fylder
den tid der er til
rådighed”

- Cyril Northcote Parkinson, 1955



Parkinsons Lov

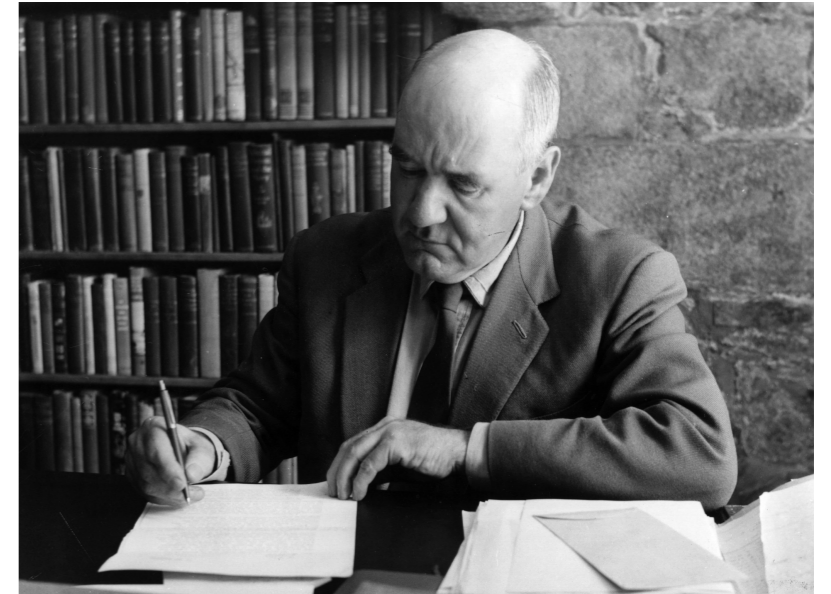


Taktisk brug af deadlines

Radikalt: Spring opgaver over



Begrænset tid på opgaven

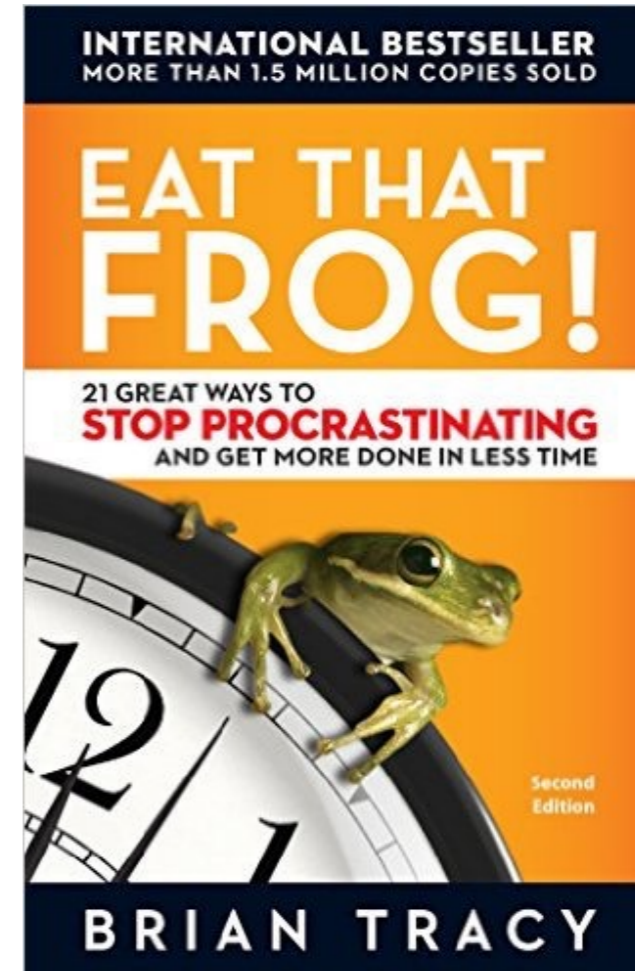


#4

“Haster” gør det ikke mere
vigtigt - men vi tror det.



Tracy: Gør det mest ubehagelige først, det du med størst sandsynlighed vil udsætte og gå i stå på.



Alternativt:

Gør “den ene ting” der ville gøre en stor forskel.

Mål: Fokus på det væsentlige



#5

Perfekt er det godes fjende



~~20~~

~~80~~

80

20



Morgenritualet



Morgenritualet



Hvad skal jeg lave i dag?

