

Twitter Thread by Colby Kultgen



Colby Kultgen

@thecolbykultgen



7 habits that are damn hard to do, but pay off forever:

1. Delaying gratification

Your ability to delay gratification will largely determine where you end up in life.

It sounds extreme, but it's true.

You wouldn't plant a seed, and dig it up every 2 days to check on it.

True growth requires patience and discipline. <https://t.co/fbADTkidg0>

Maturity is knowing when to delay a pleasurable feeling because the present struggle is easier than the future misery.

— DAN KOE (@thedankoe) [October 6, 2022](#)

2. Fixing your sleep

I used to think it was normal that I felt fatigued by 4PM every day.

It wasn't until after I fixed my sleep, I realized I had been deprived of it for years.

Low quality/quantity sleep will kick your ass.

Here's what I did: <https://t.co/Nz14NE2Miw>

A quick guide to fix your sleep forever:

— Colby Kultgen (@thecolbykultgen) [September 26, 2022](#)

3. Seeking feedback

Humans are sensitive creatures.

Few are good at accepting criticism.

Even fewer are good at applying it.

Master the art of seeking feedback and implementing it.

Your growth will skyrocket. <https://t.co/bFj3DU22r9>

Foolish people reject feedback.

Compliant people accept feedback.

The most effective people intentionally seek feedback. [#edchat](#) [#FutureDriven](#)

— David Geurin (@DavidGeurin) [June 24, 2018](#)

4. Breaking the procrastination cycle

Procrastination plagues us all.

Overthinking.

Overplanning.

Overanalyzing.

Whenever you're able to shorten the time between idea and execution — you level up.

Here are steps to become an action taker: <https://t.co/8Ked6BOXr7>

Are you a procrastinator?

Maybe you're procrastinating right now.

It's ok. We all do it.

BUT, if you want to beat procrastination, and grab life by the balls.

Use these 5 steps:

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— Colby Kultgen (@thecolbykultgen) [August 27, 2022](#)

5. Doing the needle-moving tasks first

You could be the hardest worker on the planet.

It won't matter if you can't identify which tasks are providing the biggest returns in your life.

Working hard = working a lot

Working smart = working on the RIGHT THINGS. <https://t.co/ro4hdlnq6F>

If you want to work less, work more (but on the right things).

— DAN KOE (@thedankoe) August 29, 2022

6. Being consistent

Anyone can:

- Write a tweet
- Go to the gym
- Make a sales call

But can you do it every day for the next year?

Consistency is what separates the doers from the dreamers. <https://t.co/8ctzA8qdDZ>

If you stick with it, even if you suck, you'll be better than most people after a year.

— Alex Hormozi (@AlexHormozi) July 28, 2022

7. Reading books

Reading is becoming a lost art.

It's sad but true.

If you struggle to read:

- Switch your phone for a Kindle at night
- Read book summaries
- Listen to audiobooks

Even 10 minutes a day will set you apart from the crowd.

Here are some I recommend: <https://t.co/2NHe7Hc3eI>

Priceless lessons from the 10 best books I've ever read:

— Colby Kultgen (@thecolbykultgen) October 3, 2022

TL;DR

1. Delaying gratification
2. Fixing your sleep
3. Seeking feedback
4. Breaking the procrastination cycle
5. Doing the needle-moving tasks first
6. Being consistent
7. Reading books

That's a wrap!

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7 habits that are damn hard to do, but pay off forever:

— Colby Kultgen (@thecolbykultgen) [October 17, 2022](#)