

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](mailto:steve@philofaxy.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.