

The Most Useful Life Hacks You Need For 2024:

1. HALT Method for Decisions

Before making an important decision ask:

"Am I hungry, angry, lonely, or tired?"

If you answered "yes" to any of them, address it before making your decision.

2. How to improve any relationship

(h/t Mel Robbins)

Want to improve a relationship? Send this message:

"What can I do to be a better _____ to you?"

(partner, friend, son, brother, etc.)

3. Be “selectively ignorant”

(h/t James Clear)

“Ignore topics that drain your attention.
Unfollow people that drain your energy.
Abandon projects that drain your time.

Do not keep up with it all.
The more selectively ignorant you become,
the more broadly knowledgeable you can be.”

4. Practice “Positive Gossip”

Make a habit of praising people when they’re not around. This is one of the fastest ways to foster a positive work/social environment.

5. Focus on "Keystone Habits"

These habits are your big dominoes.

Exercise, reading, sleeping well. By building one of these habits, you improve every other area of your life.

6. Make a "Not-To-Do" List

Knowing what to do is important.

Knowing what not to do it equally important.

Make a list of your 5 to 10 biggest time-wasters.

Avoid them at all costs.

7. Watch stand-up comedy

Want to be funnier?

Surround yourself with funny people.

Spend 30 minutes each day watching/listening to comedy and you'll start to understand the art of making people laugh.

8. "Watering Holes" to build habits

Want to build a habit?

Set it up at a place you congregate daily (work desk, nightstand, kitchen table)—your “watering holes”.

Eg. If you want to take a multivitamin daily, don't hide the bottle in a cupboard—instead put it on top of the coffee maker you use every day.

9. Invest in Long-Term Possessions

Anything you use for 1,000+ hours is worth spending good money on: mattress, pillow, shoes, office chair, phone—You'll thank yourself later.

10. Use “Inversion Thinking”

“All I want to know is where I'm going to die, so I'll never go there.”—Charlie Munger

Rather than focus on the actions required for success. Consider what would lead to failure—and avoid it.

Minimizing stupidity will get you far in life.

Want a 2024 Goal/Habit Tracker?

Introducing my **2024 Life Accelerator**.

Click the link in my bio to sign up
and it will be sent to you RIGHT NOW.

JANUARY																														
DAILY REFLECTION			How would the person I wish to be act today?																											
MONTHLY GOALS	Learning			Social			Learning			Career			Spiritual			Social														
	<input type="checkbox"/>	Sort out tax stuff	<input type="checkbox"/>	(type monthly goal)	<input type="checkbox"/>	(type monthly goal)	<input type="checkbox"/>	(type monthly goal)	<input type="checkbox"/>	meditate 20 times	<input type="checkbox"/>	(type monthly goal)																		
WEEKLY GOALS	Learning			Social			Learning			Career			Spiritual			Social														
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
DAILY HABITS	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	F	S	S	M	T	W
5 mins figuring it out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate for 1 minute	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk 5,000 steps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make 1 cold call	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
meditate for 1 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(type daily habit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REVIEW	What worked?							What didn't?							What can I change?							MONTHLY REFLECTION								
WEEK 1																						0% Total Habits Completed								
WEEK 2																														
WEEK 3																														
WEEK 4																														
HABIT STREAK	Reward	Habit Strength																												