Twitter Thread by DAN KOE

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Sundays set the tone for the week.

20 minutes is all you need to save 10 hours of wasted time and energy.

Here is my 3-step process for self-reflection, writing, and productivity:

The problem:

Never becoming aware of

- Your blindspots
- Your life direction
- What you don't want
- A new route to take

It's not worth it to have unconscious problems weighing you down without you even knowing it.

Here's how you change that.

// Macro Reflection //

Before I outline anything for the week, I review my:

- Vision
- Big goals
- Small goals
- Value system
- Lever movers

This helps assure that my weekly actions are moving the needle in the right direction.

https://t.co/OVv7HSyHbq

How to create a life of meaning, money, and impact (as fast as humanly possible).

\u2014 Thread \u2014 pic.twitter.com/U1Mb1RvHFS

— DAN KOE (@thedankoe) November 26, 2021

When reviewing my long-term plan, I am doing 2 things:

1) Bringing my "north star" to the top of my mind.

2) Beliefs, goals, or aspects of my vision that don't resonate with me anymore.

If certain things don't resonate, I change them.

This is how I track personal growth.

// Micro Reflection //

Every week, I ask myself a set of 8 questions.

(These are paraphrased to save space)

1) What were my major sticking points last week?

2) How can I improve for next week?

3) What are my focus goals for the week?

4) What are my focus projects for the week?

5) What self-experiments am I running this week?

6) What are my focus habits this week?

7) What may prevent me from making progress in these areas?

8) What sacrifices need to be made to make progress?

Weekly reflection helps:

- Uncover my blind spots
- Reveal potential distractions
- Become aware of energy suckers
- Laser in on what's important to me

If you aren't aware of unconscious roadblocks, you will get frustrated knowing that you should be moving faster.

// Content Ideation & Outline //

By the time I finish my reflection, I usually have a few newsletter, thread, or tweet ideas.

I brainstorm a list of 3-4 content ideas that I want to outline.

This is a crucial step that most writers skip over.

Every Sunday, I pick a topic for:

- My newsletter
- A Twitter thread
- A podcast episode

All of my tweets, Instagram posts, and LinkedIn posts stem from these.

What do I include in my outline?

- The topic
- A braindump of ideas
- Problems related to the topic
- Benefits to overcoming those
- Key points of the newsletter

I do not start filling these in yet.

Here is my full process:
https://t.co/ZOpPNEp3T3

> How I turn 1 piece of content per week into a $45,275 a month creative income and 340,000 followers in ~2 hours a day
>
> (in 5 simple steps):
>
> — DAN KOE (@thedankoe) June 7, 2022

The secret to unique writing:

Let the outline sit as you go about your week.

- Go on walks
- Consume-related content
- Note down potential talking points
- Start filling in the outline

The first hour of my mornings are dedicated to filling in the outlines.

To recap, I save hours throughout the week by:

- Reviewing my long-term plan
- Reflecting on my week
- Outlining the weeks work

After that, I call it quits and prioritize a restful Sunday with good friends and sunlight.

Happy Sunday my friends.

Before you leave, I have a favor to ask.

Being a 'social media influencer' my self-esteem is dependent on likes and retweets.

So, if you could do me a favor and retweet the first tweet of this thread, my ego would appreciate it:
https://t.co/ypaCYvXqJk

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>
> 20 minutes is all you need to save 10 hours of wasted time and energy.
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> Here is my 3-step process for self-reflection, writing, and productivity:
>
> — DAN KOE (@thedankoe) July 10, 2022

Lastly, I send out an extra long weekly newsletter every Saturday.

This one was from a few weeks ago, but if you liked this thread — you'll like this post.

Check it out:
https://t.co/zho8adWmTs