

Twitter Thread by Sahil Bloom

Sahil Bloom

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22 ideas from 2022.

The top 1% of ideas I encountered:

The Feynman Technique

Four steps to learn anything:

- (1) Identify a topic
- (2) Try to explain it to a child
- (3) Study to fill in gaps
- (4) Organize, convey, and review

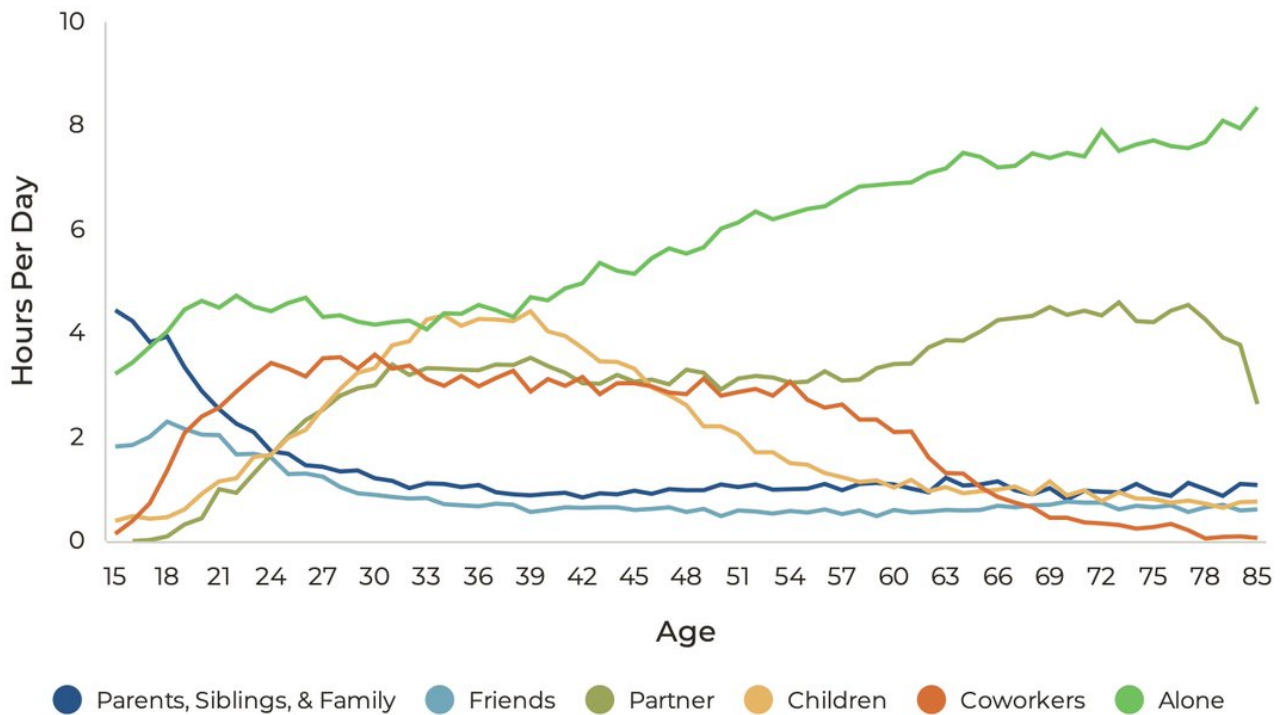
True genius is the ability to simplify, not complicate.

Simple is beautiful.

Visualizing Time

1. Family time is limited—cherish it.
2. Friend time is limited—prioritize real ones.
3. Partner time is significant—never settle.
4. Children time is precious—be present.
5. Coworker time is significant—find energy.
6. Alone time is highest—love yourself.

Time Spent



Source: American Time Use Survey, Our World in Data

Darkest Hour Friends

Most of your friends aren't really your friends. They're just along for the ride when it's fun or valuable.

The real ones are there for you when it's neither—there for you in your darkest hour.

Treasure your Darkest Hour Friends.

Be one to someone else.

