

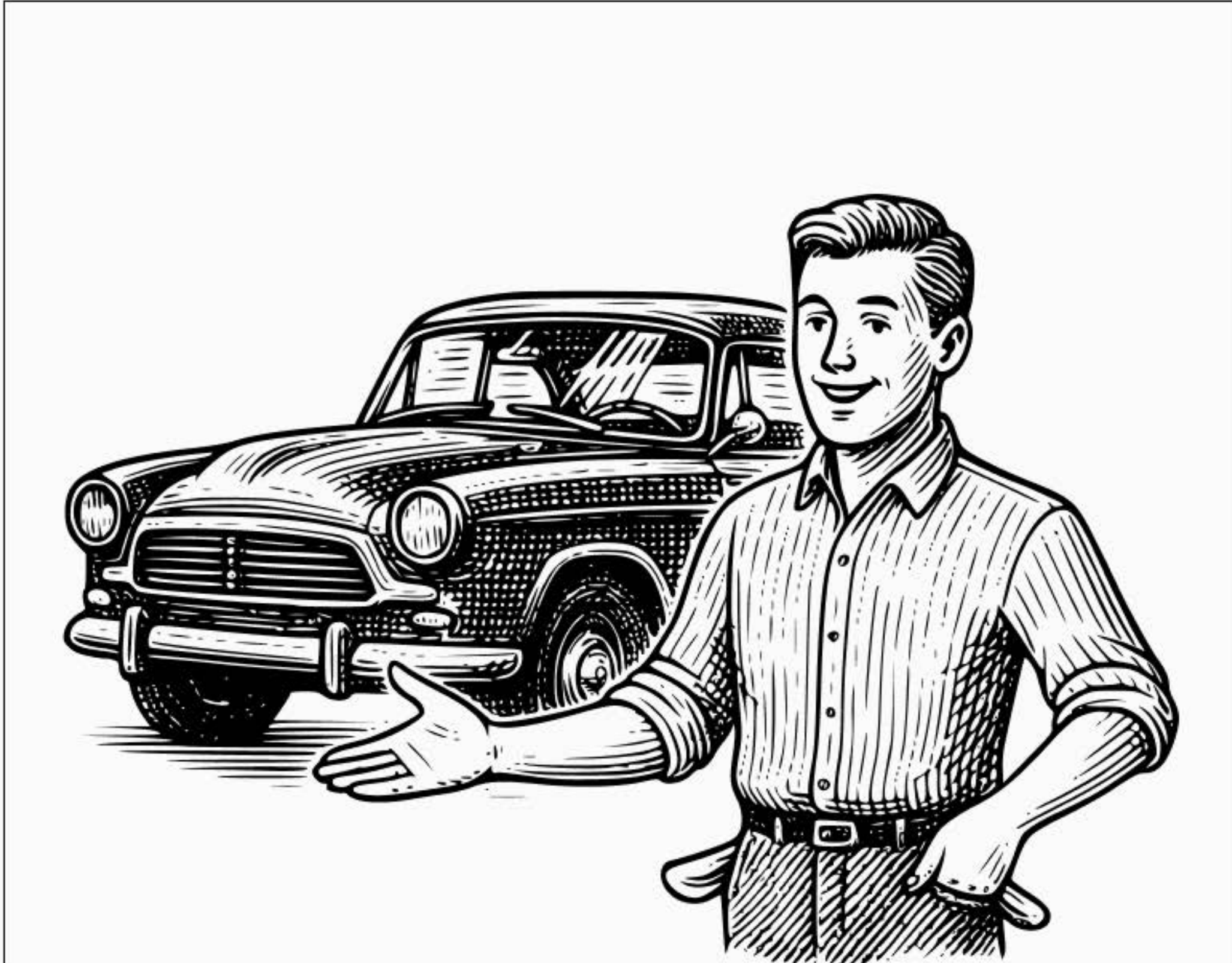
Life "Cheat Codes" Everyone Should Know

(Part 2)

