

# 6 bad habits can eliminate success

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1. This 17-second rule will definitely change your life
2. 10 hard-to-accept facts about life help you grow up
3. If you want to succeed, choose these people to be your friends

Bad habits are things that we are very easy to detect but are difficult to give up. It is the bad habits in your life that cause your work, your life to encounter negativity. So, in order to succeed, break out, you need to give up habits that are not good for your career, will you encounter the following bad habits?

## 1. Being a person too perfectionist



This is one of the reasons why it is hard for you to succeed, because in everything you always ask yourself to be perfect, not accept defeat. However, in life is not always the way you want, you need to learn to accept imperfect things, doing things that you know may not go anywhere.

## 2. You are too distracted



Surf social networks, answer phone calls, snacking and reply to someone while you're working or busy . All of this has a big impact on your concentration, distracting you. If you constantly repeat these habits, it is difficult for you to focus 100% on important tasks, plus you spend too much time on useless things.

To work effectively, it is best to dismiss things that are distracting, such as leaving your phone in silent mode or giving up email or social networking notifications for a while. If you need to eat, drink or contact someone, cut yourself a certain amount of time. Once done, stop it and don't let it interrupt the work of the day.

### **3. You often try to sleep in the morning**



Surely many of us always keep in this bad habit. Scientists have proven that actually sleeping does not benefit you, it does not make you any more alert. On the contrary, it makes you feel much more tired.

So, instead of lying on the bed for another 10 minutes, you can take advantage of that time to get up and exercise to wake up and welcome a more energetic new day.

## 4. You leave important jobs at the end of the day



The most human power and alertness will fall in the morning, the more the afternoon the more likely the human activity will be. Therefore, try to spend time in the morning to do the most important tasks, it will give you better results than doing them in the afternoon.

After completing the hard work, you will feel more comfortable and gentle, the afternoon time will have more time to rest. Therefore, do difficult things in the early morning, at the end of the day you will feel comfortable because there is nothing complicated to bother you.

## 5. You work too much multitasking



Our grandparents had the phrase 'A profession gives nine more than nine jobs' so don't think you can do many things at once and you can finish everything early. The fact is we only do one thing well at a certain time.

Science also shows that multitasking reduces people's short-term memory, making us forget about new things. Over time, it can affect your long-term memory too.

Practically multitasking, doing many things at once seems to be effective but it depends on the work factor you are doing. Suppose it is repeated and does not require creativity, use multitasking, do not do one thing at a time and you will not regret it.

## 6. Your job has to sit too much



Sitting in one place, using computers regularly is the nature of the work of office people. However, working hours and hours like this will greatly affect our bodies as you are more stressed, the spine is no longer as elastic as when we operate, so it puts pressure on hips, shoulders and neck. Sitting longer also makes blood to the brain and lungs lower, take breaks, stand up to help yourself.

So, instead of sitting for an hour to work, you should take the time to move your body, take about 1 to 2 minutes every 20 to 30 minutes to stretch, move a little or walk in the room . If you want to improve your health, spend 30 minutes at noon to have an in-office exercise is also a bad choice.

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