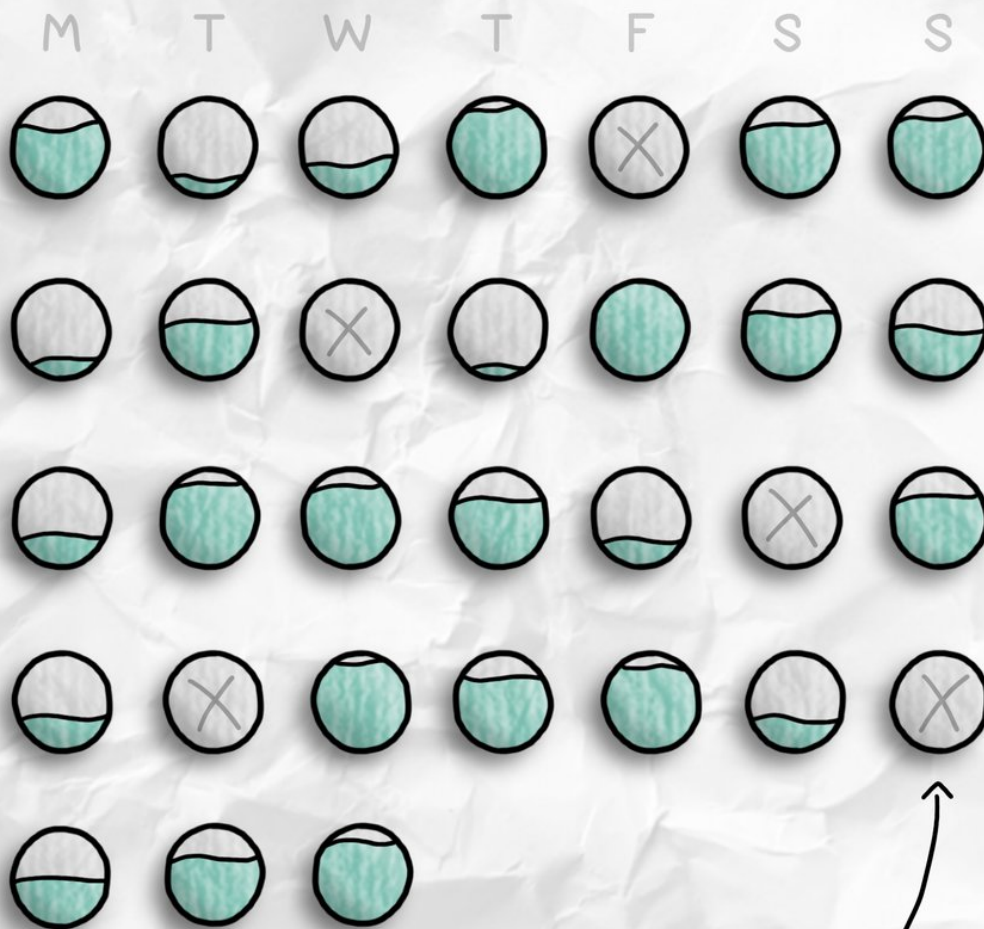
The Two-Day Rule

How to make new habits stick:

With whatever habit you're trying to build, never allow yourself to skip more than one day in a row.

Creates forward progress—but allows for the vagaries of life to enter without derailing momentum.

2-DAY RULE



DON'T MISS TWICE

@WisdomMadeEasy

The Surfer Mentality

When a surfer gets up on a wave, they enjoy the moment, even though they know the wave will eventually end (and maybe crash on them).

They enjoy the ride—knowing that there are always more waves coming.

A powerful mentality for riding the waves of life.

Give Them Their Flowers

When you think something nice about someone, let them know.

It's a shame that we often wait until a person's funeral to say all of the nice things we thought about them.

The next time you have a positive thought about someone—tell them right then.

Time Billionaire

Time is our most precious asset.

When you're young, you are a "Time Billionaire"—literally rich with time.

Too many fail to realize the value of this asset until it is gone.

Treat time as your ultimate currency—it's all you have and you can never get it back.

Engineered Serendipity

Some of what we call "luck" is actually the macro result of thousands of micro actions.

Your daily habits can put you in a position where "luck" is more likely to strike.

It's possible to increase your serendipity surface area and engineer your own luck.

Free Time as a Call Option

The idea that free time is bad is one of the greatest lies you've been told.

The reality: Free time is a call option on future interesting opportunities.

