



REDDIT'S
TOP SELF HELP POSTS OF THIS YEAR

CHEAT SHEET

PREPARED BY
NICKPLUSYOU

NickDash.com
The home of life enhancement.

Nicholas.Burroughs@gmail.com
Questions? Email me.

Hi guys,

I built this guide as a printable booklet for all the analysis provided in Reddit. At the end of the book, you will find an easy to digest, one page quick sheet of all the tips. I keep it by my bed.

I built this as a prototype to a course / book I one day hope to provide to the world where we have aggregated all the most helpful advice into one place. To give the world a home to grow as a person - socially, mentally & physically.

If you are interested in the book, interested in helping or know anyone interested, please feel free to have them email me.

This has given me a purpose I have been seeking for quite some time.

Failure will tire of your persistence.

Yours,

-Nick

OPTIMISM WINS

Optimism makes people perform better. Most importantly, the optimism that literally anything can be defeated with enough effort. Every obstacle is merely a challenge, not a threat. x 8

HABITS > WILLPOWER

Habits are what form and deform your life. Humans are short-sighted. Build a ritual that will, much like compound interest, build an amazing life.

Working out twice a day for a week won't do much. But a year could make for a transformation. Failure is not one dramatic fall, but a series of small failures, compounded over a longer period. X 5

SMALL, BITE SIZED GOALS

Scale slowly. An overnight success still had 1 step up goals every hour. A billion dollar company once only had a goal of a million dollars. Set numerous small, achievable, bite sized goals - as opposed to a few, huge chunky goals. X 4

AUTHENTICITY WINS

Authenticity is king. People enjoy authentic people, respect authentic people and welcome authentic people. x 4

AUTHENTICITY WINS

Common sense beats all rules, stipulations and otherwise. You likely know most of what you learn, it's simply being reorganized to fit your mind better. When it's time to take action, trust that you know what you're doing and focus solely on moving. x 3

ACTION + MODIFICATION = WIN

Success comes from trying something, failing and modifying the action - Thousands of times. No amount of preparation (beyond the basic) can prepare you for the first day with sharks. ACTION + MODIFICATION = RESULTS x 3

SHOW GRATITUDE EVERY DAY

Show small amounts of gratitude every day. Make it apart of your ritual. The gratitude forces you to focus on the things you are happy about. Small gratitude is low commitment and high reward. X 2

MAKE BAD HABITS DIFFICULT

Establish 3 to 20 second barriers between bad habits. Take batteries out the remote. Put junk food in trunk of car. It won't stop you completely. But it will decrease significantly. Make positive habits easier. Pack a healthy lunch. X 2

SHOW UP EVERY DAY

A huge part of succeeding at something is simply showing up. Even if that means you just walked in the door and back out. If you show up, the math says you'll succeed, eventually. X 3

GO ABOVE & BEYOND

Go 150% + beyond what you are expected to do. This is a 100% way to gain immediate traction. Applied with consistency can skyrocket results. x 2

ISOLATE YOUR TASKS

Practice task isolation. The only thing that matters in that moment is the task at hand. Work on that task only until you are ready to stop. Nothing else matters until. X 2

EVALUATE YOURSELF

Constantly be evaluating yourself. Every year, every month, week, day, hour. - Do this 100% objectively and healthily. The more you look at yourself objectively and decide what you're doing right and wrong, the better feedback you can use to improve. X 2

SURROUND YOURSELF WITH SMART PEOPLE

If you are always the smartest person in the room, you're probably in a room full of idiots or you're lying to yourself.

DOUBLE DOWN ON STRENGTHS

Double down on your strengths. Neutralize your weaknesses. Make them just capable enough to swim still water.

ALWAYS BE ADAPTING

Adaptation is the key to survival. You cannot run over a jungle, but with the right small, frequent adjustments, you can run through a jungle.

FOLLOW A PLAN

Discipline is not just following a plan when you need a plan, but following the plan when you've succeeded. Make a plan and follow it, regardless of your emotions.

FAST FROM BAD HABITS

Try fasting from a bad habit completely. Replace it with something less bad. Over time, you can replace a lot of small bad habits with less bad habits and get big change.