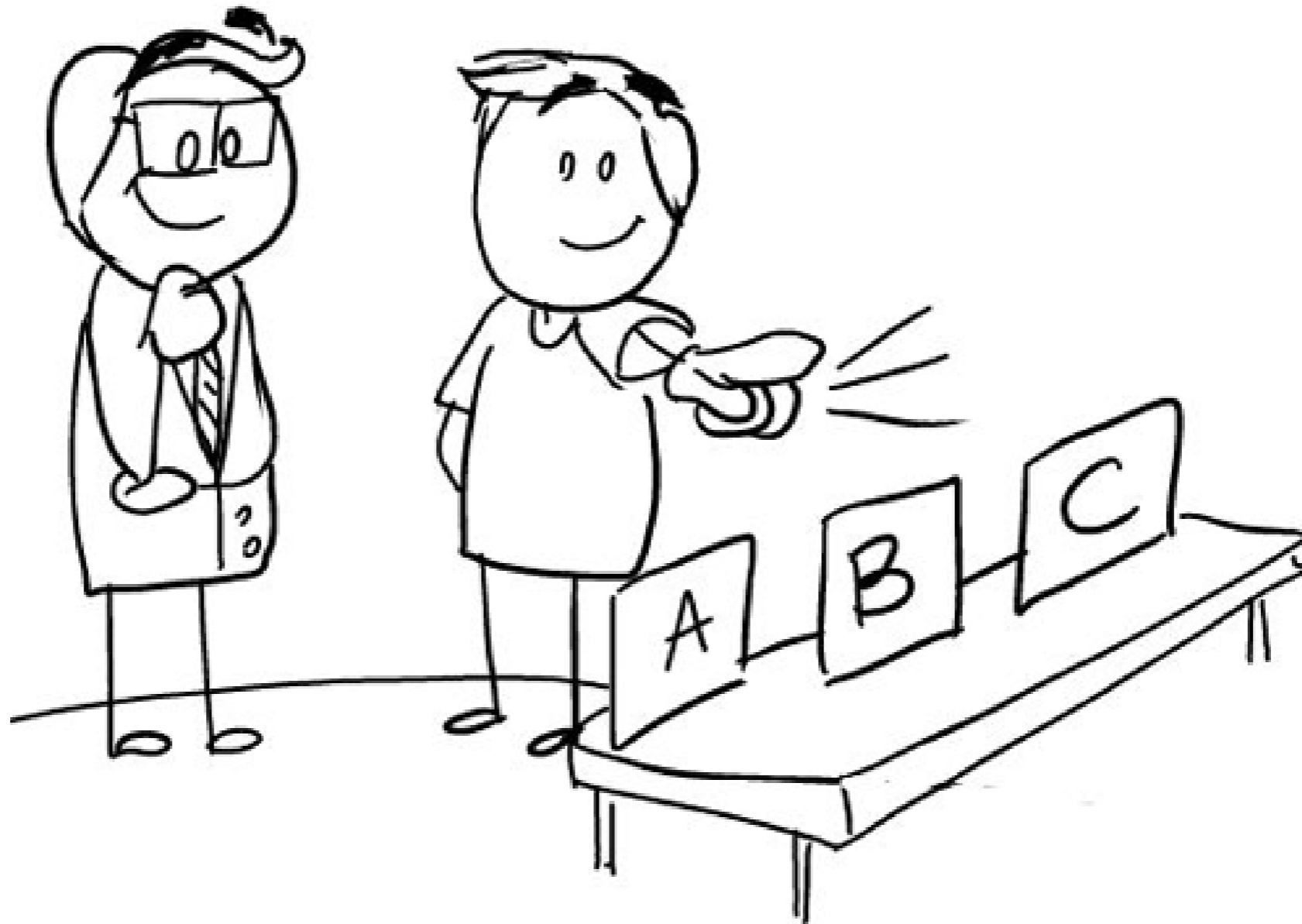
Mål det du når



PRIME TIME

Beslutninger er en knap ressource

#6





isaacson biography walter isaacson ashton kutcher advice wikipedia success tim cook job application entrepreneur lisa brennan daughter truly rotten auction life steve



