

"Feel-good productivity"

by Ali Abdaal

How to achieve balance and enjoy success

Main idea:

Ali Abdaal's book, *Feel-good productivity*, introduces a refreshing approach: energy, not sheer willpower, is the true driver of productivity. The secret isn't about constantly pushing harder but about creating a work routine that feels good and is sustainable over time. When energy is aligned with positive feelings, productivity naturally follows. Instead of burning out, the key is to focus on practices that energize and motivate – it makes work something that's not only productive but also enjoyable in the long run.



Boost your energy

Ali identifies three main sources of energy:

- ◆ **Play** – Make work enjoyable by adding fun elements. Gamify tasks, use engaging tools and embrace creativity.
- ◆ **Control** – Build confidence and take charge of your actions. When you feel in control, your performance improves.
- ◆ **People** – Surround yourself with supportive individuals who uplift and inspire you. Collaboration fosters motivation.

Supporting apps: [Lofi Garden](#) (for focus) and [UpLife](#) (for confidence).

Remove well-being blocks

Procrastination and lack of motivation often come from what's going on inside our heads:

- ◆ **Uncertainty** – Clarify your goals and break them down into actionable steps. Mind-mapping tools like [MindNode](#) help with planning.
- ◆ **Fear** – Identify and challenge your fears. Writing thoughts down in apps like [Mental Walk](#) can provide clarity.
- ◆ **Inertia** – Create a motivating environment by removing distractions and setting small, achievable tasks.

Supporting apps: [MindNode](#) (goal-setting), [Mental Walk](#) (self-reflection).

Prevent burnout

Burnout shows up in different ways, and being able to spot them is really important if you want to avoid feeling completely drained:

- ◆ **Overload burnout** – Working too much without breaks leads to stress. Prioritize tasks and schedule regular downtime.
- ◆ **Exhaustion burnout** – Not recharging properly can drain energy. Engage in activities that truly refresh you, like spending time in nature.
- ◆ **Misalignment burnout** – Feeling disconnected from your work can reduce motivation. Align your tasks with your values and long-term goals.

Supporting apps: [Time Out](#) (reminders for breaks).



Achieving balanced productivity

SETAPP by MacPaw

1st

Boost energy

Boost energy with fun tasks (Play), confidence and control (Control), and supportive connections (People)

2nd

Remove blocks

Clarify goals, confront fears, and create a motivating environment to overcome procrastination.

3rd

Avoid burnout

Recharge regularly, set boundaries, engage in meaningful tasks, and stay connected to maintain balance and prevent burnout.



[Setapp](#) is a subscription service that gives you access to a collection of hand-picked macOS and iOS apps