

# Top Ten Unproductive Behaviors

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1. **Life-Removing Personal Habits:** They include any unwanted habits that detract from enjoying life (like abusing our bodies, working too hard, not taking time with loved ones, etc.). We must have the skill of awareness to overcome these habits.
2. **Life Removing Business Habits:** These include reinventing the wheel, not being open minded and resistance to change, among others. Life removing business habits are any behaviors that keep you from enjoying the rich life.
3. **Wasting Time:** As an entrepreneur, time is your only true currency. You have to get real about who and what gets your time, talents, skills, resources and life energy. You must be in time integrity with yourself.
4. **Fear of Taking Risks:** You must become an effective risk taker because progress in life is always going to involve risk.
5. **Fear of Criticism:** So many times in life we would like to try new things but we're afraid of what criticism we might receive. Listen for truth in criticism and don't take it personally.
6. **Fear of Failure:** The only time you really make a mistake in life is if you continue a behavior or a strategy that doesn't work. The first time you do something wrong is called a learning experience. You have to look at life from a point of view where there is no such thing as failure, only results.
7. **Being a Perfectionist:** As an entrepreneur, there is no "perfect." Striving to be perfect creates unrealistic expectations, pressures and problems. It creates and promotes stress, and often times will hold you back from the success you are seeking. As Dan Kennedy says, "sometimes good enough is good enough."
8. **Not Investing in a Lifetime of Learning:** In his book *Think and Grow Rich*, Napoleon Hill says the people he studied were life time learners and always curious and open-minded about new ways to do business, seeing trends, and allowing the brains of others to assist them in outrageous wealth-making.
9. **Worry and Doubt:** Whether you know it or not, success in life comes from the way you think. Your emotions create your behaviors and your subconscious mind will produce what you ask it for. Worry is like a rocking chair- gives you something to do but gets you nowhere. Doubt leads to defeat.
10. **Loss of Time Integrity:** Allowing others to waste your time, using your time in un-resourceful or unproductive ways at work. Not honoring yourself to be able to say NO at appropriate times.

You cannot change what you are not willing to acknowledge. If you have Unproductive behaviors be aware of the fact that these old habits and behaviors will drain **you** of motivation, time, money, and enjoyment of life. You need to consider the consequences of not addressing these old bad habits and unproductive behaviors. Not only do they affect you personally, emotionally, and physically, they also affect the people around you, such as your clients, staff, and friends and family. Your actions have consequences. Its time you lay the cards on the table face-up and deal with the realities of your unproductive behaviors. How do they affect you, the people around you, and your income? Today is the day you can move pass these old habits and take control of your life and success Go to [www.milteer.com](http://www.milteer.com) or to [www.unproductivehabits.com](http://www.unproductivehabits.com) for easy SOLUTIONS!