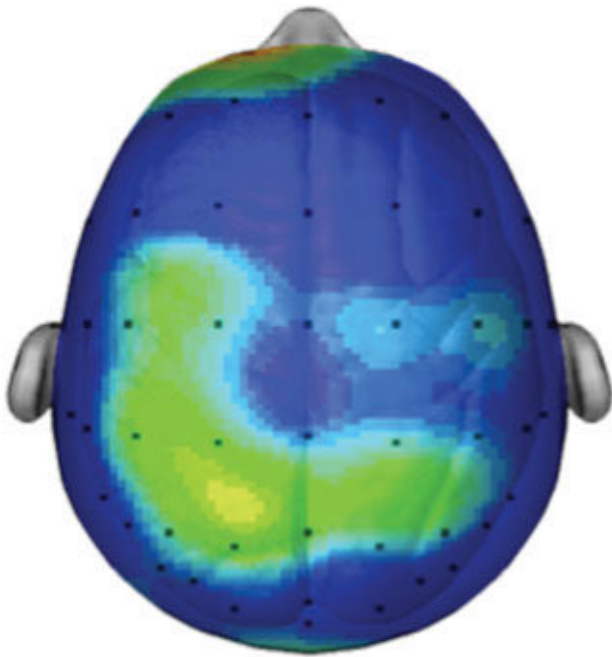
When you have free time, you have the headspace and bandwidth to pursue high-upside ideas.

Move for the Brain

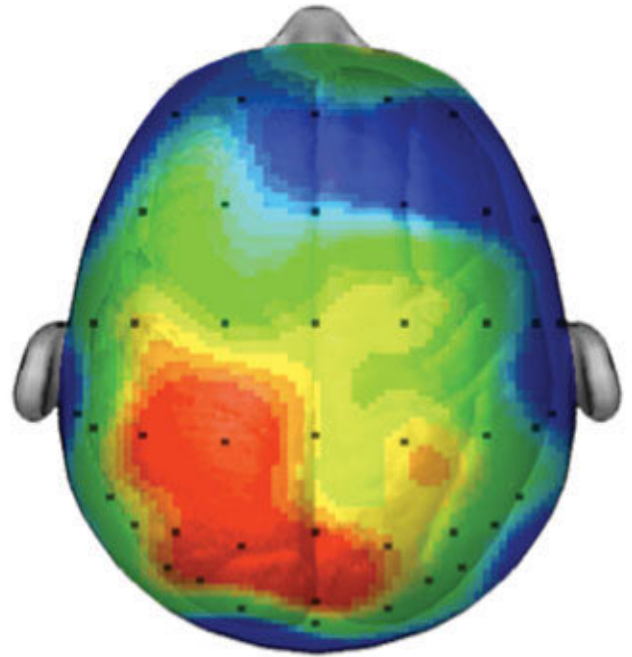
Researchers studied the effects of a walk on the cognitive performance of a group of children.

Reading comprehension was significantly better after exercise. Spelling and arithmetic were modestly better.

Recess is sacred—for children and adults alike!



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Work Like a Lion

Parkinson's Law says that work expands to fill the time available for its completion.

When you establish fixed hours to work, you'll find unproductive ways to fill it.

Work longer, get less done.

Work like a lion instead—wait, SPRINT, rest, repeat.

Q1 Relationships

Every relationship exists on a 2x2 matrix of:

- (1) How healthy it is
- (2) How enjoyable it is

Q1 Relationships are healthy & enjoyable.