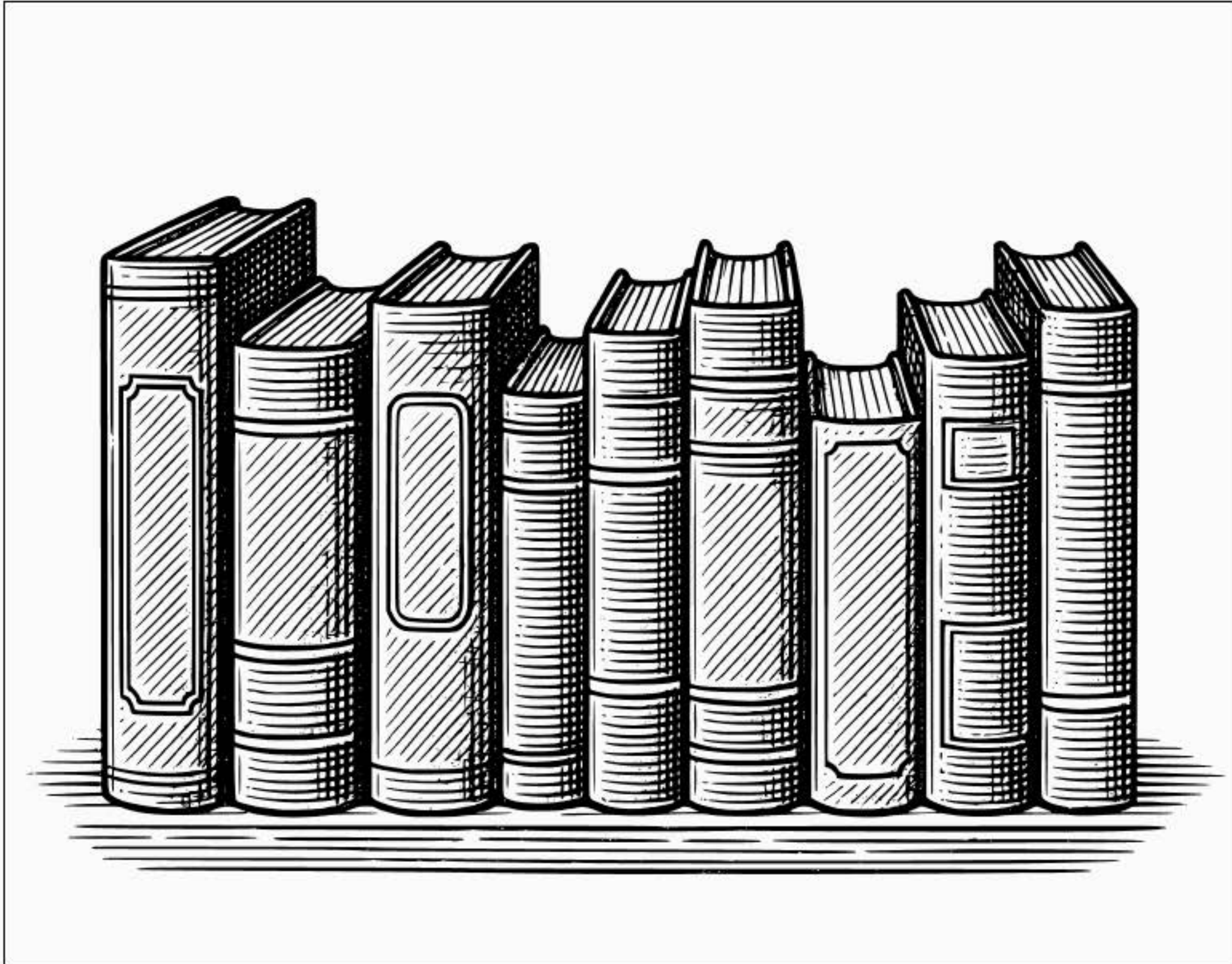




When someone is going through hell, just say "I'm with you." Advice is minimally impactful. The notion that someone is with you is 10x more powerful.



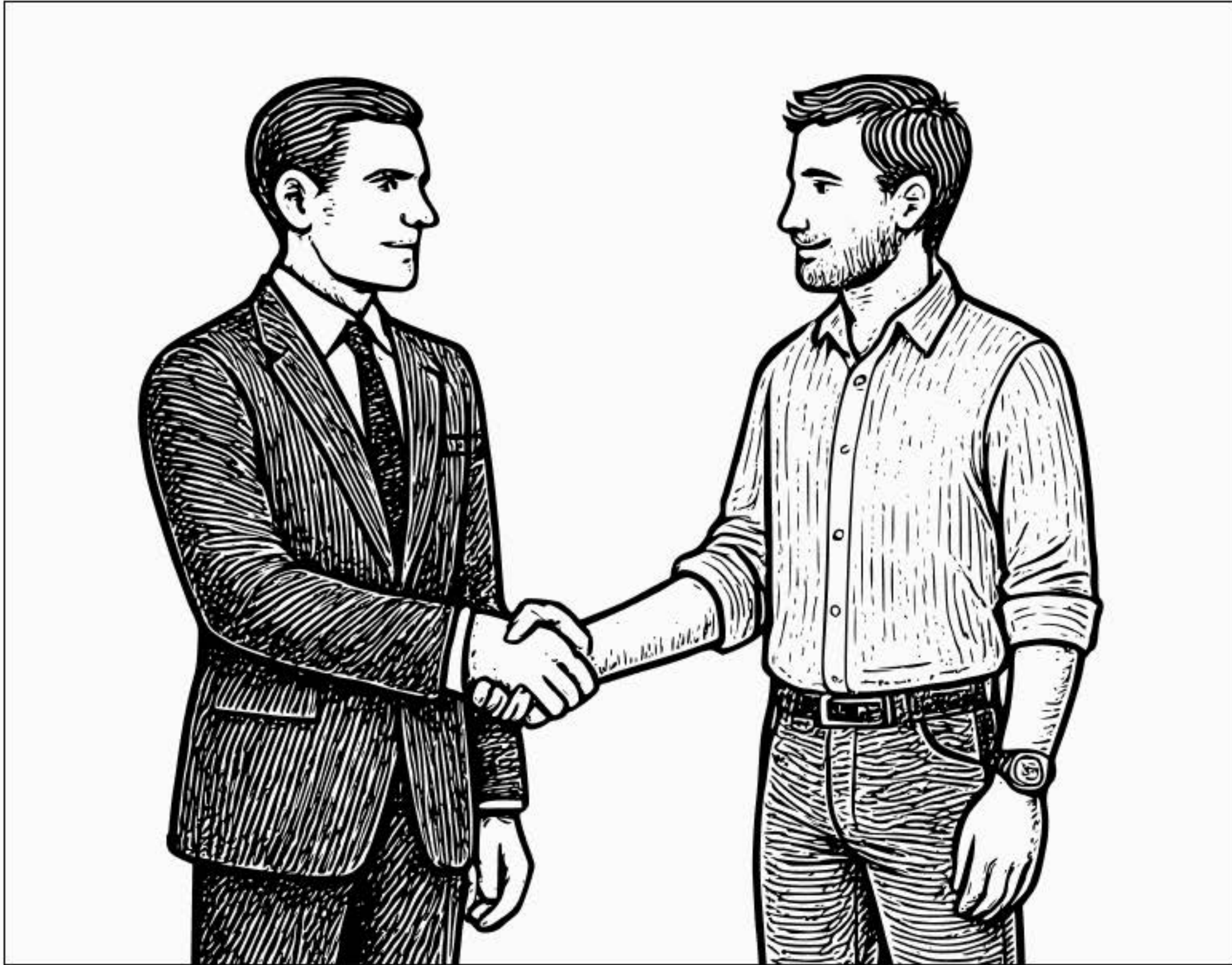
If someone regularly brags about their wealth, income, or success, just assume the reality is about 50% of what they say.



