


# 30 Cheat Codes to Help You Get Ahead in Life:

Swipe 



1. If you need to remember to bring something when you leave the house **put your keys on top of it.**

2. "Think of each day as a set of four quarters: **morning, midday, afternoon, evening.** If you blow one quarter, you get back on track for the next quarter."  
—Gretchen Rubin

3. Always be prepared to **leave your employer** because they are prepared to leave you.

4. Use the **3-2-1 Method** for better sleep. No food 3 hours before bed. No drinks 2 hours before bed. No screens 1 hour before bed.

5. Write down something you're **grateful for every day**. This is easily the best happiness hack I've found.

6. **Block out 60-90 minutes** each morning to work on the most important project in your life.

7. Write down **1 story-worthy moment** each day. In a month, you'll have 30 new stories to tell.

8. Start taking care of your health as early as you can. **Your body is a house** that you have to live in for 80 years.

9. Take 15 minutes every day to **completely unplug from inputs**. Your best ideas will come during this time.

10. 3 things that solve **90% of our problems**: An intense workout, a long walk outside, a good night's sleep

11. **Measure the "gain"** not the "gap".  
Focus on how far you've already come,  
not on how far you still have to go.

12. Surround yourself with **3 types of people**: Peers you can grow with,  
Mentors you can learn from, Mentees  
you can teach

13. Use floss picks to build a flossing habit. There are biodegradable options if you're worried about the plastic.

14. Build a solid skincare routine as early as you can. This is the key to looking 30 when you're 50.

15. Get blood work done once per year. This is a great way to identify problems before they become serious.

16. Consume educational content at **1.5x speed**. Studies show that retention rate is the same as at normal speed.

17. If you want something, ask for it. **Rejection builds thick skin**. Yes or no, it's all upside.

18. Be proactive at **making plans with friends**. Life happens, and it's easy to drift apart when you're busy.

19. **Donate clothes** that you haven't worn in the last 12 months. You'll feel good, and it helps someone else.

20. Never buy groceries when **hungry**.  
Never send an email when **angry**.  
Never text an ex when **horny**.

21. **Learn positive self-talk**. The voice in your head is your permanent roommate. Might as well try to get along.



22. Read books that have **stayed around for 30+ years**. They've stood the test of time for a reason.

23. 10-minutes of **daily stretching** will pay massive dividends in the future.

24. Hearing damage is permanent and cumulative. **Keep a pair of earplugs** handy when you'll be somewhere loud.

25. "2-Minute Rule" for productivity:  
If a task takes less than 2 minutes—do it now.

26. "5-Minute Rule" for procrastination:  
If you're having trouble starting a task—set a timer for 5 minutes. You can stop working when the timer goes off (or keep going).

27. Nothing good ever comes from  
bringing your phone to bed.

28. **Plan your time** or someone else will plan it for you.

29. If the content you're engaging with makes you angry, it's time to **change your information diet**.

30. If you don't want to do something, **say "NO"**. Life is too short to do things out of obligation.



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