

A thread on

25 IMMENSELY POWERFUL LIFE HACKS

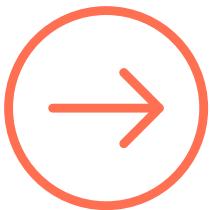
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01

When speaking to others, try and notice the color of their eye balls.

This will maintain eye contact without you feeling awkward.
While making them feel heard.



02

Send emails to your future self.

It could be a task, a prediction, a thought. Compose the email and schedule send it for sometime later.

It is joyful when we have forgotten about something and then hear from our own selves.



03

Do not try to remember anything!

Write everything down.

Put things on a calendar.

Create a to-do list.

Use a notes app.

We over-estimate our ability to remember things!



04

Predict your future. (and then laugh about it.)

Every birthday, write down 2-3 predictions for yourself, for the next year.

And then next birthday, go through them.

Over 3-5 years you will be amazed at how inaccurate your predictions were!



05

Address people by their names.

When drafting a message or email, or replying to one, when saying hello or replying to their hello, say out people's names.

You will never forget it then.
And they will feel loved!



06

Always ask for "by when do you need this?"

Whenever given a task, even if an order, always check for the deadline.

Very often we have a different definition of urgency in our minds.

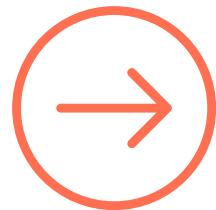


07

Put time limits for apps where you waste time.

Protect the time limits by a passcode.
Let your family/friends decide the passcode and not share it with you.

When time is up, it is up!



08

Create a self-whatsApp group.

Create a WA group with you and your best friend.

Delete the best friend.

Now the group has only you.

Pin the group to the top.

Use this group for sharing thoughts, capturing images, voice notes to yourself, whatever you want it to be!



09

Don't watch news.

News will convince you the world is falling apart, while making you feel guilty for not doing anything about it.

continued in the next part →

10

Have a separate bank account for investments.

The day you get your monthly salary,
auto-transfer atleast 20% of that to the
investment bank account.

You have to manage with the rest.
Go figure!



11

**If you have a loan, increase your
EMI by 5% every year and pay 1
extra EMI every year.**

Your 25 year loan will now be paid in
13 years!



12

Do not put pressure on your hobby to make money.

Pursue it through a side gig.

Let it give you joy.

Get really good at it.

Take your time.

The day your side income replaces your main income, quit your job!



13

The 30-day rule.

When you desire a big purchase, do not buy it right away. Give yourself 30 days and ask yourself if you still like it just as much as you did earlier.

If you do, go for it.

Chances are you won't.



14

Lower the tenure, not the EMI.

If your interest rate reduces, do not lower the EMI. Lower the tenure of the loan.

If you find a cheaper interest rate, opt for it.

Do whatever you can, to save on interest paid!



15

Use credit cards.

They offer 30-45 days free credit

They give you rewards points

They help you with your credit rating

However, always, ALWAYS pay
the bill in full.



16

**Buy Term Life Insurance when
you are young.**

It will be way cheaper

You will get covered for much longer

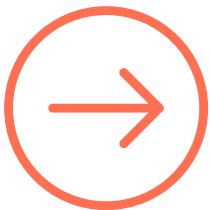


17

Don't buy water.

Carry a bottle with you, wherever you go.

Ask for regular water at restaurants
(that is what they are cooking your
food in, as well)



18

Keep a gratitude jar.

Everyday, before going to bed, write down something that you are grateful for.

Anything at all.

Place it in the jar.

In moments of weakness,
go through the notes.

continued in the next part →

19

Write angry letters. But don't send them.

Whenever angry, write down all that you are feeling. Record your voice, if writing is hard. Give your emotions an outlet.

And then don't destroy them.



20

**Every night, look at the stars
for 2 mins.**

Just you, and the sky.

No clicking pictures.

No one else.

No music.

Nothing.

Just look at the stars.

Imagine how big the world is.

How there is space for everything and
everyone.

Including you!

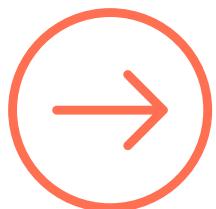


21

Help strangers.

When out, if you see somebody who needs help, help them.

Helping those you do not know, makes you feel good about yourself. You know you have nothing to gain from it.



22

Smile at the mirror.

Say good morning to yourself

Good night

I love you

You are enough

Or say nothing.

Look at yourself in the eye.

And just smile :)



23

Follow positive thoughts.

Unfollow those who make you laugh at other people's expense, those who make you feel jealous, though you make you feel ugly or incapable, those who spread hatred and anger.

You are the 5 ideas you spend most time with.



24

Teach people.

When you teach something, your own understanding of what you are teaching gets better.



25

Take breaks

Our mind gets distracted.
Give it some space.

Follow the pomodoro technique.
25 mins of work
5 mins break
Repeat
After 2-4 of such Pomodoros,
take a longer 20 min break.



Hacks are great ways to accomplish critical tasks by making them look simple.

They get us started.
And starting is a great thing!



If the climb is tough, but needs to be done,
then ignore the mountain in front of you.

**Take the smallest possible step
forward to get you started.**