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Freelancer game guide

Strong views loose HeldAre We work ourselves to death? Here's why the gig economy replaces full employment. But is the fuss worth it? Sarah Kessler, author of Gigged says... Maybe not. We need to talk about the new employment trend: overwork. Have you seen this ad for Timberland that informs us that we will never be able to retire? You needed a reminder that your hard work pays off. For your boss? ETrade is covering for you! And that's my favorite: You survive on coffee, you don't have time to sleep, but you always follow? An application called Fiverr would like to put this passion to work! Why do we normalize not eating lunch in favor of feeding coffee and without sleep? While the startup mentality promised to help us build our dreams, does hustle really help our careers? Or are we just building someone else's? Journalist Sarah Kessler tackles this in her new book, Gigged: The End of Work and the Future of Work. I sat down with Sarah to get a better handle on exactly what the gig economy is, who she works for (and who she isn't) and what exactly our generation sacrifices for freedom and flexibility. Thanks for watching-for more important conversations, make sure you follow Strong Opinions Loosely Held here! Last updated on October 28, 2020 SMART goals are a simple, logical way to organize your goals as you define them throughout your life. Not only does this technique help you identify goals that can be achieved, but it helps break down goals into smaller and more manageable pieces. However, there is a critical element (or letter) missing from this acronym. This missing letter can potentially make it harder for you to achieve your goal – no matter how well you break your goal into different pieces and action steps. However, once you understand this missing piece, you will be able to use it to move forward with your goals. What are smart targets? If you're not familiar with smart goal setting technique and what the acronym means, here's a brief summary with a simple example: S = Specific – Your goal should be pretty specific (I want to lose 4 inches of my waist), M = Measurable - You can measure your waist each week to track your progress. A = Achievable - Do you think you can do this? Or will you go too far by getting rid of another 4 inches? Or should you extend the target to 5 inches? Is that close? R = Realistic – Is your lifestyle stable enough that you can commit to this goal? Are you mentally prepared to do that? Do you have the resources you need for this goal? T = - You could want to achieve this goal within a week or within six months, but it should have a specific time frame. As you can see, when you analyze your goals like this, they become much more manageable and specific than just saying I want to be thinner. All well and good, except that there is one critical letter missing in this package - another letter A. The missing letter is missing another letter A means accountability, and this is a great way to make sure that your defined plan is actually executed and not left alone at the speech or planning level. Even if you have created a masterful design using the SMART target technique, it becomes useless if you don't actually run it. To make sure you start the execution phase, you want to throw some accountability into the mix. By having some external pressure on your back (in the form of accountability), you are more likely to take action on your target steps than if you just keep the plan for yourself. Accountability is based on the fact that you want to stand behind your words and save the person. When you announce your goal to the world, you realize that the world is watching you now, and you don't want to let people down. Accountability is also about addressing the expectations of others. If you announce a goal or task to the public, other people expect that you will achieve the tasks and goals you have set for yourself. Watch this video and learn how, with reliable accountability, you can achieve your goal more effectively. Ways to apply the letter A to your goal There are many ways you can go about creating accountability. Choose which one will work to motivate you the most. 1. Keep it to yourself I was a little hesitant to include this, since in this scenario you're not telling others about your plans or tasks. However, for some people this could work since your conscience is your accountability partner in this situation. And you don't want to let your conscience down. 2. Announce it to other people your people could be your colleagues at work, your local golf club friends, subscribers and readers of your blog, or your Twitter followers. I would say that accountability is more effective when dealing with offline people. Being accountable face-to-face with someone is very effective. I'm by no means underestimating the power of online people either. If you're trying to form stable relationships with others online, you want to keep your word – even if you don't necessarily meet people in the same sense as in the offline world. 