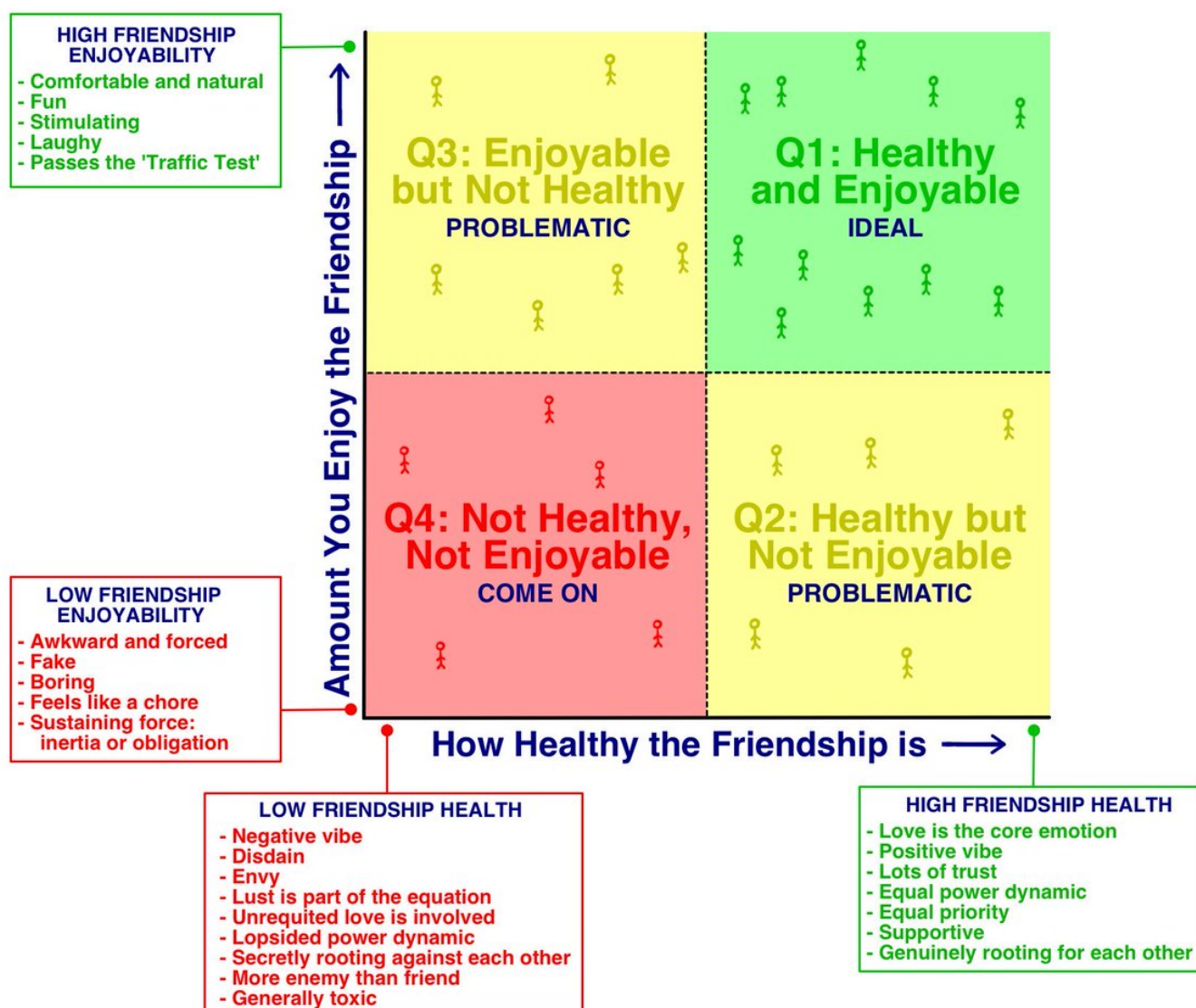
Focus on spending more energy on your Q1 relationships—cherish them.

Scrub the Q4s from your life.

h/t [@waitbutwhy](#)

