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Life hacks I know at 30 I wish I knew at 20:

1. Drink a **big-ass glass of water** immediately after waking. It's like hitting the refresh button on your body.

2. **Build a solid skincare routine** as early as you can. This is the key to looking 30 when you're 50.

3. **Eating healthy isn't complicated.** Cut out sugar. Eat more unprocessed foods. Make sure you get enough protein. Supplement only when necessary.

4. Use the **3-2-1 Method** for better sleep. No food 3 hours before bed. No drinks 2 hours before bed. No screens 1 hour before bed.

5. Write down something you're **grateful for every day**. The best happiness hack I've found.

6. **Block out 60-90 minutes** each morning to work on the most important project in your life.

7. Write down **1 story-worthy moment** each day. In a month, you'll have 30 new stories to tell.

8. **Investing in yourself** is never a bad idea. Do it as often as you can.

9. Take 15 minutes every day to **completely unplug from inputs**. Your best ideas will flow during this time.

10. **Block out your day.** This will instantly double your productivity.

11. Read books that have **stayed relevant for decades.** There's a reason they've stuck around.

12. If you don't want to do something—**say "NO"**. Life is too short to do things out of obligation.

13. Do one thing that gets your **heart rate up** every day.

14. Learn how to be **a good listener**. People will love you for it.

15. Give **genuine compliments**. It takes 5 seconds and can make someone's week.

16. If you want something, ask for it. **Rejection builds thick skin**. Yes or no, it's all upside.

17. If you want to change something in your life—**track it**.

18. Have a "**Not-To-Do List**". Write down your 5 biggest productivity killers. Avoid them at all costs.

19. **Positive self-talk** is a superpower. Build it with daily affirmations.

20. Use the **4-7-8 Method** to fall asleep: Breathe in through your nose for 4 seconds, hold for 7 seconds, and slowly exhale for 8 seconds.

21. Seek out and **apply feedback** frequently. This is how you skyrocket your growth.

22. **Fill your own cup** before trying to pour into everyone else's.

23. "2-Minute Rule" for productivity:
If a task takes less than 2 minutes—do it now.

24. "5-Minute Rule" for procrastination:
If you're having trouble starting a task—set a timer for 5 minutes. You can stop working when the timer goes off (or keep going).

25. Nothing good comes from bringing your phone to bed.

26. 3 things that solve 90% of our problems: An intense workout, a long walk outside, a good night of sleep

27. Measure the "gain" not the "gap". Focus on how far you've already come, not on how far you still have to go.

28. Surround yourself with 3 types of people: Peers you can grow with, Mentors you can learn from, Mentees you can teach

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