

Day 3: Practice 20-20-20 Vision

How long have you been sitting there staring at your screen? How are your eyes doing right now? Many of our jobs require us to stare at a computer for a good chunk of the day. When we get into this zone, we begin to over-tax our mind and body **which leads to a diminishing return on our productivity.**

Today's Challenge

Set a calendar reminder or alarm on your phone to look away from the computer screen for 20 seconds every 20 minutes. You should try to focus on something at least 20 feet away. This will give your eyes a chance to re-lubricate, your mind to rest, and your body to notice any physical needs you might be ignoring (gotta pee?). Does the idea of looking up from your computer every 20 minutes sound disruptive to you? Here's the thing: we *need* to disrupt this habit which is causing us to work in a less-than productive way. **Work smarter. Not harder.**



Deepen Your Practice

When you look up and out, notice one thing that you never noticed before. *How long has that building been there?*