



Liam 

@LiamKircher

7 habits that will change your life in
7 days:

1) Sell your TV

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1) Sell your TV

Put simply, they're time wasters.

Visitors are surprised to see I have no TV's in my apartment.

Get rid of your TV and watch your productivity skyrocket.



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2) Don't over-complicate your morning routine

How does meditating at 5am make you money?

Get up early,
Grab a coffee,
Grab a cup of water,
Sit at your desk and get to work.

Take advantage of your clear morning mind to maximize efficiency.



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3) Leverage a list

Prepare your to do list the night before.

Bring your priorities to the forefront of your mind.

Hit the ground running in the morning.

Complete every single task on your list no matter what!



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4) Bed before 9pm

Go to bed early and wake up early.

The ones who truly understand the grind know this.

Sleep is your ammo for the day ahead.

Focus is your weapon.

Make sure you've got 7 hours in the chamber.



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5) Mid-day work outs

Do you suffer from the afternoon slump?

Get your important work done in the morning.

Exercise in the afternoon.

It releases endorphins and boosts your energy.

Now back to the grind while they're running through your system.



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6) Delay gratification

If you want to be successful, you have to sacrifice today for tomorrow.

... Every day.

To do this: delay gratification in all areas of your life...



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Build a habit of delaying gratification.

Delay social media check-ins...
Post valuable content instead.

Delay sugary snacks...
Enjoy a clear mind and fit body instead.

Delay one night stands...
Develop a meaningful relationship instead.

Your future depends on it.



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7) Don't listen to music

I'm anti music during work.

I have to be focused 100% or I'm screwed.

If you're terrible at multitasking like me,

Turn the music off.

A simple focus hack with a massive upside that most people overlook.



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- 6) Delay gratification
- 7) Don't listen to music



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scaling a business.