Simple Rules

# Rule #1: No More Zero Days

What is a Zero Day? A Zero Day is when you don’t do a single thing towards your goals. No more Zero Days. One pushup, one page of the chapter, one sentence written. One is more than zero. Mastering productivity doesn’t come from nowhere – it comes from a string of consistent Non-Zero Days.

# Rule #2: Be Grateful to Your Three Selves

Past you, present you, future you. Be grateful to your past self for the positive things they’ve done for your present and future selves. The sacrifices you make, the things you accomplish, and the effort you put in as your present self is a gift to your future self, and something you will thank your past self for. Doing something for your future self and thanking your past self builds gratitude and productivity in your present self.

# Rule #3: Forgive Yourself

In addition to thanking yourself, you need to be able to forgive yourself. There will be days where you don’t reach your goals, or sabotage yourself, or have a complete Zero Day. You must forgive yourself, and in doing so, use the moment as an encouragement to make today a Non-Zero Day.

# Rule #4: Exercise and Books

This is the simplest rule. Exercise every day. Read every day. Build your body, and your mind.