Some Empty Words & Phrases to Avoid

actually
aforementioned
as noted above
as per
as to
at your earliest convenience
basically
clearly
hereinaftermentioned
in all probability
in point of fact
insofar as X is concerned
it is clear/obvious/noteworthy/significant that
it is generally recognized that
it is important to remember that
it is interesting to note that
it is widely understood that
it seems that
notwithstanding the fact that
the point/fact is that
the said …
virtually
what I want to say is
with respect/regard to