Reread your favorite books annually. You may read thousands of books in your life, but there will only be a few that deeply change you. Reread them every single year.



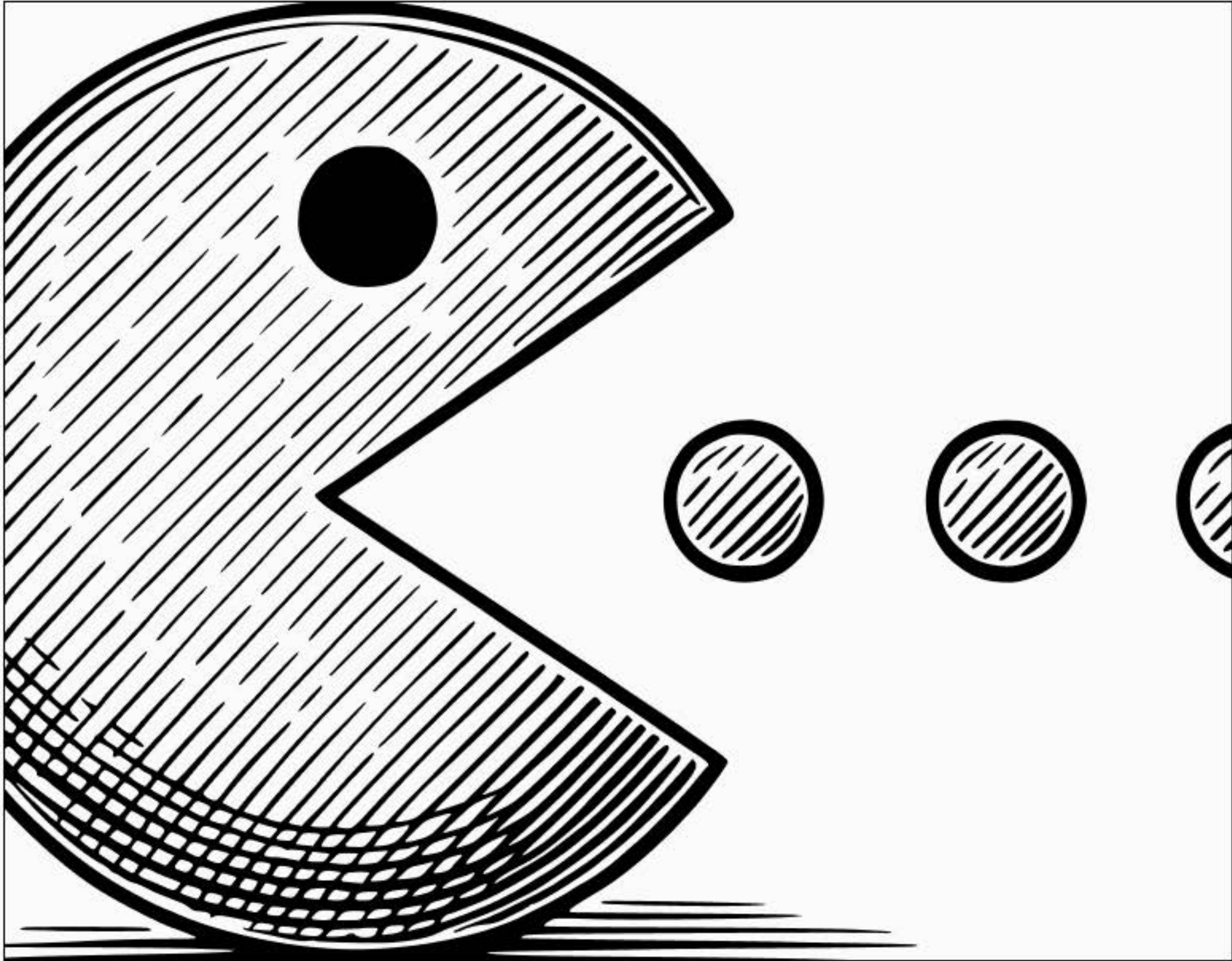
Never delay difficult conversations. If you're nervous, do it on a walk, it makes it much easier.



