

Download File PDF Kickstart Your Time Management The Complete Guide To Great Work Habits

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so many fake sites. this is the first one which worked! Many thanks

17 BAD HABITS THAT WASTE YOUR TIME

- 1 Twitter
- 2 Running errands in rush hour
- 3 Reddit
- 4 Watching commercials, infomercials, or advertisements
- 5 Spending time worrying about spam comments, negative reviews, and internet trolls
- 6 Facebook addiction
- 7 Watching reality television
- 8 Going to the mall or shopping to kill time, not for any specific need
- 9 Overindulging on Netflix
- 10 Video games
- 11 Finishing a book you hate, just to get it done
- 12 Watching random videos that scroll across your feed about someone's child or cat
- 13 Worrying about things that could go wrong
- 14 Watching an endless stream of YouTube videos
- 15 Trying to change another person's opinions
- 16 Chasing small money, when your business has a bigger vision
- 17 Reading BuzzFeed and other mindless entertainment

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