ORGANIZE YOUR MIND

Organization, habits and the process of planning is actually all simply tools to clear space in your brain. You cannot use a car efficiently if it is jammed to the ceiling with clothes and furniture that belong in your house. And the furniture and clothes can't be used correctly either.

SUCCESS IS HUSTLE

Take stock in the understanding that 90% of successful people are doing a lot of hustle underneath the glam and money. They wake up early, they skip parties and they work - A LOT.

FIND THE ROOT

Most habits can be changed by finding the belief rooted to it and finding all the evidence you can to break it. - "The gym is a chore." *Watch documentaries about people who love the gym*

DONT TALK ABOUT IT

Tell no one your goals. Talking gives you a rush of endorphins and dopamine. You "dope yourself out" on talking and never get anywhere.

LOVE IMMENSELY

No amount of regret can bring back the dead. Love immensely and give your friends and family what they deserve as soon as possible and as often as possible.

CHAIN YOUR HABITS

Chain together successful tasks and create the illustration of commitment, thus reducing your likelihood to miss out. - Crossing off days on a calendar chains a habit and thus reduces the chance to break it.

INVEST SLOWLY

Stage every commitment so you only give what you get back, and scale it slowly. Put in 1 cent, if it gives back 1 cent, then put in 5 cents. If it gives back 5 cents, continue. Never Give 100% to an idea you haven't tested at 10%, 25%, 50%, 75% etc.

NEVER SHOW CARDS

Never show your cards first in a negotiation. The offer they have in mind may be much higher than you're thinking.

"I've never seen any life transformation that didn't begin with the person in question finally getting tired of their own BS. "

- Elizabeth Gilbert

SAVE MONEY

Every successful person saves money. EVERY. SUCCESSFUL. PERSON. SAVES. MONEY. Save, at the very least, 10%

SPEND WISELY

One of the most common failures in business & personal is the mismanagement of funds. Be very meticulous with how you spend your money.

ALWAYS INVEST

Every successful person invests. Invest in a bank, invest in real estate, invest in yourself. No matter how you invest, it's the only way to grow. Spend your money on things that grow. - This includes your health.

GET INSURANCE

Do not skip on insurance. The peace of mind that disaster will not ruin you is worth the duty paid.

SOCIAL

LISTEN TO PEOPLE

Listen to people. Ask open-ended questions to get someone to talk. Why, what and how questions. To enhance listening, look for a one sentence life lesson to take from every story / interaction. x 4

TRAVEL MORE

Traveling & expanding your social circle makes you more confident in who you are.

BE MORE SOCIAL

You are upset because no one calls you to do things. So is the person who didn't call you. Initiate activity. This is a solid way to be invited to more things, meet new people and have fun. X 2

Social people invite others out when they feel lonely. Antisocial people wait for a phone call. Antisocial people have a higher probability of being lonely.

BE EXCITED

Be 10% more excited than the person you are talking to in positive conversations.

ADD VALUE

You have value to add to every interaction. Whether it's with a CEO or a janitor. No matter your past - If you've burned many bridges, at least you had bridges to burn.

MAKE MORE FRIENDS

If 10 people in a row reject you as a friend, that's only .000000015 percent of the world's population. You've got a whole lot more to choose from.

SMALL TALK WORKS

Small talk is the door to deep friendship. You must make small talk first. You first said "Hi" to your significant other, you first had an interview at a company. People need to know you won't stab them before they want to hang out.

LET GO OF BEING LIKED

Letting go of the thought that people have to like you is the best decision you will ever make. People would have liked or disliked you regardless of how lightly you tread.

TALK TO PEOPLE'S EMOTIONS

Talk to people's emotions. A metalhead and a classical music lover can connect on how emotional they get during a raw, deep piece.

HEALTH

6-8 HOURS OF SLEEP

Get 6-8 hours of sleep. It can cause huge detriments to your wellbeing to get less.
X 3

KEEP A SCHEDULE

Go to sleep and wake up at the same time every day. X 2

SLEEP, EXERCISE, NUTRITION

Sleep is one of the more important aspects of health, right beside nutrition and exercise. Master these three and you are doing well.

MEDITATE

Meditation provides a range of health benefits.

SLEEP WELL

Optimum sleep temperature is 61-64 degrees F. Optimal sleep warm up is 1 hour before bed to begin process attempting sleep. - No screens, no exercise, no stress.