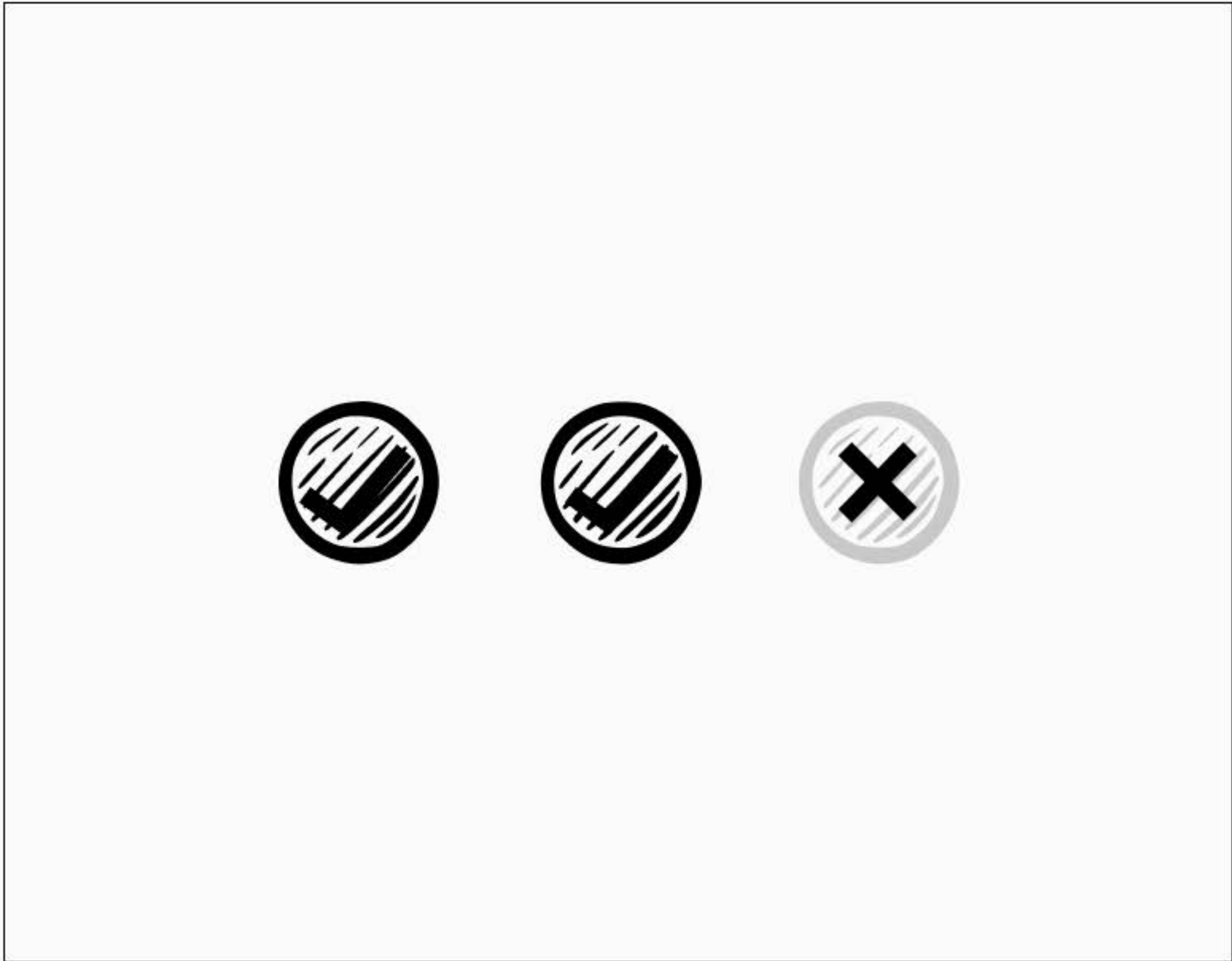
Do the "old fashioned" things well. Look people in the eye, have a firm handshake, and always stay true to your word.



If you're about to say yes to something on the assumption that you'll have more time for it in the future, say no instead.



