Sahil Bloom ✓
@SahilBloom

Things I'd like to tell my 20-year-old self:

Sahil Bloom ✓
@SahilBloom

1. Trying is the coolest thing you can do. If you're going to do something, do it well.

2. Your diet impacts everything—appearance, energy, and mood. Garbage in, garbage out. Quality in, quality out.

3. Nothing good happens after midnight (especially when you've been drinking).

Sahil Bloom ✓
@SahilBloom

4. Getting physically fit will completely change your life.

5. If you focus on making tons of money, you'll do ok. If you focus on creating tons of value, you'll do great.

6. Embrace voluntary struggle. Train your mind to weather life's storms.

Sahil Bloom ✔
@SahilBloom

7. The time you spend comparing yourself to others is much better spent investing in yourself. The only comparison worth making is to you from yesterday.

8. When you think something nice about someone, tell them right then. It's a tiny habit that will pay long lasting dividends.

9. Social media is designed to make you wish you were someone else, somewhere else, and with someone else. Curate your consumption and eliminate what brings negative emotions.

10. Prioritize spending time with people who make you better—who lift you up and make you want to grow.

Sahil Bloom ✓
@SahilBloom

11. Call your parents more often—they won't be around forever.

12. Your success in life is proportional to the number of difficult conversations you're willing to have.

13. The "sleep when I'm dead" mentality is broken. Great sleep is an essential ingredient of great results.

14. Give people a second chance, but never a third. If they're holding you back, cut them out of your life.

15. Most of your friends aren't really your friends. They're just along for the ride when it's fun, convenient, or valuable. Find your real ones and cherish them.

Sahil Bloom ✔
@SahilBloom

16. Stop trying to be interesting and focus on being interested. You become interesting by being interested.

17. You'll never know what you want to be when you grow up—and that's fine. Prioritize asking great questions and having a bias for action and you'll always make it.

18. Stop following paths that other people have created for you. Create your own—even if it hurts at the start.

19. Finding the truth is more important than being right. Stop arguing to win—start listening to learn.

20. Grades won't matter much, but energy for learning will.

Sahil Bloom ✓
@SahilBloom

21. Stop worrying about what other people think of you. Most people aren't thinking about you at all.

22. Not all decisions are reversible, but most of them are.

23. Go on a few wild and crazy adventures that you'll be excited to tell your kids about someday.

24. Make decisions that your 80-year old self and 10-year-old self approve of. The former cares about the long-term compounding of actions, while the latter reminds you to have some fun along the way.

25. Run the right race. Make sure the prize is something you actually want.

If you enjoyed this post, you'll love my free newsletter *The Curiosity Chronicle.*

Join **250,000+ subscribers** who get the 2x weekly newsletter, where I provide actionable ideas to help you build a high-performing, healthy, wealthy life.

Link In Bio

Archive

JANUARY 27, 2023

The Odyssey Plan, Beautiful Bridges, & More

JANUARY 25, 2023

The Ultimate Productivity Tool

JANUARY 20, 2023

The 2 Types of Unsexy Succes More

The Most Powerful Life Hacks

written by SAHIL BLOOM

FRAMEWORKS & TOOLS

TODAY AT A GLANCE

Humans have a tendency to manufacture complexity. We make progress in our lives—personally or professionally—and decide that the best way to celebrate that progress is to sprinkle on a new bit of chaos.

We can all laugh at this tendency to complicate life, but we should also find ways to simplify it.

Here are 50+ short, timeless insights for simplifying your world—"hacks" for your life, careers, relationships, health, money, and more.

"Life is really simple, but we insist on making it complicated." - Confucius