

# **25 Sentences That Will 10X Your Productivity (if you apply them)**



**ABMASIA.ORG**

1. The quality of your sleep, diet, and exercise will determine your **energy levels**.
2. Write down your **top 3 priorities** every day.
3. If it takes **less than 2 minutes**—do it now.

4. Turn off all non-emergency notifications.

5. “If rest increases your output per unit time,  
then it was productive.”—Alex Hormozi

6. If it’s not on your calendar—it probably won’t happen.



7. Carefully curate your **information diet.**

8. **8 hours of sleep > any supplement stack**

9. If you're procrastinating on something  
—make a deal to work on it for **just 2 minutes.**



10. Set a “no internet” window of time during the week. (eg. 8am to 5pm on Tuesday)
11. If you don't plan your time, someone else will.
12. Review your goals weekly, if not daily.

13. Consume educational content at **1.5X speed**—studies show there is little drop in retention rate.

14. For every hour of learning, spend an hour **applying.**

15. The longer you **put off a task**—the harder it becomes.

16. Work is a lot easier when you make it enjoyable.

17. Easy ways to make work enjoyable: Make a work playlist, light a candle, plan time for distraction

18. You'll never regret taking a walk outside.

19. Plan time to "do nothing"—your best ideas will come when you give your brain space.

20. If you're a psycho (like me)—keep your phone in grayscale mode.

21. Struggling to do something—remove all other options—do the task, or do nothing at all.

22. 1% improvement every day for a year  
= **37 times better**

23. Make "Do Not Disturb" mode your default.

24. If it's not a "**hell yes**"—it's a no.

25. Productivity isn't about getting more things done—it's about making time for the **things that really matter** in your life.