On the one hand, being efficient is awesome. You don't need to spend a lot of energy, effort, and money to do or get something. Each time, you follow a well-established pattern to achieve quick and easy results. At the moment, there are a lot of trainings and videos on developing yourself and your abilities. The development of technology also does not stand still. It is being upgraded and improved at a furious pace, and is becoming more and more efficient. Now to drink coffee in the morning, you do not need to stand for a long time and cook it, or sit in a cold car in the morning, and warm it up, all you need is just press the button. All this allows us to live and work more quickly and efficiently.

However, on the other hand, efficiency is not always a good thing. In the pursuit of a simple and quick solution to a problem, we often forget about quality. We try to do as much as possible; as a result, such ill-considered moves can play a bad joke with us. To sum up, we will spend much more time and effort correcting errors, inaccuracies, and finding a new solution to the problem. Many people lose their businesses, find themselves in a jam at work, or simply do not pass the exam, due to lack of depth of knowledge. After all, the main problem with efficiency is that because of the speed and surface of the work, we do not have time to delve into the issue, and understand its essence. In the end, I would like to say that being effective is a very useful characteristic, but we should not forget about the quality and individual approach to each issue. After all, there is a Russian proverb "fool's haste is no speed".