

9 Silent Time Wasting Habits Holding You Back

Dr Dupe Burgess



Phantom

1. People Pleasing

Why it wastes time:

It compromises your authenticity, makes you resentful, and can lead to burnout.

How to dismantle it:

- Set clear boundaries; say "no" without guilt.
- Prioritise well-being over external validation.
- Reflect on your strengths to build self-confidence.

2. Obsessing Over Your Mistakes

Why it wastes time:

It prevents growth and fosters regret. You miss present opportunities by constantly looking back.

How to dismantle it:

- Reframe mistakes as learning opportunities.
- Practice self-compassion; acknowledge that everyone makes mistakes.
- Set new goals and focus on future wins.

3. Multitasking

Why it wastes time:

It reduces productivity and ability to complete tasks efficiently—leading to more errors.

How to dismantle it:

- Focus on one task at a time using time-blocking techniques.
- Prioritise tasks based on importance,
- Delegate when necessary.

4. Dwelling on Things You Can't Control

Why it wastes time:

It creates stress & anxiety, distracting you from acting on things you can actually influence.

How to dismantle it:

- Identify what you can control
- Focus on actionable tasks & problem-solving.
- Practice mindfulness and meditation; let go of what's beyond your influence.

5. Procrastination

Why it wastes time:

It leads to missed opportunities, and becomes a cycle of avoidance that prevents progress.

How to dismantle it:

- Break tasks into small, manageable steps.
- Use the "2-minute rule" – if something takes 2 minutes, do it now.
- Set deadlines & commit publicly.

6. Prioritising the Wrong Things

Why it wastes time:

It wastes energy on tasks that don't contribute to goals—making you unproductive despite working hard.

How to dismantle it:

- Identify key goals and align tasks to them.
- Use the Eisenhower Matrix to categorise urgency; eliminate low-value activities.
- Regularly review and update your priorities.

7. Holding A Grudge

Why it wastes time:

Resentment drains your mental energy, prevents emotional healing & keeps you stuck in the past.

How to dismantle it:

- Practice forgiveness—for peace of mind.
- Reflect on lessons learned & move forward.
- Engage in activities that promote emotional well-being, like journaling or meditation.

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8. Comparing Yourself to Others

Why it wastes time:

Comparison fuels insecurity, detracts from your own achievements and lowers self-esteem.

How to dismantle it:

- Only track progress against your own personal goals.
- Limit exposure to platforms that trigger comparison.
- Celebrate your wins, even small ones.

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9. Complaining

Why it wastes time:

Creates a negative mindset that focuses on problems instead of solutions, & erodes morale.

How to dismantle it:

- Identify the positive; practice gratitude.
- Focus on what you can change.
- Surround yourself with solution-oriented & problem-solving people.

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