

Using 1 hour after work will determine your success

After 8 hours of hard work at the company, what do you usually do? There will probably be days when you just want to lie down and watch Youtube, TV or surf Facebook, Instagram until you're sleepy, right? Refer to using 1 hour after work to determine your success.

After 8 hours of finishing a hard and hard working day, you feel completely drained of energy in your body. Today, like the previous days, you just want to be lazy in front of the TV, eat dinner or watch any program for an hour or two to make yourself forget about the pressure of work.

Everything sounds " *gloomy*" right? However, you do not need to lock yourself in that endless circle and watch the youth slowly drift away. Rest assured that you will not get this lazy daily routine: instead of choosing to watch TV 2 hours after work or just surfing Facebook or Instagram until you feel sleepy, you have can use this time period more effectively. Because according to many psychologists, just using effectively 1 hour after work has been, will and will bring positive changes in both career and personal life.



Benefits of effective use of 1 hour after work

First : If you spend an hour after work to do what you think is useful such as learning a new language or designing a car model, you will feel more satisfied and happy. This will bring a clear change in performance. An employee is always happy to be a good employee and sooner or later, the boss will notice your difference compared to others.

Second : You cannot fully expect to learn something new or to practice hobbies while working at the company. Because you will constantly be distracted and your personal income will also decrease significantly, moreover this will be counterproductive to performance, even making you often distracting. After hours, you are free to set your own rules and master the time the way you want. An hour in this time period is the time you should use to achieve your goal.

Third: Achieving minor success. For example, every day you spend an hour to learn a new language, after one year, all the time spent practicing will help you achieve almost fluency. That means you will learn one more language every year!

Finally: Considering what makes the company decide whether to hire or promote you depends on what factors and from there, you'll practice every one hour after work. For example, if you study Italian at a near-fluent level, write that into your resume, which can be beneficial when you apply to companies that require a certain language skill.



The harm of idle after hours?

The problem is that you are too idle. So what does idle mean? A person with a lazy attitude, not striving for their life will not be able to change their destiny and career. That means no progress, no goal, no bright future compared to what they have at the present time. For some people, they always feel satisfied with what they have. But if you have any goals or aspirations, do not let yourself sink into your usual lazy routine, try to achieve your goals.

The second problem is building a regular lazy habit that affects your psychology, even pushing you into **depression** . Depression is a serious problem, and it also reduces performance and affects your own working environment, the relationship between boss - employee or the general work status of the team.

Therefore, an hour every day after work can completely change your world!



Here's how you can make good use of your after-hours time:

1. Read books

Yes, reading is a good choice. Read books seriously. Any genre, from fiction to true stories, from fiction to history, romance or horror. With one hour of reading each day, you can complete a book each week. The more you read, the more you know. Not only that, reading also makes you completely satisfied and comfortable. You will have more topics to chat and improve your knowledge at work, thereby promoting your career.

2. Start individual projects

This is extremely beneficial, especially when the workplace does not give you a chance to do something for yourself. Projects like building a website or doing volunteer work will reward you with more subtle personal values, such as learning the meaning of teamwork, how to get the job done on time or how to do it. handling feedback . They all contribute directly to your success in the future.

3. Develop relationships

Everyone knows that increasing relationships is an undeniable advantage for career or personal orientation. All you need to do is go out and meet someone! In addition, you can also spend time after work to gather with friends and colleagues.

All of these are just a few suggestions for what you need to do in the future. Think differently and pursue your passion, even though it's not easy!

Refer to some more articles:

1. Top 5 most common errors when we learn a new skill
2. Do you know that each one is more or less specialized in a field?

3. 7 signs that it's time for you to switch jobs before it's too late

Having fun!

You finished reading the article "**Using 1 hour after work will determine your success**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