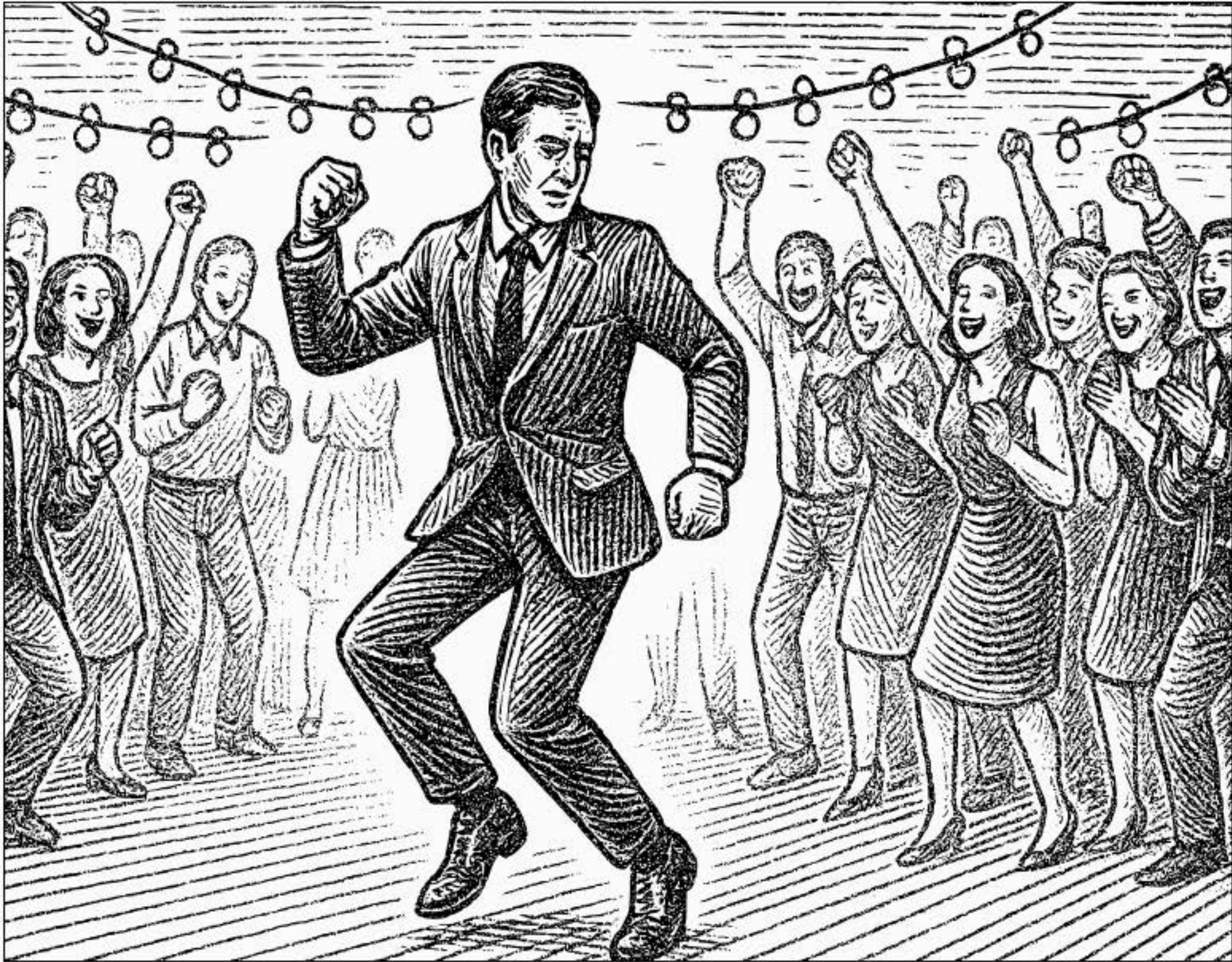
If you want something—and have put in the work to deserve it—ask for it. Remember:
Closed mouths don't get fed.



Give people a second
chance, but never a third.



