Twitter Thread by Shane Martin



Shane Martin
@Shane___Martin

8 ways to optimize your mind & body to get more done:

1. Stop Hustling

I know, Instagram told you to “grind”…

But Twitter is telling you to get some sleep.

If you want to be at the top of your game, you need a rested mind.

Lets make it easy for you...

Step 1: Go download the
@risescience app to figure out your optimal sleep schedule.

Step 2: Get the recommended amount of sleep for the next 7 days (no cheating).

Step 3: Every day at 11am, score your energy/productivity on a scale of 1-10.

Numbers won’t lie.

2. Eat to Work

Clarity of mind & sustained energy are superpowers for entrepreneurs, right?

Well, the food we eat directly impacts those variables.

Yet we still consistently make bad decisions around our meals.

Not any more...

Next time you sit down for a meal, open up your to-do list.

What do the next 3 hrs look like?

If it's a bunch of menial tasks, go ahead and eat the chips.

Otherwise, ask yourself:

"Do I really want to feel sluggish and foggy while I'm trying to write this proposal?"

3. Be Your Own Gatekeeper

Want to do great things?

Stop giving away your time.

You may not have an assistant to protect your schedule but you can still get comfortable setting boundaries.

Conserve your resources for the stuff that counts.

4. Exercise

When we exercise, we release endorphins.

Endorphins make us feel good.

And when we feel good, we're more productive and it's easier to stay focused.

Here’s the good news.

You don't have to deadlift 500 lbs and gulp down protein shakes to get the benefits.

A light jog or even a long walk will do the trick.

5. Bake-In Breaks

We spend 6 hrs straight staring at a computer...

Come 5pm and we wonder why we can't form a sentence.

Our brains can only operate at a peak level for a short period of time.

If we push it too far without a break, it'll crash.

Instead, think about your day as a series of highly concentrated bursts.

Work work work — Rest
Work work work — Rest

Take a few minutes every hour or so to step away and relax.

Breath, stretch, Wordle — whatever.

6. Meditate

We're all tired of hearing about meditation by now.

But here's the deal...

It's been shown to:

- Improve focus
- Increase creativity
- Decrease stress levels

It costs nothing and takes 10 minutes per day.

Ya got nothing to lose.

Not sure where to start?

People love @headspace but I've found the @wakingup app to be a game-changer.

If money is an issue, click the link here to request a scholarship and they'll give you a year sub for free.

No questions asked.

No excuses.

https://t.co/wNUN9gRQIz

7. De-clutter your space

Your brain is like a freshman in high school —highly susceptible to outside influence.

Stop trying to work in a chaotic environment.

Commit to a tidy workspace and your clarity of thought will improve.

8. De-clutter your schedule

When you cram your days to the brim, you're saying:

"Hey brain, we know you have a lot of great ideas but we don't have time for that today —so zip your lid."

Focus on 1-2 big things per day and bake in downtime for great ideas to grow.

Working alone is hard.

For tweets on productivity & achievement frameworks for freelancers, indiehackers, and soloprenuers, follow me: @shane___martin

If you learned anything interesting from this thread, a retweet would be greatly appreciated!

Linked it up below■

Thanks for reading https://t.co/XIaDJGbnON

> 8 ways to optimize your mind & body to get more done:
>
> — Shane Martin (@Shane___Martin) March 30, 2022