**Top Tips to Boost Energy and Productivity for Digital Marketers**

If you’re a digital marketer, then the amount of work you can do to in a day will be directly proportional to the satisfaction of your clients, the amount of repeat business you get and ultimately, the amount of money you earn.

Want to be more successful? You need to increase your productivity.

Here are a few ways that internet marketers can do that and raise their energy levels at the same time…

**Supplements**

There are a wide range of different supplements that can greatly boost your productivity, energy levels and concentration. These are becoming increasingly popular and are often referred to as ‘nootropics’ or ‘smart drugs’.

The problem is that some of these are very beneficial and effective, while others can actually cause more harm than good… and it can be tricky to know which are which. Stick to things that would occur in the body naturally or in our diets (minerals, vitamins, nutrients, herbs, amino acids) and avoid anything that is only available on prescription! Some good options include: vitamin B complex, magnesium, omega 3 fatty acid, caffeine + l-theanine, dark chocolate and cordyceps.

**Sensory Deprivation**

This might sound a little dramatic, but I’m actually only talking about sound.

If you want to enhance your focus, then something you can do is to try and block out all outside distracting sounds. One way to do that is to listen to white noise – and this is a strategy that some people actually use!

Another way is to listen to music that you know very well and to put it on repeat. Because there is nothing novel in the soundtrack, the brain will eventually tune it out and this means you can become completely engrossed in what you’re doing!

**Watching YouTube**

This might sound counterintuitive but sometimes it can be a great help to watch someone playing a game on YouTube, to watch music videos on silent or to otherwise give yourself some kind of ‘movement’ to watch. Author Tim Ferriss likes to watch his favorite movies on silent.

This is effective because it provides us with a little stimulation. One of the reasons we often struggle to do our work – such as writing guest posts – is because it’s boring. The human brain likes light, color, noise and movement and when it doesn’t get that, it starts looking for distractions.

By watching someone play a game on YouTube or doing something else that has no dialog or narrative, this gives your eyes and the more action-oriented parts of your brain something to keep them occupied. Meanwhile, your reasoning, planning and verbal parts can focus on the job at hand!

**Leave Work Unfinished**

Want to make sure you get off to a great start with your work tomorrow? One quick tip is to try leaving work a little unfinished. Start a project, half write it, and then leave it. This is very powerful because we naturally feel inclined to finish work that we’ve started. You’ll almost feel like you *have* to leap into action as soon as you get started the next day!