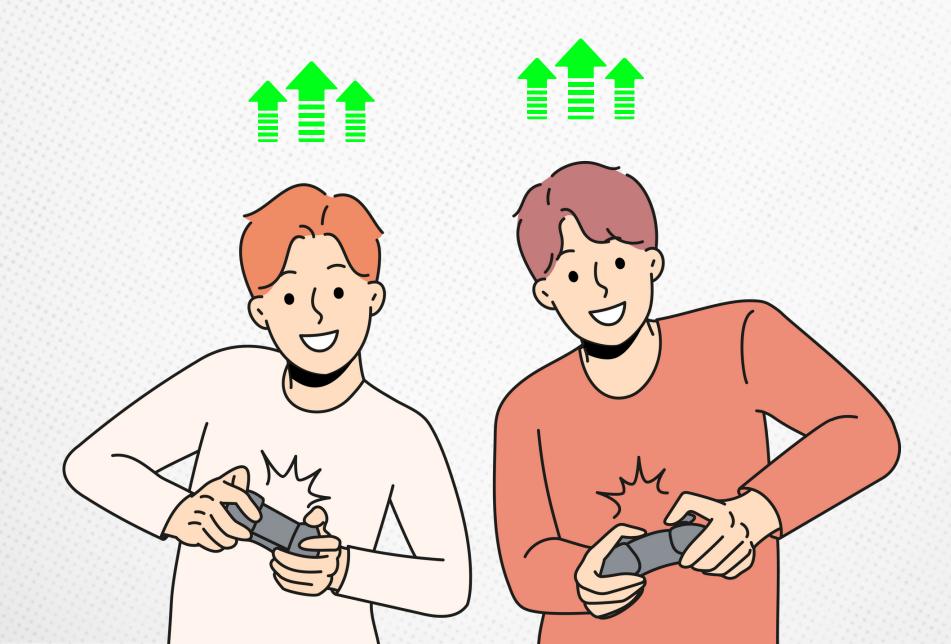
30 Cheat Codes to Help You Get Ahead in Life:

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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