

### PRODUCTIVITY LAWS

#### ☑ Parkinson's law

**Work expands so as to fill the time available for its completion**

#### Corollaries

Stock–Sanford corollary	If you wait until the last minute, it only takes a minute to do
Horstman's corollary	Work contracts to fit in the time we give it
Asimov corollary	In ten hours a day you have time to fall twice as far behind your commitments as in five hours a day
Computers corollary	Data expands to fill the space available for storage

#### Generalization Induced Demand

The demand upon a resource tends to expand to match the supply of the resource	The reverse is not true
Law of demand	the lower the price of a service or commodity, the greater the quantity demanded
Law's Time Form	The amount of time that one has to perform a task is the amount of time it will take to complete the task.

#### Coefficient of inefficiency

Size of a committee or other decision-making body at which it becomes completely inefficient.

Optimal Size	3 to 20 members
Inefficient	21 or more

Parkinson's law is a reference to the self-satisfying uncontrolled growth of the bureaucratic apparatus in an organization.  
*Parkinson's Law: The Pursuit of Progress* (London, John Murray, 1958)  
[https://en.wikipedia.org/wiki/Parkinson's\\_law](https://en.wikipedia.org/wiki/Parkinson's_law)

#### ☑ Hofstadter's law

**It always takes longer than you expect, even when you take into account Hofstadter's Law**

Douglas Hofstadter's 1979  
*Gödel, Escher, Bach: An Eternal Golden Braid*

#### ☑ Murphy's Second Law

**Everything takes longer than you expect**

**Corollary to the law:** *Everything takes longer than it should, except obviously sex*  
**Corollary to Corollary** *As the desire increases, so does the number of interruptions and the time available decreases*

#### ☑ Sturgeon's law

**Ninety percent of everything is crap**

**Corollary:** *Stupid persons and stupidity acts reach as high as 99% of crap's causes*

#### ☑ Carlson's Law

**If you focus on a task without any break or interruption, it will take you less time to finish it**

Once you start doing something finish it!  
 Avoid interruptions and be focused!

#### ☑ Fraisse's Law

**Time is a subjective variable depending on our own interest in the activity performed**

*Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity.* Albert Einstein

#### ☑ DeCaprio's Law

**Everything takes more time and money**

So, be aware if you have enough  
*Annie DeCaprio, Highbridge N.J., Harper's August 1974*

#### ☑ Drazens Law of Restitution

**The time it takes to rectify a situation is inversely proportional to the time it took to do the damage**

*Louis D. Rubin*



### ☑ Hendricksons Law

**If you have enough meetings over a long enough period of time, the meetings become more important than the problem the meetings were intended to solve**

### ☑ Stigler's law of eponymy

**No scientific discovery is named after its original discoverer**

Mark Twain It takes a thousand men to invent a (...) important thing—and the last man gets the credit and we forget the others

Matthew effect This pattern of recognition, skewed in favor of the established scientist, appears principally (i) in cases of collaboration and (ii) in cases of independent multiple discoveries made by scientists of distinctly different rank.

Boyer's law Mathematical formulas and theorems are usually not named after their original discoverers

Mathilda Effect The effect applies specifically to women.

Alfred N. Whitehead's Corollary Everything of importance has been said before by somebody who did not discover it

Terentius (190-159 BC) Nothing has yet been said that's not been said before

*Examples:* Hubble's law derived by Lemaitre. The Pythagorean theorem to Babylonian mathematicians. Halley's comet observed by astronomers since at least 240 BC. Stigler himself named the sociologist Robert K. Merton as the discoverer of "Stigler's law"

### ☑ Lance's Law

**If it aint broke, don't fix it**

Equivalent form: *Don't touch it if it works*

Machine at work: *Experiments with soda water*

### ☑ Lowerys Law

**Just when you get really good at something you don't need it anymore**

**Corollary:** *Or simply you don't like anymore*

### ☑ Pym's Law

**Actions speak louder than words**

**Corollary:** *Although actions speak loud there is always someone who is deaf, or simply too stupid to understand*

### ☑ Newton's Law

**Every object at rest will stay at rest, and every object in motion will remain in motion**

if you are procrastinating, you are at rest, so it will be difficult for you to move

If you are working you are moving, it is hard to stop because you feel happy when you accomplish your tasks

### ☑ Illich's Law

**After a certain time, personal productivity tends to decrease, even reaching negative values**

Consider this: we have limited work capacity and can't be completely focused too long.

Everybody needs breaks and sleep. And Love, of course.

### 🔍 Jevons' paradox

**Technological progress increases the efficiency with which a resource is used (reducing the amount necessary for any one use), but the rate of consumption of that resource rises because of increasing demand**

**Jevons' Complementary Corollary** (Edward Glaeser)

Improvements in information technology lead to more demand for face-to-face contact, because face time complements time spent communicating electronically



### 🔍 Downs–Thomson paradox

**The equilibrium speed of car traffic on a road network is determined by the average door-to-door speed of equivalent journeys taken by public transport**

Improvements in the road network will not reduce traffic congestion

In fact, improvements in the road network can make congestion worse if the improvements make public transport more inconvenient or if it shifts investment, causing disinvestment in the public transport system

aka the Pigou–Knight–Downs paradox

### 🏛️ Pareto's Principle

**80% of the outputs come from 20% of the inputs**

We spend most of the day working on tasks that don't get us closer to our goals

Principle of factor sparsity

### 🏛️ Laborit Principle

**We have got a natural tendency towards those tasks that require less effort from us**

We are far from being objective when choosing tasks

### 🚫 Habits that ruins productivity

Over / Under Planning      Sit down and come up with a plan but do not waste too much time

Multitasking      Do not do too many things at a time

Over-cluttered to-do lists      Prioritise what's most important and only include those tasks on your list

Avoid delegate      Delegate some work to skilled professionals and partners you can trust

Working without protocols      You need to establish a set of practices to kick your productivity

Taking many meetings      Unless it's absolutely necessary avoid meetings

### 🚫 Habits that ruins productivity (cont)

Do not say 'NO'      Do not let others decide for you. Not important? Then say 'NO'

Not taking breaks      Break big tasks into smaller pieces and plan breaks in between

Checking your email constantly      Save some time every day to check your mail, the rest to work

Being overconnected      Being too available raises your chances of being interrupted and distracted

Not measuring your results      Do you know what the actual results of your efforts are?

Remember that rules – even productivity rules – are made to be broken      Breaking habits offers new perspective and helps recharge us

Author: Jorge Juan 📄✍️

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By **Jorge Juan** (jorgejuan007)

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