



Book Review

TITLE: The 4% Fix

AUTHOR: Karma Brown

DATE: May 24, 2021

PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

This was a recommendation from a friend. I'm guessing the extra hour will be first thing in the morning - the get up earlier advice. Brown is Canadian which is kind of cool. The chapters look short which will keep my attention span.

A-HA MOMENTS

What a-ha moments did you have when reading?

- Think of your day as 24 pieces of cake. If you don't take your piece first, then everyone else will take theirs and you will have nothing left for you.
- There is science behind why my best ideas come when I'm in the shower (my right brain is quiet). Our brains do not distinguish between real and imagined behaviours and so visualizing behaviours and goals can actually be extremely powerful
- Rest is not the same as quitting

QUESTIONS

What questions do you have after reading that you want to investigate?

- What are some of the things I really want to do that I can do during my 4% time?
- How can I build in time to focus (as opposed to multitask) especially when other people are around more often than they used to be?

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- I've heard about goals being behaviour based; she says performance based.
- It doesn't have to be all or nothing. Start with something - it's more than I have now and build up from there - Unf*ck Your Brain podcast about Perfectionist Tendencies

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Write down your 4 priorities for your day (Brown uses: Health, Creativity, Family & Productivity. I will try Health, Family, Self-Care and Leadership)
- Create a roadblock plan
- Build in time to just be idle (and try to stop multi-tasking)

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I was pleasantly surprised at how many cool ideas were in this book. I was expecting it to be a blog post that was stretched out into a book, but I really enjoyed it. It will definitely go on my read again list. Brown is mostly a fiction writer so I doubt I'll read her other books though