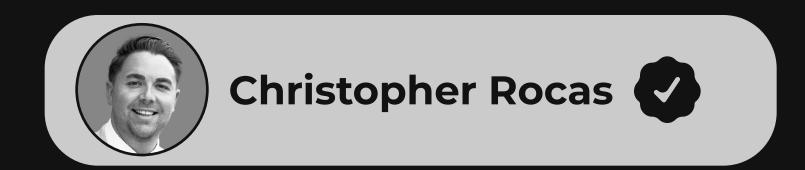


10 rare habits that will transform your career in 6 months (or less):



1. Singletasking

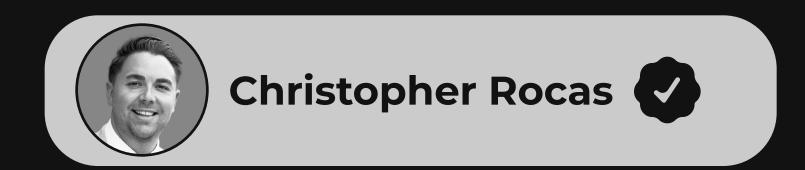
Boost productivity by focusing on one task at a time.

- 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".



2. Future Friday

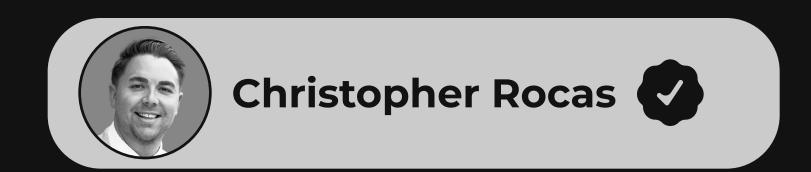
Spend one hour every Friday planning for future you.

- 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.



3. Reverse Networking

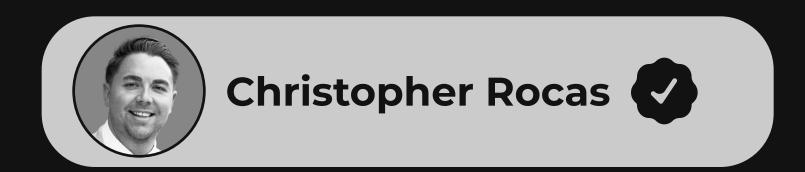
Instead of looking for what you can get, focus on what you can give.

- 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.



4. The Golden Trio

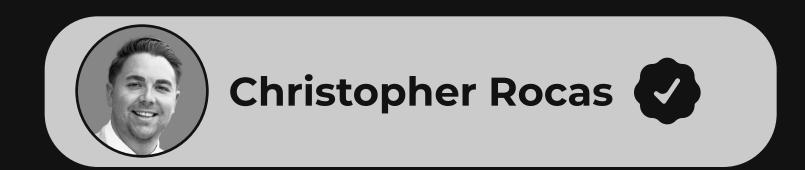
Incorporate reading, writing, and speaking into your daily routine.

- 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".



5. The Thought Hour

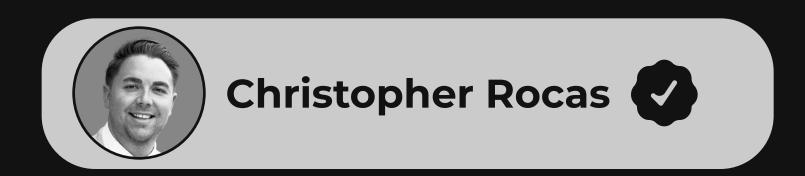
Dedicate an hour each day to uninterrupted thinking.

- · 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".



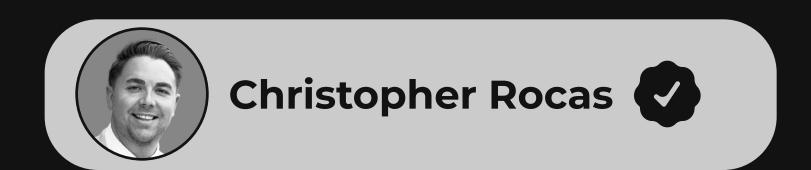
6. Moonlight Mastery

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".



7. Intentional Discomfort

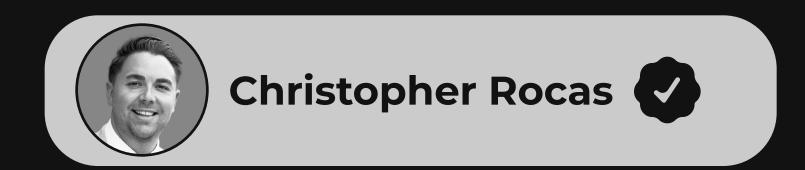
Deliberately pursue discomfort for growth.

- 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".



8. The Critique Club

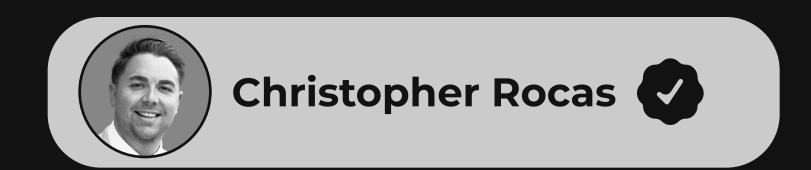
Form a group for giving and receiving constructive criticism.

- · 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.



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"



10. Gratitude Letters

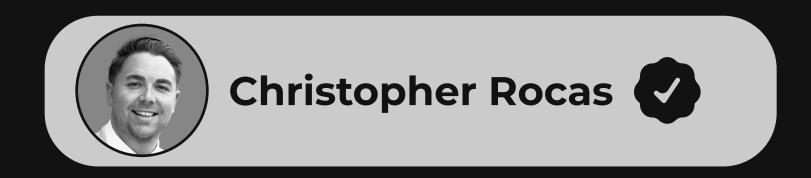
Write a gratitude letter to someone different every week.

- 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".



Thanks for reading!

What rare or unique habits have helped transform your career?

Follow me for more content about sales, soft-skills, and having a top 1% career.