STAY ENGAGED
Switch off all the possible distraction sources and stay focused

ASK MORE
Ask again and don’t be afraid to look awkward — the team will appreciate your curiosity

STOP WHEN TIRED
Your accuracy degrades proportionally to the time you spend estimating tasks

BE PESSIMISTIC
Or you are risking to end up paying your own time for the scenarios that were out of your control

THINK RELATIVE
Don’t think “how many floors in the building”, but “how bigger is this building compared to that”