

# The Top 13 Habits of Highly ▶ Effective Developers ◀

Simple Programmer Cheat Sheet

## ▶ #1 - They Avoid Time Wasters.

Avoid distractions that don't get you closer to finishing your current task. Put your phone face down in another room if you have to.

Here's a tip: Set a 15 minute timer for social media and breaks. The goal is to avoid mindless scrolling for hours.

## ▶ #2 - They Track Their Time (set time constraints).

Start tracking your time using apps like Toggl.

Here's a tip: For every task, block out a certain amount of time. For example when I write emails. I set a 2 hour limit. Use Parkinson's Law to help you get more done.

## ▶ #3 - They Plan Their Tasks In Advance.

Use boards like Kanban Flow to map out your whole week.

Here's a tip: Set up the board like a weekly calendar. Then put the most important tasks to be done on each day. You'll give yourself room to breathe won't need to panic at the last minute.

## ▶ #4 - They Reverse Engineer Their Goals.

Start with the end in mind. Find out what it takes to accomplish your goal in bite sized tasks. Break it down as far as you can.

Here's a tip: Change the language you use. For example: Creating a portfolio project is very vague. Change it to: Do 5 lines of code a day. That creates less intimidation and friction.

► **#5 - They Focus On 1 - 3 Tasks At Most.**

Try not to multitask. Everyday, focus on 1 to 3 tasks at most. Try to finish the most important tasks first.

Here's a tip: Do the hardest task in the morning. That way you feel relieved for the rest of the day.

► **#6 - They Just Start With Action.**

Just sit down and start. Write one line. Write one word. Eventually you'll pick up momentum and do way more.

Here's a tip: Leave your project or document open on your desktop. Eventually your brain will want to finish what it started.

► **#7 - They Keep Their Work Environment Separate.**

Don't watch Netflix where you sit down and work. Don't play games in your work area. Separate leisure and work.

Here's a tip: If you work at home. Run a dual boot installation. Don't even boot up windows until you're done working.

► **#8 - They Set Proper Boundaries.**

Get used to saying "No."

To your family and your boss. When it's time to work. Lock your door and let everyone know this time is precious to you. It has nothing to do with them. It's about being efficient.

Here's a tip: Let them know that if you have uninterrupted deep work. You'll get more done. Which means you can spend more time with them after.

► **#9 - They Don't Take Failure Personally.**

Failure is bound to happen at any moment. There's too many variables to balance.

So they know failure is not about them personally. It could be bad timing or forces out of their control. When they fail, they bounce back fast. They win or they learn.

Here's a tip: Fail often. Do it so much that it doesn't matter anymore. Imperfect action is better than trying to get it perfect and doing nothing.

► **#10 - They Keep Their Body and Mind Strong.**

Exercise, sleep and proper breaks are important. If you don't keep these up. You'll burnout and create resentment.

Here's a tip: Schedule breaks and leisure time. Don't be afraid to let go and relax. You don't always need to be grinding. The word breakthrough has "break" in it for a reason.

► **#11 - They Check Their Ego At The Door.**

There's no good reason to try and show off all the time. There's no point trying to convince everyone that they're smarter.

Focus on shipping the product and getting results. The more you leave your ego out of the work. The more you'll get done and be respected for it.

Here's a tip: Go deep and find out why you need to prove your worth to everyone. Instead, seek inner validation. Self-reflect and check in with yourself often.

## ► #12 - They Work During Their Best Times.

Find out when your best times are. Try to get into the “zone” as often as possible.

If you work best in the mornings. Get your important tasks done during that time. If you’re a night person, adjust accordingly.

Here’s a tip: Don’t rely on motivation, inspiration or willpower. Instead, try to get a solid 2 - 4 hours of work during this time.

## ► #13 - They Bet On Themselves.

They are always learning. Always investing in themselves. No one is going to place their bets on you...

...So you might as well do it yourself.

Here’s a tip: Find a good community to join. Find a good mentor to follow. Make sure they know what they are talking about then commit to learning from them for at least 3 - 6 months.

## ► BONUS - Here’s My Daily Routine:

1. Only drink water. No soda (one with dinner allowed)
2. Drink 2 litres of water (as a minimum)
3. Fast until 5pm
4. Only eat one meal (no extra snacks)
5. Avoid processed food
6. Wake up at 5:45am
7. 10 pomodoro every day
8. No social media / text until pomodoro done
9. No Youtube until pomodoro done
10. Answer emails after pomodoro done
11. Meditate 10 minutes each morning
12. Read 30 minutes
13. Read 10 minutes of 'The Shortness of Life' by Seneca

► **More Resources From Simple Programmer:**

1. The Complete Software Developer's Career Guide ([link](#))
2. 10 Steps to Learn Anything Quickly ([link](#))
3. How to Market Yourself as a Software Developer ([link](#))

► **Thanks For Reading.**



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