

# How to be the most unproductive

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- Do the same thing repeatedly
- Sleep
- Stay in bed
- Eat/drink
- Bathe/shower
- Walk/transit/drive/bike
- Consume instead of producing (Watch TV, read social media)
- Over engineer solutions/perfectionism
- Take a lot of time to think (about unlikely things that could happen)
- Always change tasks, never completing existing ones
- Stay away from anything that could lead to improvements (feedback, retrospective, introspection)
- Deter other people from being productive
- Waste other people's time
- Invent problems that don't need to be solved
- Have the same thought over and over, for hours
- Make it harder for your future self to be productive (destroy relationships, delete work)
- Get interrupted as frequently as possible
- Work in reverse order of priorities, work on things with the lowest return on investment/opportunity cost
- Have no goals, be all over the place
- Get distracted by everything
- Do not answer questions
- Create burden for others
- Help people who create unproductivity
- Constantly change opinion/decision
- Become reactive to problems

## 1 References

- <https://taylor.town/-10x>