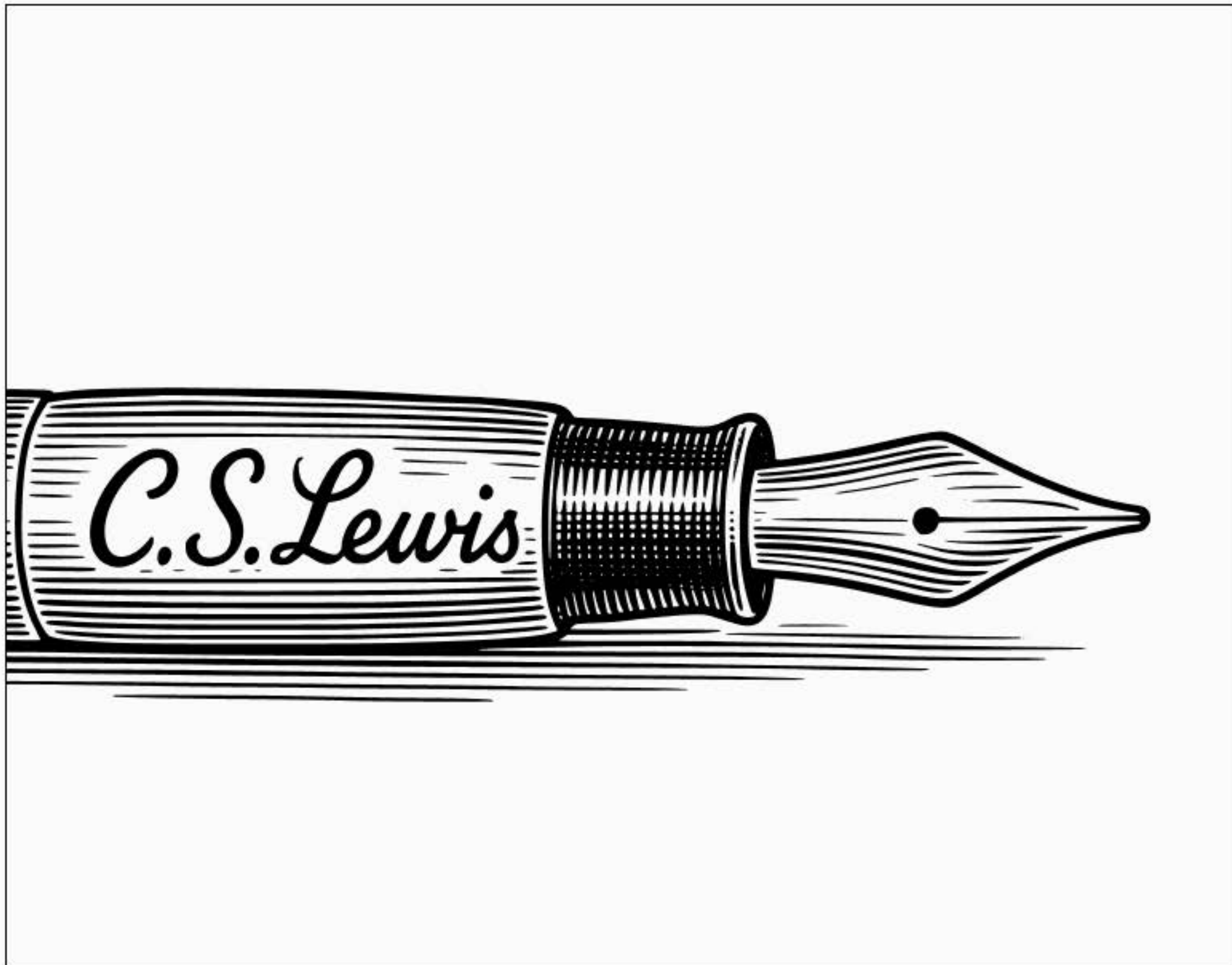
Never take advice from people on the sidelines.



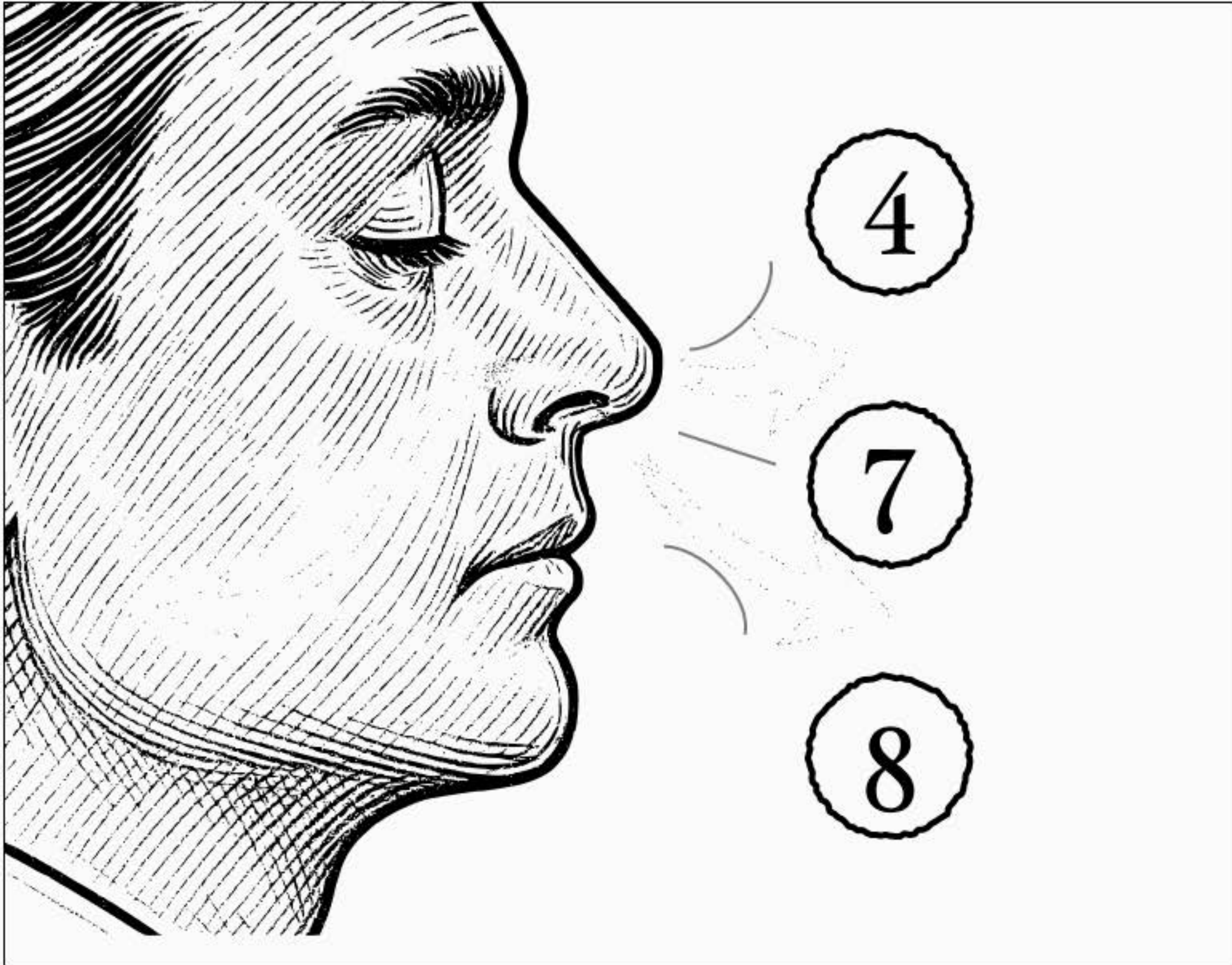
Learn one dance move that you can reliably bust out when you inevitably get pushed into the center of a dance circle at a wedding or event.



