

One email can ruin your day...



The Worst Email Habit Ever

Date: Jan 24, 2014

Steuart, here's one of the most dangerous habits:

Checking your email first thing you wake up.

We've all done it.

We think something important might have happened that we need to respond to. Then we see one email and jump on it like an Asian kid eats fried rice.

What inevitably happens?

That one email destroys any planning you have done for the whole day.

That's why we discourage people from checking email first thing in the morning. We call it one of the **"negative force multipliers"** (discussed in one our past [Premium Newsletters](#)) - it pushes your productivity in a downward spiral.

Don't check email first thing when you wake up.

Wake up, go through your [morning routine](#) and then get one thing done.

Seriously, just one thing. Preferably your [most important task](#).

Then check your email. If you go down the dark path, at least you've done one productive thing and you can be proud of that.

Ever had those days where you just said *"man I've done nothing productive at all!"*?

Stop checking email first thing in the morning. Then you'll stop saying that.

-Aaron and Thanh
Asian Efficiency



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