Steve Jobs - Wikipedia, den frie encyklopædi da.wikipedia.org



Steve Jobs, 1955-2011 - The Verge theverge.com



Steve Jobs forbes.com



Steve Jobs Biography - Biogr... biography.com



Steve Jobs: Walter Isaacs... amazon.ca



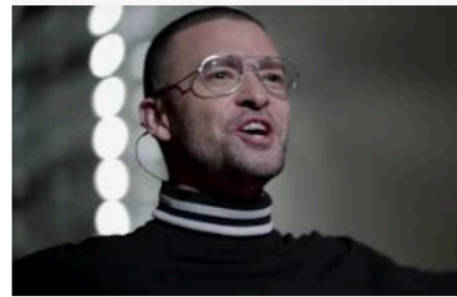
Steve Jobs entrepreneur.com



Steve Jobs Biography - Biography biography.com



Steve Jobs - Simple Englis... simple.wikipedia.org



Justin Timberlake is Steve Jobs in 'Filthy' vi... cnet.com



An Intimate Glimpse at Steve Jobs'... wired.com



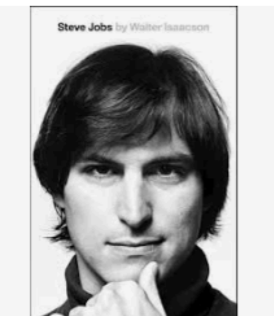
Here's What Steve Jobs Had to Say Ab... recode.net



