Tim Ferriss: Stop Doing These 9 Things!

Best Selling Author and productivity nerd Tim Ferriss says these 9 stressful habits must be eliminated from your daily routine...immediately.



1. "Do not answer calls from unrecognized phone numbers"
2. "Do not e-mail first thing in the morning or last thing at night"
3. "Do not agree to meetings or calls with no clear agenda or end time"
4. "Do not let people ramble"
5. "Do not check e-mail constantly — “batch” and check at set times only"
6. "Do not over-communicate with low-profit, high-maintenance customers"
7. "Do not work more to fix overwhelm — prioritize"
8. "Do not carry a cellphone or Crackberry 24/7"
9. "Do not expect work to fill a void that non-work relationships and activities should"

Source: http://tim.blog/2007/08/16/the-not-to-do-list-9-habits-to-stop-now

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