

## **Total: 46 Fields**

### **Productivity Tools (4)**

Planners, Calendars, Journals

Apps

Software

To-do Lists

### **Personal Moment to Moment, Day to Day Activity (14)**

Procrastination

Goal Setting

Time Management

Prioritization

Organization

Focus

Motivation (short-term and intrinsic, long-term)

Habit Building

Discipline

Efficiency

Creativity

Minimizing distractions

Addiction / compulsion management

Life Purpose

## **Professional (9)**

Meeting productivity and effectiveness

Leadership (of yourself and others)

Management

Task delegation

Outsourcing

Business process optimization

Marketing optimization and automation

Team building

Conflict resolution

## **Cognition, Psychology and Mindset (13)**

Logic

Fallacies

Judgement

Decision making

Problem solving

Faster learning

Memory

IQ (Intelligence Quotient)

Self-awareness

Self-control

Mindfulness

Emotional Intelligence

Stress management

### **Getting Help (3)**

Coaching

Mentoring

Masterminds

### **Health (3)**

Physical health

Brain health

Diet