



MATT GRAY 

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Life hacks I know at 33 I wish I
knew at 21:

8.6k Likes

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174 Replies



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Choose the Arena

When faced with a fork in the road.

There are two paths:

1. One that puts you in the arena.
2. One that puts you on the sidelines

Always choose to enter the arena.

And more importantly:

Ignore the noise from the sidelines.



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Find Your Peak Energy State

No entrepreneur's routine is perfect.

But they all have one commonality.:

2 two-hour blocks of deep work.

Find the blocks in your day where you feel the most:

- Energetic
- At-ease
- Productive

Protect them constantly.



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Kill Retrospective Regret

Past decisions are in the past.

Stop letting them rule your mind and
destroy your future.

Build systems to make the best choices
in the moment.

"The best preparation for the future is
to live as if there were none." - Einstein



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It's The Hunt, Not The Kill

Parkinson's Law: Work expands to fill empty time.

If you work longer, you'll get less done.

To fix this:

Relax.

Sprint.

Rest.

Repeat.

Working well is hunting like a lion not grazing like a cow.



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Be Boring

Maximize your sleep.

Do the same workouts.

Have a basic nutritious diet.

Most people struggle as they overcomplicate it.

Understand any real results are formed through consistency.

So build the boring systems and habits that guarantee success.



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Build Reminders for Personal Outreach

Your relationships are 80% of your happiness.

Build queues that prompt you to reach out:

- Feeling thankful? Let them know
- Reminiscing on a memory? DM those involved

Living happily ever after isn't a fairy tale.
It's a choice.



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Prioritize the Body:

- Take an internal shower (Drink 3.7L daily)
- Invest in powerful sleep tech (Blackout curtains, weighted blankets)
- Follow Japan's 80% rule (Eat until you are 80% full)



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Leverage Walks

Walks aren't taking away time from your work.

Think of them like Tesla Superchargers ready to get you back in gear.

Nature, sunlight, and movement instantly improve your energy levels, metabolism, and mood.



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Never Skip 2 Days

With whatever habit you are forming,
only skip a maximum of one day.

This creates momentum.

And ensures you keep compounding
your progress and habits.

Success is not magical or mysterious.

It's the product of consistency.



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Insecurities Run Deep

It doesn't matter how "smart" you are.

Doubting yourself is the only thing
stopping you from making money.

Dumb people make stupid money every
day because they aren't insecure.

Face your fears.



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Find Organic Energy Sources

Spend more time with:

- Work
- People
- Hobbies
- Content

...that give you energy.

Invert it and spend less time with anything that drains your energy.



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Embrace Loneliness

Two times a month, do something normally "social" alone.

Eat dinner, go to the park, or attend a movie by yourself.

Build a comfort level with loneliness.

Destroy the societal stigma against it.

It builds long-term, resilient happiness.



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