

Twitter Thread by Ankur Warikoo



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25 immensely powerful life hacks.

A thread...

1. 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.

2. 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.

3. 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!

4. 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!

5. 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!

6. 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.

7. Put timer limits for apps where you waste time

Protect the timer limits by a passcode.

Let your family/friends decide the passcode and not share it with you.

When time is up, it is up!

8. 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!

9. Don't watch news

News is meant to scintillate you, in the guise of information.

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

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 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.

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.

What are some life hacks that work for you? Reply with them here.

Every Friday I write a thread on personal growth, failures, startups, organization building and more.

You can follow me on [@warikoo](#) to get them on your feed.

Here is a list of all the 100+ threads I have written

<https://t.co/wMuIQTHLWH>

I write a thread every Friday

Here are all of them, chronologically

— Ankur Warikoo (@warikoo) [August 30, 2020](#)

You can read the unrolled version of this thread here: <https://t.co/pFbW5WwDfH>