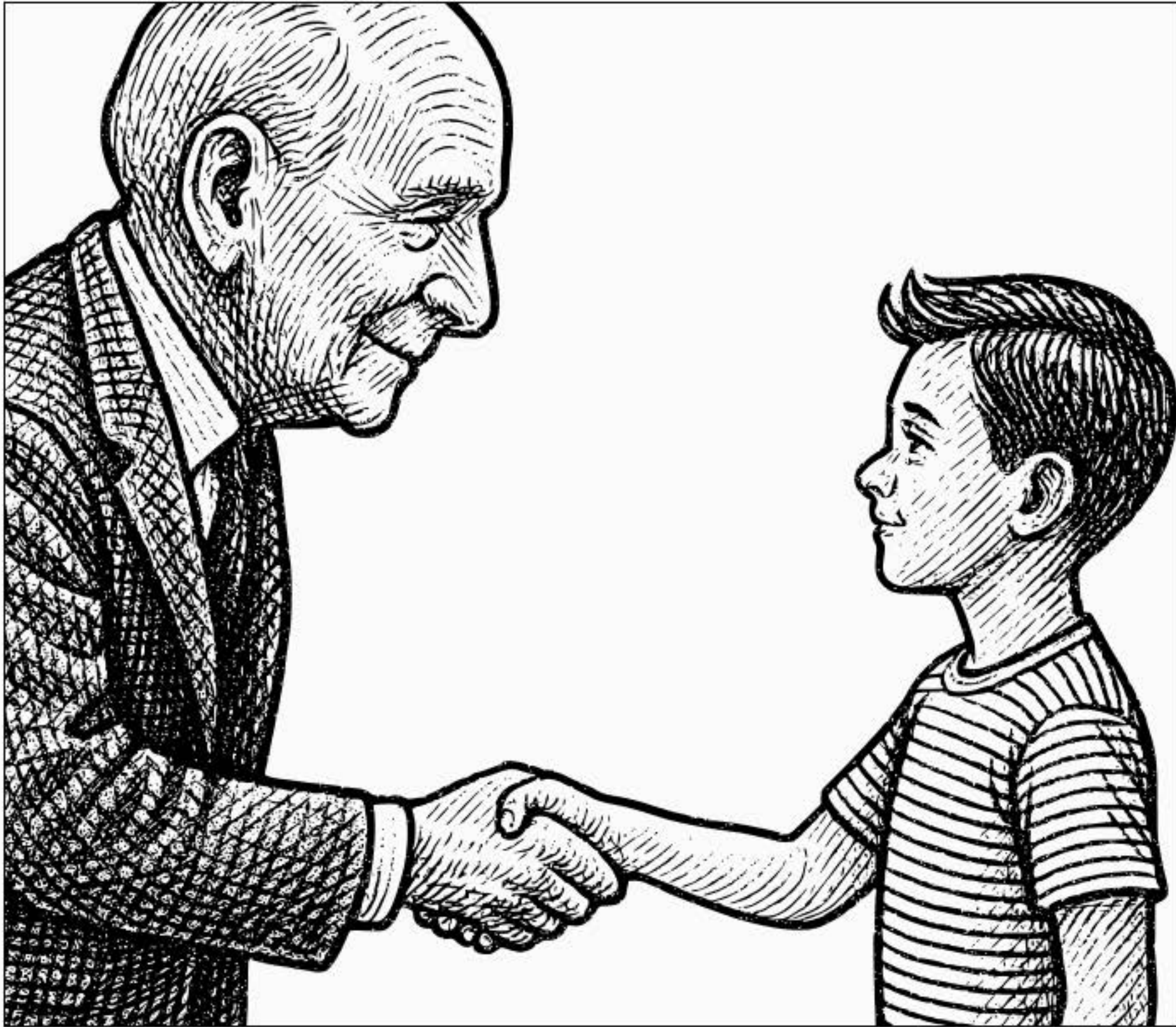
Be bored for at least 15 minutes per day.
Boredom unlocks creativity.



