



**MATT GRAY** 

@matt\_gray\_

The most powerful life hacks  
I've discovered:

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## Go Outside for 15 Minutes Every Morning

Get sunlight in your eyes every morning.

Sunlight:

- Sets your circadian rhythm
- Primes your brain to be alert and focused
- Enhances metabolism and immune functionality

Watch this transform your overall mood and well-being.



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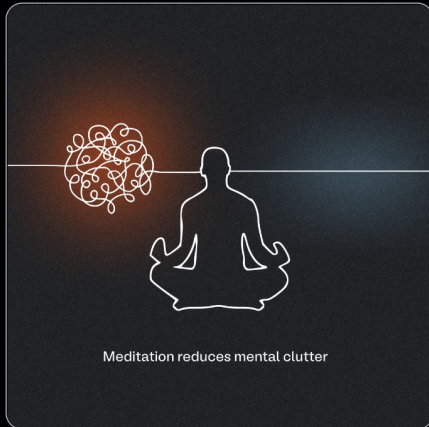
## Meditate Daily

All of man's problems come because he cannot sit by himself in a room for 30 minutes.

Our society is filled with:

- Cheap dopamine
- Constant notifications
- Screens everywhere we look

Take time to slow down and be present.





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## Surround Yourself With Optimists

Who you surround yourself with has a bigger influence on you than you know.

You're the average of the 5 people you spend the most time with.

Each of those 5 should be someone pushing you forward.

Choose who you spend your time with wisely.



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## Practice Gratitude

Gratitude is a key ingredient for living a fulfilling life.

Gratitude helps people:

- Feel more positive emotions.
- Build strong relationships
- Improve their health

Take 5 minutes/day to write down 5 things you're grateful for.



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## Build a Personal Board of Advisors

Don't underestimate the power of a mentor.

Epictetus mentored Marcus Aurelius.  
Jobs mentored Zuckerberg.  
Buffet mentored Gates.

Seek advice from people 2-3 steps ahead of you.

You can access their lifetime of wisdom in 2-3 years



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## Write Every Day

Writing is essential in unleashing your creative potential.

Writing every day:

- Builds discipline
- Allows you to organize your thinking
- Improves your vocabulary and communication skills

Mastering this skill will lead to success in the modern economy.







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## Invest in Yourself

We spend 8 hours a day working for someone else.

But won't take 30 minutes to work on ourselves.

Invest in yourself through:

- Reading
- Exercising
- Learning a new skill

Just 30 minutes a day can change your life.



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## Block Off Time to Read

The most successful people in the world have one thing in common:

They love to read.

- Read about things that interest you
- Re-read your favorite books
- Read every day

An hour a day of reading puts you in the top .01% of people.



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## Take a Cold Shower

A 3-minute cold shower will provide you benefits that last the rest of the day.

Taking a cold shower:

- Increases dopamine
- Boosts metabolism
- Burns brown fat

Anything else you have to do afterward will seem easy.



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## Set a Bedtime Alarm

After this alarm goes off, allow your mind to relax:

- Turn off all your devices
- Take a warm shower or bath
- Read your favorite fiction book

Setting yourself up for success the next day starts the night before.



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Thanks for reading!

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