

The Most Useful Life Hacks I've Found in 2023:

1. The "Story-Worthy" Moment

Each day write down the most story-worthy thing that happened. It improves your memory, and in a month you'll have 30 new stories to tell.

2. Consume content at 1.5x speed

Studies show that retention rate doesn't start to drop until around 2x speed. It takes about 5 minutes to get used to, and then you'll never want to go back.

3. Be "selectively ignorant"

(h/t James Clear)

“Ignore topics that drain your attention.
Unfollow people that drain your energy.
Abandon projects that drain your time.

Do not keep up with it all.
The more selectively ignorant you become, the
more broadly knowledgeable you can be.”

4. Practice “Positive Gossip”

Make a habit of praising people when they’re not around. This is one of the fastest ways to foster a positive work/social environment.

5. HALT Method for Decisions

Before making an important decision ask:

"Am I hungry, angry, lonely, or tired?"

If you answer "yes" to any of them,
address it before making your decision.

6. The "5/25 Rule" for Priorities

Write down 25 goals. Circle your top 5.

The remaining 20 are the biggest distractions
from your top 5—avoid them at all costs.

7. Read the classics

(h/t Naval Ravikant)

Look for books that have stayed relevant for 30+ years. They've stood the test of time for a reason.

8. The Daily Reflection

Answer these 3 questions in a journal daily:

1. What happened today that I'm grateful for?
2. Which actions moved me towards my goals?
3. Are there any changes I should make?

These questions strike a balance between gratitude and self improvement.

9. The "Ideal Week" Exercise

Fill an entire week calendar with your ideal schedule. Being sure to include all work, health, and relationship obligations.

Note how your ideal week differs from what you're actually doing each week.

10. The Everyday Razor

(h/t George Mack)

If you go from doing a task weekly to daily, you achieve 7 years of output in 1 year. If you apply a 1% compound interest each time, you achieve 54 years of output in 1 year.



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