**How to do nothing.**

Is there any harm in wanting to do nothing? Planning gaps in to your day for you to be able to relax and do something different.

Lose yourself in a good book or a podcast even!

If you have ideas for future episodes, please send them to steve at philofaxy dot com

**Show Notes**(timings approximate)

00:00 - Introductions.

01:00 - Planning to do nothing.

02:00 - Time Budget.

04:30 - Planning free time in to your week.

05:00 - Working when you are most productive.

06:00 - Downtime isn't wasted time.

10:00 - Keep a pen and pad handy during your free time.

12:00 - Mind Maps.

13:30 - Day dreaming.

14:45 - Collecting your thoughts after a meeting.

17:00 - Electronic vs Paper books.

19:00 - Plan to be able to take breaks

21:00 - Changes in career, use the downtime to research your new field of work.

24:00 - Having a different interest to divert your attention occasionally.

25:00 - What is inside is what matters with your planner.

28:00 - Work in Progress.