How to avoid distractions when working from home. by Vera Dale

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Working from home is very popular in the US and around the world. According to the Direct Selling Association, there are an estimated 16.1 million US Salespeople in 2010. The number of people that works from home climbs to 30 million, when you consider employees that work from home. A lot of employers in specialized fields allow their employees to work part of the week at home. As an example in 2009, 24% of people who worked for an employer did 80% of their work from home. It is cost effective for the employers to do that, due to a variety of reasons, including gas prices, long-distance traveling, lower overhead costs. Working from home can be very convenient particular for women with children. It enables them to take care of their children, while getting tehir work done in a much productive way than if they had to go to the office every day.

While working from home can be convenient, it is critical to avoid distractions when comes time to do the work. This is also true, by the way, of people that are working from home in network marketing. The amount of distractions in internet marketing is enormous. It can really slow down productivity tremendously, and leaves the business owner at loss of what to do and how to get some work done. There are days that you would be at home just thinking how you can get some work done, instead of actively working and doing things. The reason for that is tricky, because although you may be sitting in front of the computer, you may not be doing any work at all. Instead, you may be spending time doing things completely unrelated to work, or even task that has some value, but are not revenue producing activities. This all occurs because of the failure of the individual business owner to learn how to avoid distractions. It is critical for internet marketers and network marketers to lean how to avoid distractions, simply because there are tons and tons of distractions on the internet.

Working from home, particularly as an internet marketer, requires someone to do a lot of planning. Internet marketers have to continously plan, because there are a lot of tasks that can be done to promote, but often times, internet marketers run out of ideas because of lack of planning. Distractions also play an important role, because it breaks the flow of work, and if it is allowed to set in, it can lead the tailspin where the person spends days and days not knowing what to do. It is dangerous because fatigue and laziness can also creep in. It is all in the mind, when the mind is distracted, no matter how much a person wants to be productive, that person can't because the mind is the source of all functions with respect to ideas.

There are some steps that one can take in order to avoid distractions when working from home. The first step is to make sure that your mind is focused on ideas to implement for work throughout the day. This does not mean that you are thinking about work 24 hours a day. What it means is that subconsciously, you mind on a very low level, is always looking for ideas related to your work which it can implement. The second step is related to the first, and that is to write ideas on a piece of paper as soon as they formulate. Moreover, in order to avoid distractions, make sure to write a few sentences explaining that idea, so that you can elaborate on it. The third step is to make a list of your activities for the day early in the morning. Before you do anything else, be sure to execute the tasks on the list one by one until it is all finished. While performing your tasks, be sure to ignore all incoming calls except for calls from family members, in case of an emergency.

Working from home on the Internet exposes people to a lot of ideas, proposals, requests, programs, and just about anything you can think off. The reality is that there are tons and tons of negative stuff on the internet, a lot of garbage that is really not worth anything. There are tons and tons of programs that promise quick money and enormous wealth without doing any work. Those are also critical distractions to avoid. In order to avoid those distractions, one has to clearly be comfortable

with the business that he/she is promoting; and really believe in the company, its products, and compensation plan. It really puts the mind at ease. It is important to set goals and to monitor one's progress on a regular basis in order to measure progress. This keeps the person motivated, which makes it easier to avoid distractions. Finally, it is important to develop a routine. This routine can be as simple as the software and programs that are opened on the computer to start off the day.

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