



**5 INEFFECTIVE BEHAVIORS
YOU SHOULD KICK NOW**



H HUNDRED
LIFE DESIGN



YOUR HABITS MAKE YOU. IT'S A TRUTH WE LEARNED FROM STEPHEN COVEY AND HIS HABITS OF EFFECTIVE PEOPLE.

WE'RE ALWAYS WORKING TO APPLY THOSE SUCCESSFUL HABITS, TO INCREASE OUR MOTIVATION AND PRODUCTIVITY—BUT MANY OF US STILL AREN'T GETTING THINGS DONE.

NO ONE ACTIVELY TRIES TO BE INEFFECTIVE. BUT UNFORTUNATELY, WE PICK UP LITTLE HABITS OVER THE COURSE OF OUR LIVES—AND SOMETIMES, THOSE HABITS DRAG US DOWN. HERE ARE THE FIVE BIGGEST BEHAVIORS OF INEFFECTIVE PEOPLE AS THEY WORK TO PURSUE THEIR GOALS.

1. SELF-DOUBT

A lack of confidence can be hard to overcome. Ineffective people are keenly aware of their own inexperience—but rather than seeing a learning opportunity, they see it as a lack of ability. As a result, every new challenge worries and threatens them. They hesitate when the time comes to venture outside their comfort zone, because they'd rather not fail. Worst of all, they become so afraid of failure that they may eventually stop trying altogether.

2. PROCRASTINATION

Ineffective people think they have all the time in the world. They're always putting things off until the "perfect moment" to get something done...but those perfect moments are incredibly rare in life. These people don't have a sense of where their time goes, so they squander much of it on ineffective activities: "busy work," watching TV, frequently checking social media, etc. Essentially, instead of focusing their energy on their goals, they throw it away on things that don't matter.



3. IMPATIENCE

Highly ineffective people crave instant gratification. They're likely to fall prey to those get-rich and get-thin-quick schemes, because they're always on the hunt for the shortcut. Unfortunately, they don't understand that finishing something quickly doesn't mean finishing it well. Worse, because they want to accomplish everything right away, they have a hard time focusing on one thing at a time—so they multitask. They send emails during a meeting, work during meals, and overbook themselves in an effort to get it all done. Ineffective people fool themselves into thinking they'll reach their goals more quickly this way, instead of making plans to reach success through focus.

4. RESISTANCE TO CHANGE

You've heard the saying "You can't teach an old dog new tricks." Well, highly ineffective people embody this phrase, because they simply won't embrace change.

Sure, they want it in theory: they envision the dramatic changes they'll make in their lives. But when the time comes to adapt, they don't feel like doing what it takes to get there. They stubbornly refuse to try new ideas, techniques, and technologies, and they won't listen to different points of view.

5. PERFECTIONISM

Highly ineffective people tend to get lost in the details. They're too focused on chasing the ideal "perfection" to stop and look at the big picture. Instead of creating useful ideas, they overanalyze existing ones in the hunt for "perfection"—which just wastes their time. These people are also the type to see the downside while overlooking the positive. They complain about little imperfections instead of focusing on how they can make things better. Essentially, they become the victim in their own quest for perfection, taking no responsibility for the state of their own lives.

Highly ineffective people fall prey to this over and over as they struggle to achieve their goals. If you're guilty of one or more of these, it's time to kick your old habits to remove the barriers to your own success.

IF YOU WANT TO START BUT STILL FEEL OVERWHELMED, CLICK HERE TO TALK TO A LIFE COACH, WHOSE JOB IT IS TO HELP YOU GET ON TRACK!

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