3. Find an accountability partner A more intimate way of accountability is to find an accountability partner. This could be a friend or spouse, but it has to be someone you feel comfortable reporting. When this route is selected, you can decide to call your partner on a frequent basis to tell them how well you are progressing on the goal. 4. Get on Stickk.com If none of the above ways work for you, it's time to put Stickk in the game. is a website where you can announce your goal (Commitment Agreement), and to make you even more committed to achieving that goal, money is at stake. Money is not mandatory to get set up with Stickk, but knowing that you will lose a certain amount of money if you don't achieve your goal can give you an extra boost to get things done. 5. Join Mastermind Groups A mastermind group is group of like-minded people gather on a frequent basis (online or offline), trying to push each other closer to their goals. This kind of accountability is very common in the business world. When you're in a mastermind team and you've set the goals you want to achieve from the next meeting, you want to get things done and fulfill the expectations of others. Mastermind teams are a great way to improve your productivity and achieve your goals with the help of others. 6. Hire a coach If you really want to get personal attention for your goals, then hiring a personal trainer may be the best way to stay accountable. Not only are you accountable to your coach, but you also have to pay for his or her attention. This makes coach selection all the more effective. You want to make sure that you do everything you can to get the assignments done before the deadline that you two have set. So there is a money factor to hold you accountable as well. Since you want to move quickly, this option is a very effective to stay accountable with your smart goals. Next time, set your goal using SMARTA instead. Add that letter A to smart goal setting technique: Specifically, measurable, achievable, realistic, time-framed. Accountable. The accountability factor for achieving your goals may be just the thing you need to make them happen. More tips for smart goals-Featured photo credit: Estée Janssens via unsplash.com August 12, 2016 4 minutes read The views expressed by business contributors are theirs. You are reading Entrepreneur India, an international franchise of Entrepreneurs Media. Freelancers are just second in line (immediately after interns), to be considered as the most undervalued working population on the planet at this time. This is especially true in creative fields such as photography, the arts, writing, or even in the project to view the base technical work(s). Excluded from the department of physical office spaces that are regular staff, freelancers have some obvious advantages and some glaring disadvantages associated with their profile. However, although your working hours may most likely be extremely variable, compared to regular employees, you are still bound by deadlines and project submissions. And if you are one of those few lucky people who have more work than time, congratulations on the fact that the only problem in your life, namely being extremely lucky, and in demand! You should also realize that while overwork can be you brining a downpour money, is also robbing you of your time, both on a personal and professional front. Regardless of how you choose to spend this time differently, which is completely your privilege, there is no denying, the time you spend doing intangible things can be best used in projects that expand your growth. But the question that remains unanswered is-how do you say no as a freelancer? Here are some easy tips: Extending the deadlineMay not seem to have the courage or confidence to say not immediately An idea? It's a wise idea to delay the answer as long as you can. Try to ask for some time to think about it, or that you need to do a rain check. This will give you enough time to decide and take the courage to say no, or change your mind if that's something you'd like to do. Sugar coat the noWorried about how cultural differences in communications can be perceived differently from the way you plan? Just turn around your words and present an indirect rejection. Something flattering, not very apologetic and urgent to thank for the opportunity to give the choice in the first place is ideal. A good example is Thank you for the opportunity to be considered fit to perform this particular task for your respectable organization. However, I regret to say that my work programme at present would not allow me to carry out this work. I would once again like to thank you for the opportunity to be considered worthy of him and I look forward to having a professional relationship with your team in the near future. Set your priorities straight If you're in this position, it goes without saying, you already have the upper hand of knowing the customer likes you and your work and want to be included. That means you currently have the ball on your court - why not negotiate the terms and conditions that bother you, instead of completely rejecting the idea? If you're busy or feeling like you're underpaid, why not discuss the same to get a solution? Stay stable and just say it If you've exhausted all the pros and cons of rejecting the project/idea, just stay firm and say no. Practice in front of the mirror and stay strong. Understand that the customer will try to convince you back and lure you, and they may even subtly mock you of the opportunity you reject – but remember why you made your decision and stick by it. At the end of the day, follow your instincts. Have you ever had cold feet while rejecting a project/idea as a freelancer? Did it turn out to be a good decision or a bad decision? Share your views with us on our official Facebook page Entrepreneur India India

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