



**Christopher Rocas**



**10 rare habits that will transform  
your career in 6 months (or less):**



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## 1. Singletasking

Boost productivity by focusing on one task at a time.

- Prioritize your most important task.
- Block uninterrupted time to this task.
- Resist the temptation to multitask.

Single-tasking increases efficiency and quality of work.

*Framework to help:*

*Apply the "Eisenhower Matrix" or "Pomodoro Technique".*



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## 2. Future Friday

Spend one hour every Friday planning for future you.

- Map out your long-term career goals.
- Identify the skills or experiences you need.
- Reverse engineer into it.

Being future-oriented helps you get what you want faster.

*Framework to help:*

*Use the "SMART Goals" framework.*



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### 3. Reverse Networking

Instead of looking for what you can get, focus on what you can give.

- Help peers without expecting anything in return.
- Give more than you take.
- Be a mentor to someone less experienced.

This selfless networking fosters stronger relationships.

*Framework to help:*

*"Adam Grant's Give and Take" principle.*



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## 4. The Golden Trio

Incorporate reading, writing, and speaking into your daily routine.

- Read 10 pages of a thought-provoking book.
- Write a one-page reflection.
- Share your insights with someone.

This combination enhances comprehension, critical thinking, and communication.

*Framework to help:*

*The "Feynman Technique".*



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## 5. The Thought Hour

Dedicate an hour each day to uninterrupted thinking.

- Unplug from all digital distractions.
- Reflect, brainstorm, or plan.
- Jot down your thoughts and ideas.

This solitary thinking hour can lead to insights you couldn't ever plan for.

*Framework to help:*

*Bill Gates' "Think Week".*



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## 6. Moonlight Mastery

Stack your skill set with passion projects outside of work.

- Dedicate an hour each night to a hobby or skill tied to your career.
- Share your journey on social platforms.
- Use the skills gained in your daytime career.

*Framework to help:*

*The "Deliberate Practice" technique of "Four Levels of Competence".*



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## 7. Intentional Discomfort

Deliberately pursue discomfort for growth.

- Volunteer for projects that challenge you.
- Seek regular feedback.
- Make "uncomfortable doings" a daily ritual.

Growth lies outside your comfort zone.

*Framework to help:*

*Utilize the "Hermetic Principle of Polarity".*





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## 8. The Critique Club

Form a group for giving and receiving constructive criticism.

- Meet monthly to review each other's work.
- Provide honest, constructive feedback.
- Use the insights to improve your work.

This shared learning experience is priceless.

*Framework to help:*

*Read "Radical Candor" by Kim Scott.*



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## 9. Serendipity Sessions

Leave room for unplanned exploration and learning.

- Go down rabbit holes that excite you.
- Stumble upon a new topic, website, or creative idea
- Let curiosity guide you.

Sometimes, the best ideas come from unplanned exploration

*Framework to help:*

*Research “Blue Ocean Strategy”*



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## 10. Gratitude Letters

Write a gratitude letter to someone different every week.

- Choose someone who's positively impacted your career.
- Be vulnerable in your writing.
- Deliver it in person.

This habit strengthens bonds and boosts positivity.

*Framework to help:*

*Implement the "Gratitude Intervention".*



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Thanks for reading!

**What rare or unique habits have helped transform your career?**

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