EXERCISE

Not exercising is worse for your health than smoking, diabetes and heart disease.

LOSE THE PHONE

Dropping smartphones from evening activity led to 93.6% of participants opting to keep their phones off at night. - Increased happiness, focus & wellbeing.

ENJOY NATURE

Exposure to nature prevented hay fever and other illnesses in cavemen.

AVOID ALCOHOL

Alcohol consumption linked to many diseases we didn't think - such as Alzheimer's, Dementia, Cancer, etc. Alcohol companies are funding research to make alcohol okay or "healthy". X 2

AVOID TOBACCO

Tobacco use linked to a quarter of a billion life-years lost vs. illegal drugs accounting for only tens of millions.

GET SMART, LIVE LONGER

Education linked to better health than income. Intelligent people make smarter health decisions that prevent the need for reactive, potentially too-late healthcare.

BUSINESS

WHO FIRST, WHY NEXT

WHO matters most, then WHY, then HOW, then WHAT, then WHEN. Hire the right people with the right motives who follow a great plan and what you do and when you do it should work out on it's own. x 2

CONNECT PEOPLE

Facebook, Uber, AirBnb, eBay - All got their start connecting two people together who could help each other. None have inventory, shipping centers, etc.

BUY LOW, SELL HIGH

Buy low, sell high. Every business is in the business of buying something cheaper than they sell it. Simplify your business by asking what you're buying for cheap, and selling for more.

PERSONALIZE

Personal letters are the only way to get through a noisy world today. Find a way to personalize every communication you send.

PRODUCT SELLS

The product will sell itself. Build a product that people will talk about.

TEST EVERYTHING

Test EVERYTHING. We live in a hyper-feedback world. Run test after test and build on what works. Methodically test every single aspect of your business.

THINK DETAILS

"Big Picture" thinkers don't work well in a startup. You need detail oriented thinkers to calculate every move and thought.

IDEAS + WORK = SUCCESS

Ideas are like treadmills. It can be a catalyst to something great, but will require you to execute methodically and frequently. A treadmill without work is worthless.

MANAGE YOUR MONEY

One of the most common failures in business & personal is the mismanagement of funds. Be very meticulous with how you spend your money.

WORD OF MOUTH IS KING

The best marketing is word of mouth. Talk to the loudest birds and get noticed effortlessly.

KNOW YOUR WORTH

Know your worth. Ask for that raise. It costs money to replace an employee, and it could be a significant amount.

CHEAT SHEET

Success

1. Be an optimist
2. Form good habits.
3. Set small goals.
4. Be 100% authentic.
5. Common sense wins.
6. Act, review, refine
7. Show gratitude.
8. Make bad habits hard
9. Show up. Every day.
10. Go 150% beyond.
11. Work in solace.
12. Evaluate often.
13. Meet smart people.
14. Build on strengths.
15. Keep adapting.
16. Make a plan.
17. Fast from bad habits.
18. Organize everything.
19. Hustle more.
20. Automate everything.
21. Break limiting beliefs.
22. Tell no one your goal.
23. Love immensely.
24. Chain your habits.
25. Invest slowly.
26. Never show your cards.
27. Ask for proof of everything.

Finance

1. Save at least 10%.
2. Always be investing.
3. Always get insurance.
4. Manage money wisely.

Social

1. Listen to people.
2. Invite people to do more things.
3. Travel more.
4. Be excited in conversation.
5. Always be adding value.
6. Make more friends
7. Small talk is good.
8. Let go of people having to like you.
9. Talk to peoples emotions.

Health

1. Get 6-8 hours of sleep.
2. Have a schedule.
3. Meditate.
5. Enjoy nature.
6. Avoid alcohol
7. Avoid tobacco.
8. Get smarter.
9. Turn off the phone.

Business

1. WHO matters most, then WHY, then HOW, then WHAT, then WHEN
2. Connect people who need each other together.
3. Buy low, sell high.
4. Personalize everything.
5. The produce will sell itself.
6. Test EVERYTHING.
7. Be details oriented.
8. Execute on ideas, else they are worthless
9. Manage your money.
10. The best marketing is word of mouth.
11. Know your worth.

**Be humble. Be kind.
And never forget who
you are.**

**Failure will tire of
my persistence.**