

— THE BETTER LIFE SERIES —  
PRACTICAL PSYCHOLOGY FOR REAL LIFE

# PRODUCTIVITY THAT STICKS

Get the Right Things Done,  
Build Sustainable Systems and  
Make Progress Without Burning Out



**ALDEN M. CORVALE**

— BOOK 19 —

**THE BETTER LIFE SERIES**

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# **PRODUCTIVITY THAT STICKS**

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Systems and Make Progress Without Burning Out

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*Productivity is useful output, not permanent busyness.*

# PUBLISHER NOTE

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This book is educational. It offers general psychological and behavioral information, not diagnosis, psychotherapy, medical treatment or crisis care. Examples are illustrative rather than case reports.

Research in psychology describes averages and probabilities, not guarantees for every person. Use the practices that fit your situation, adapt them when needed, and seek qualified professional support when a problem is persistent, severe or unsafe.

# CONTENTS

## REDEFINE PRODUCTIVITY

- 1. Productivity Is Not Busyness
- 2. Choose Outcomes Before Tasks
- 3. The Cost of Doing Too Much
- 4. Measure Progress, Not Motion
- 5. Sustainable Beats Heroic

## BUILD A SYSTEM YOU CAN TRUST

- 6. Capture Everything in One Place
- 7. Turn Projects into Next Actions
- 8. Use Weekly Planning
- 9. Create Default Routines
- 10. Keep the System Smaller Than the Work

## FOCUS AND EXECUTION

- 11. Protect Your Best Attention
- 12. Single-Task on Purpose
- 13. Use Focus Sprints
- 14. Design for Fewer Interruptions
- 15. End with a Restart Point

## GET STARTED AND KEEP MOVING

- 16. Use If-Then Plans
- 17. Lower the Starting Threshold
- 18. Make Friction Work for You
- 19. Use Deadlines as Information
- 20. Finish Before Optimizing

## WORK WITH YOUR HUMAN LIMITS

- 21. Plan Capacity, Not Fantasy
- 22. Recovery Is Part of Output
- 23. Prevent Burnout by Design
- 24. Stop Using Guilt as Fuel
- 25. Use Self-Compassion After a Bad Day

## MAKE PRODUCTIVITY LAST

- 26. Review What Actually Worked
- 27. Automate Repeated Decisions
- 28. Build Accountability That Helps
- 29. Create a Personal Productivity Dashboard
- 30. Your 30-Day Sustainable Productivity Plan

Special Dossier 1 - What the Research Can and Cannot Tell You

Special Dossier 2 - When Self-Help Is Not Enough

Appendix A - Quick-Start Audit

Appendix B - 7-Day Reset

Appendix C - 30-Day Practice Tracker

Appendix D - Scripts and Prompts  
Appendix E - Weekly Review  
Appendix F - Further Reading

# PREFACE

Productivity That Sticks is built around a simple idea: useful change becomes more likely when psychology is translated into behavior. This book is not a promise of a perfect life, a permanent mood or a personality transplant. It is a practical guide for noticing patterns, making smaller choices and building systems that survive ordinary weeks.

The subject of productivity is often surrounded by slogans. Slogans can be memorable, but they are poor instructions. The chapters ahead separate attractive ideas from workable practices. You will find short explanations, realistic examples and exercises that can be tested immediately. When research is mixed, the book says so. When a claim is correlational rather than causal, the distinction matters.

Treat the exercises as experiments. A strategy that helps one person may need adaptation for another person's work, family, finances, culture, health or responsibilities. Your goal is not to complete every prompt. Your goal is to build a small set of practices that improve the way you live.

## INTRODUCTION - REAL CHANGE IN REAL LIFE

Most change fails at the point where an inspiring idea meets a crowded Tuesday. That is why this book emphasizes small decisions, environmental design, communication, review and recovery. Productivity is useful output, not permanent busyness. The better question is not 'Can I do this perfectly?' but 'What would make a better response more likely next time?'

Each chapter ends with a short practice. Do not rush through them. Pick the few practices that address your actual friction. Track what happens. Keep what works. Simplify what does not. Real change is rarely dramatic from the inside; it is usually a series of ordinary choices that begin to form a different pattern.