

A thread on

17 LIFE HACKS

**YOU CAN START
USING TODAY!**

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01 | SCARED OF SAYING NO TO PEOPLE?

Instead of saying no (or worse, saying yes), **ask for permission to say no.**
"Is it ok if I say no?"

Most people will accept your no, this way.

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02 | PEOPLE THINK YOU ARE SELF OBSESSED?

Whenever someone shares anything about their life, **resist the urge to share your own experience around it, unless asked.**

Avoid "me too", "I also do this",
"I was thinking exactly the same".

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03 | DO NOT DEAL WELL WITH FAILURE?

Practice failing.

Everyday, pick up a task that is not significant, but has a high chance of failure. And do it.

Ask strangers for money.
Send cold emails.

Within 30 days, you will start dealing with failure a lot better.

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04 | STRUGGLE TO MANAGE YOUR DOCS AND THOUGHTS?

Create a WhatsApp group with you and a friend.
Delete the friend.
Now the group has only you.
Pin the group to the top.

Use this group for sharing thoughts, capturing images, voice notes to yourself, whatever you want it to be!

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05 | STRUGGLE TO EXPRESS GRATITUDE?

Keep a gratitude jar

Everyday, before going to bed, write down something that you are grateful for. Anything at all.

Place it in the jar.

In moments of weakness, go through the notes.

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06 | WANT PEOPLE TO LIKE YOU?

Repeat what they said, back to them.

"To make sure I heard you right, you are saying XXX (repeat what they said)"

They feel heard, they respect your listening skills - the **mirroring helps**.

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07 | STRUGGLE TO INVEST?

Whenever you spend on anything that is a desire/wish (clothes, phone, eating out etc), **transfer an equivalent amount to a separate bank account.**

This way you will enjoy your present, while planning for the future.

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08 | WASTE A LOT OF TIME ON THE PHONE?

Schedule "waste" time on your calendar, just as you would schedule your productive hours.

Your brain anticipates it, looks forward to it and treats it as reward.

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+ | BONUS TIP

Put time blockers on the apps you waste most time on.

Let your family/friend lock it with a PIN, which they do not share with you.

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09 | FEEL UNDER-CONFIDENT?

Trick your mind with powerful **reinforcements**.

Instead of saying "I think" or "I am not sure" say "I believe" or "I am certain".

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10 | WANT TO LEARN SOMETHING?

Teach it to somebody else.

It works, even if you are fake teaching (recording yourself, while you teach)

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11 | STRUGGLE WITH PROCRASTINATION?

Think of the task you have to finish, right before you go to sleep. Better still, think of the end of the task.

Your brain will mentally start mapping the path to finish it. Once up, this will make it easier for you to finish the task

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12 | LOSE PEOPLE'S ATTENTION EASILY?

While speaking to them, **include their name in your sentences.**

We instantly react to our names, thus bringing our attention back to the conversation.

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13 | STRUGGLE TO FOCUS WHILE LISTENING TO MUSIC?

Any song with lyrics will take our attention away.

Instead, **listen to instrumental music** (ideally classical music).

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14 | CAUGHT IN OFFICE POLITICS?

Compliment people behind their back. The news will eventually travel to them.

People find it hard to fight people who compliment them.

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15 | BUY THINGS AND THEN REGRET?

If unsure whether you should buy it or not, **wait for 30 days** and then ask yourself if you still need the thing.

Quite likely you won't anymore.

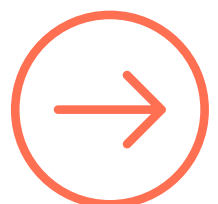
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16 | STRUGGLE TO QUOTE YOUR PRICE?

Share a specific price, as against a round figure. 1.47 seems like a legitimate, thought-through number as against 1.5.

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17 | STRUGGLE TO WAKE UP EARLY?

Set your alarm 10 minutes earlier than your current wake up time. Do it for 3 weeks. Then 10 mins earlier. 3 weeks again.

Slowly work your way through to your desired wake-up time.

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Our mind can easily be tricked!

The question is, what do we trick it for? Over 40+ years of existence, I have deployed these tricks to my advantage and can vouch for how massively effective they are, as compared to the effort needed.

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