

# THE WORKING FROM HOME SERIES



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## Oh! The Inconvenience!

One of my lasting memories of our house burning down was the sheer inefficiency of life. It went on for months and months afterward. At one point I set out to cut the legs off of a wooden desk to lower it (I used to work for a custom furniture company), and ended up making *four* trips to the hardware store before I completed the project. When you don't have your stuff, everything slows down.

Working at home is going to feel like that. Whether it's a file you can't access, a critical memo you wrote in longhand, or a person you need to call back whose business card is sitting right on your desk but you can't for the life of you remember their name... lots of things are going to be harder than normal.

Part of staying motivated as you work from home is managing your expectations. When things don't turn out as expected, frustration is the natural result. You probably have enough stress in life right now without the added irritation of feeling like nothing at work going as you'd hoped. So here's a set of questions to help you adjust your expectations to your new circumstances:

- What tools or information will I need to complete my tasks that are back at my workplace? Can I get them somehow or will I have to make do?
- How much time do I need to add find things on Google that I have right at hand on my desk?
- This deadline might have been realistic under normal circumstances. What is realistic now?
- Is anxiety about finances or my future causing me to unconsciously put extra pressure on myself to perform?
- Stress lowers productivity. How much stress has the pandemic added to my life? How am I accounting for that in what I expect of myself?

**Action Step:** Make a guesstimate: if a typical chore took about an hour at your workplace, how much longer will it probably take at home?