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9 powerful systems to make 2023
your best year ever:



16386



132



6349



30260



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How to Budget (50-30-20 Rule)

Allocate your income to these buckets:

50% Needs

- Housing
- Food
- Transportation
- Basic Utilities
- Insurance

30% Wants

- Entertainment
- Travel
- Fashion/Gear

20% Savings

- Debt payments
- Emergency fund
- Retirement
- Investments



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How to Boost Charisma (SHR Method)

Make people feel important:

Seen

- Give eye contact
- Offer a specific compliment

Heard

- Ask good questions
- Be interested, not interesting

Remembered

- Follow up
- Remember name(s)
- Recall something you discussed



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How to Beat Perfectionism (70-20-10 Rule)

The #1 factor that influences creative success?

Volume produced.

Use the 70-20-10 Rule:

- 70% of your work will be mediocre
- 20% will suck
- 10% will be amazing

If you're avoiding failure, you're avoiding success.



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How to Learn Anything (Feynman Technique)

Richard Feynman was a Nobel Prize-winning physicist.

His powerful 3-step learning technique:

Step 1

- Choose & study a concept

Step 2

- Teach it to a child

Step 3

- Return to learning
- Fill in knowledge gaps
- Simplify further



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How to Give an Update (4-Bullet Status)

Powerful people are busy.

(They might not remember what they asked you to do.)

Use this outline:

- Here's what you asked me to do
- Here's what I did
- Here are the risks/blockers (if any)
- If given more time, I'd do this



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How to Make Decisions ('No' by Default)

Normalize making 'No' your default.

Whether it's new work projects or social gatherings,

Saying 'Yes' to non-priorities ruins your priorities.

In the words of Mark Manson,

If it's not a 'fuck yes,'

It's a no.



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How to Learn from Your Mistakes (After Action Review)

1. What did I intend to accomplish?
2. What happened?
3. Why did it happen that way?
4. What will I do next time for a better outcome (or to repeat my success)?

Learning from mistakes separates the best from the rest.



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How to Communicate Powerfully (7-38-55 Rule)

People will like/dislike your speaking based on:

- 7% words
- 38% tonality and face
- 55% body language

Stand up straight, pull your shoulders back, make eye contact, smile, give a firm handshake...

You will be dangerous.



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How to Be Productive (3-3-3 Plan)

Write down today's 3-3-3 Plan:

- 3 hours on your most important project
- 3 shorter tasks
- 3 maintenance activities

Defining a "productive day" is crucial.

Or else you'll never be at peace (even with excellent output).



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