

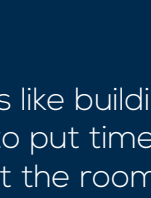
7 Habits of Highly Successful Developers

1 DON'T RUSH DEVELOPMENT



Avoid bugs! Rushing the development process can lead to a faulty app

inMarket, the network behind CheckPoints, now has **over 20 million users due to careful attention to detail**



"Building an app is like building a house. You need to put time into thinking about what the rooms are going to look like before you start building." – Todd DiPaola

RISE & SHINE

2



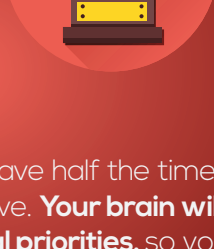
Our minds are the sharpest **2.5 to 4 hours** after waking up.

Less than 10% of the population possesses the biorhythms of an unchangeable night owl. Most of us can become early risers.

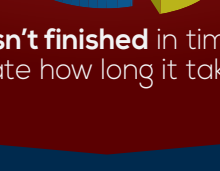


3 DO THE MOST IMPORTANT THING FIRST

Create two or three big tasks for the day, then do the most **important one first**.



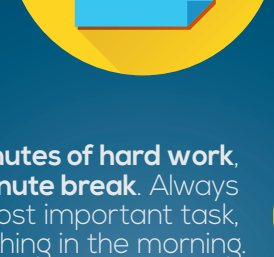
Pretend to have half the time you really have. **Your brain will jump to the most vital priorities**, so you won't cram important work at the last minute.



Up to **40% of work isn't finished** in time because people underestimate how long it takes to do it.

CREATE A REGIMENTED SCHEDULE

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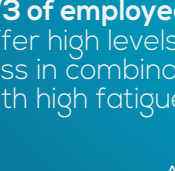


Do **90 minutes of hard work**, then take a **15 minute break**. Always focus on the most important task, starting first thing in the morning.

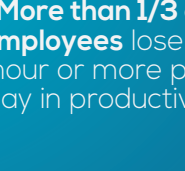


Track your progress with an **"I've Done" chart**: what have you accomplished in 90 minutes? Write it down, then cross it off your to-do list.

5 TAKE BREAKS TO AVOID BURNOUT



2/3 of employees suffer high levels of stress in combination with high fatigue.



More than 1/3 of employees lose an hour or more per day in productivity.

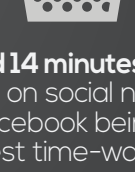
Almost **1/3 miss 3 - 6 days** a year due to stress.

MINIMIZE YOUR DISTRACTIONS

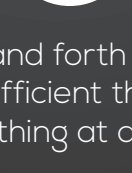
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Distractions can cost U.S. businesses up to **\$588 billion per year**.



1 hour and 14 minutes a week are spent on social networks, with Facebook being the biggest time-waster

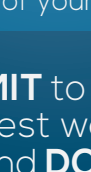


Moving back and forth across tasks is actually less efficient than focusing on one thing at a time.

7 RENEW & IMPROVE



Refresh the four dimensions of your life –the physical, mental, social/emotional, and spiritual.



How you improve yourself is personal—read a book, keep a journal, make art, meditate. Whatever allows you to explore and exercise the four aspects of your nature.

COMMIT to a goal, **LEARN** the best way to improve, and **DO** it.



Presented By:

PreApps™

- RESOURCES -

JamesClear - <http://bitly/KaEgX9>

Forbes - <http://onforbes.com/1bfR8rO>, <http://onforbes.com/164WZVY>

NYTimes - <http://nytimes/1Etikuy>

HuffingtonPost - <http://huffto/1wAPu42>

Duke University - <http://bitly/1NgjtjE>

99U - <http://bitly/1vRUNtu>