Steve Jobs missed every day, says Tim Cook - 9to5mac.com



Steve Jobs Biographies Duel Over Soul ... time.com



Steve Jobs of Walter Isaac... saxo.com



20 Interesting Facts About Steve Jobs factsninja.com



Steve Jobs looks like terrible human i... uk.businessinsider.com



The memoir by Steve Jobs' daughter makes cl... finance.yahoo.com



Steve Jobs Wax Figure | Madame Tu... madametussauds.com



Steve Jobs entrepreneur.com



20 years ago, Steve Jobs made these eerily a... thegentlemansjournal.com



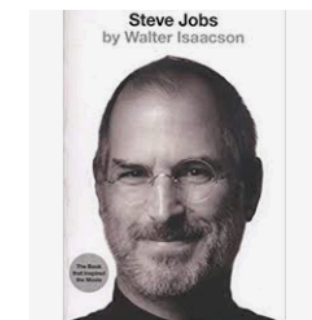
Steve Jobs - Wikipedia en.wikipedia.org



Steve Jobs warned about privacy issues in 2010... money.cnn.com

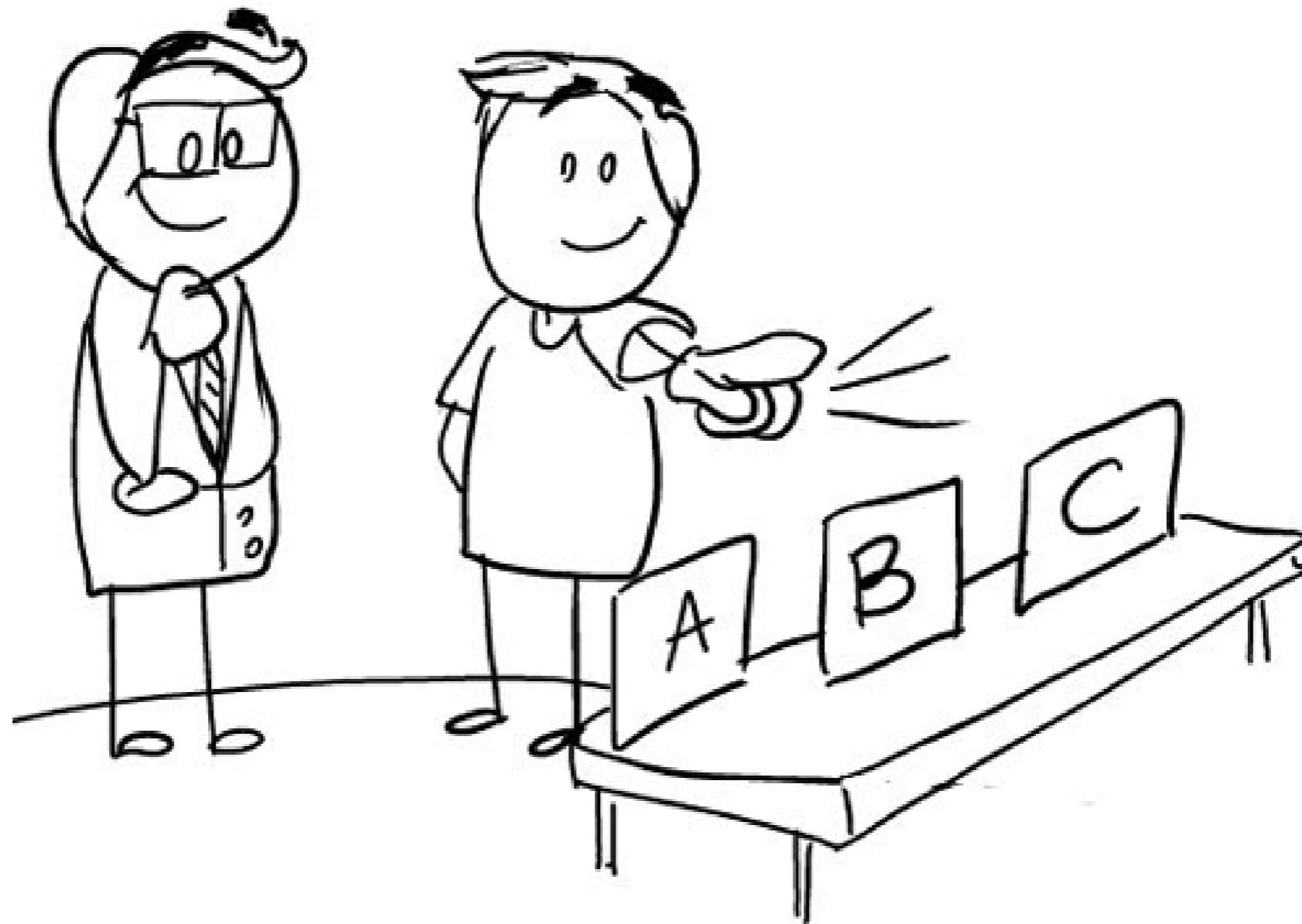


16 Pieces of Advice From Steve Jobs | Gra... grammarly.com



Steve Jobs: The Exclusive ... amazon.co.uk

Træf færre beslutninger



Vaneændring





Den svære vaneændring





20 sekunders- reglen



“Hvad er én vane du
gerne vil have / slippe af
med?”





Leverregel:
Der er ingen
nye problemer

Tag handling



- Beslut dig for 1 til 3 ting du vil gøre i dagligdagen
- Små ting!
- Start en vane

Mål fremskridtet



Mål fremskridtet

10 vindende uger

Downloade månedsskemaer for hele året på Jon.dk/skema
Få tips til en bedre hverdag - tilmeld dig nyhedsbrevet "Målrettet Mandag" på Jon.dk/mandag

Maj 2019

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	O	To	F	L	S	M	Ti	O	To	F	L	S	M	Ti	O	To	F	L	S	M
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Download:
jon.dk/ulvsund

**Så-kan-det-
også-være-lige-
meget-effekten**

I GIVE UP



Mål fremskridtet

My 12 Sacred Choices



JANUARY 2018

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T
1 Get up on time	○	●	○	●	●	●	●	●	●	○	●	●	●	●	○	●	●	●	●	●	●	●	●
2 Make my bed in the morning	○	●	○	●	●	●	●	●	●	○	●	●	●	○	●	●	○	●	●	●	●	●	●
3 Yoga, first thing	○	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4 Max 4 e-mail sessions	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5 Work for 3 hours on Priority 1	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
6 Work on the house	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7 Review goals, plan day	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
8 Meditation, 10 min. minimum	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
9 Eat only whole plant food → 3 fruit/day	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
10 No alcohol → Max 2 drinks	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
11 No browsing Social Media	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
12 Reach out to a friend	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

5/12 6/11 4/12 6/12 6/12 8/12 6/12 7/12 8/12 9/12 9/12 8/12 4/12 5/12 10/12 8/12 11 7 10 9 4! 9

↑ ↑ ↑

Belønning



Straf



Vælg en
“anti-charity”

Ekstern motivation



- Hvad kan være en belønning for succes?
- Kan jeg straffe fiasko?

Succesmakker



Fejre succseser





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- Præsentationen + skema
- ebog "Det Glade Dusin"
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