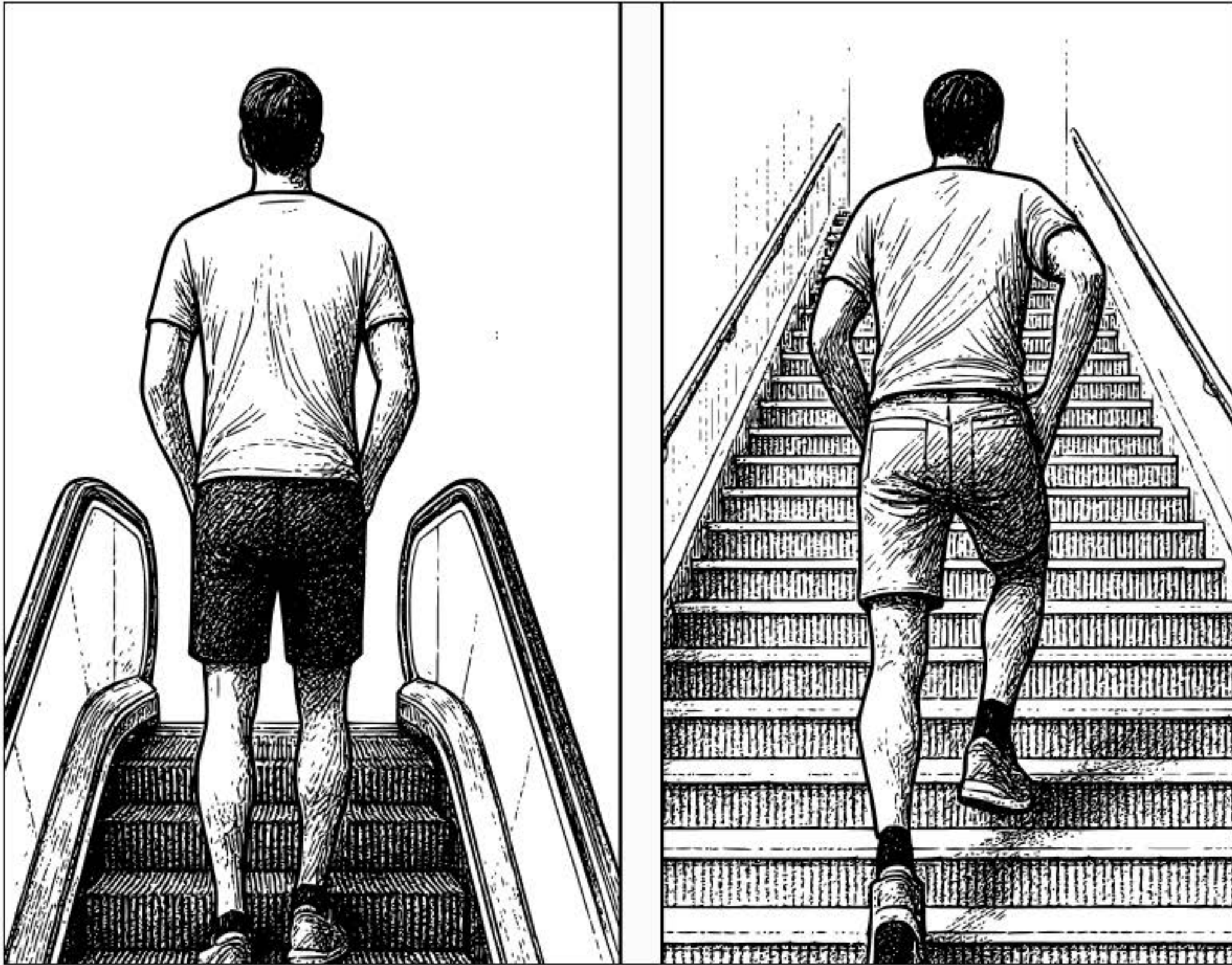
Invest in personalized
stationery and use it regularly.



If you're struggling to fall asleep, try the 4-7-8 method: Breathe in through your nose for a 4-second count, hold your breath for a 7-second count, and exhale for an 8-second count.



Make decisions that your 80-year-old self
and 10-year-old self would be proud of.



Do one hard thing every day when
you could do it the easy way.



Spend more time doing things you never regret.

One potential approach I've used
for implementing these into life:

**PICK ONE TO FOCUS ON
EACH WEEK.**

If you work at implementing one
each week, you'll be completely
unrecognizable by the end of a year.

Stay tuned for Part 3