The Does This Friendship Make Sense Graph

And a sample distribution of where a typical person's friends might fall



waitbutwhy.com

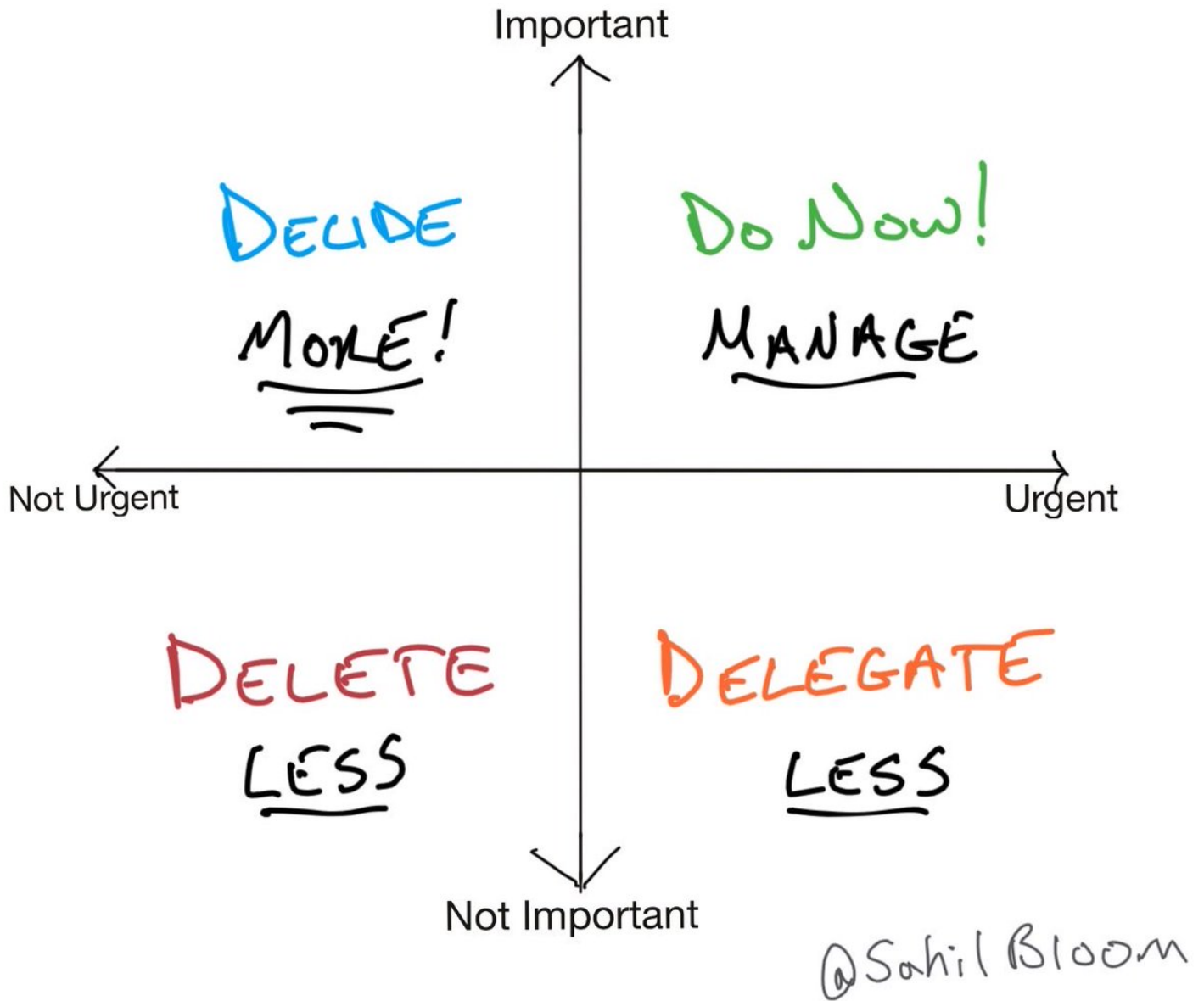
The Eisenhower Matrix

Learn the difference between important and urgent.

Place tasks on a 2x2 matrix:

- Important & Urgent
- Important & Not Urgent
- Not Important & Urgent
- Not Important & Not Urgent

Prioritize, delegate, or delete accordingly.



The Paradox of Advice

Taking more advice leaves you less well-equipped.

Most advice sucks.

It's well-intentioned, but it's dangerous to use someone else's map of reality to navigate yours.

Winners learn to filter and selectively implement—take the signal, skip the noise.

The Parent Interview

Record a video interview with your parents.

Ask them to tell stories about their childhood, adventures, dreams, and fears.

Our time with them is finite—but we often fail to recognize it until it's too late.

The experience and recordings will last forever.

The Paradox of Effort

You have to put in more effort to make something appear effortless.

Effortless, elegant performances are often just the result of a large volume of effortful, gritty practice.

Small things become big things. Simple is not simple.

Picasso was walking through the market one day when a woman approached him.

She pulled out a piece of paper and said, "Mr. Picasso, I am a fan of your work. Please, could you do a little drawing for me?"

Picasso smiled and quickly drew a small, but beautiful piece of art on the paper. He handed it back to her.

"That will be one million dollars."

"But Mr. Picasso," the woman protested, "It only took you thirty seconds to draw this little masterpiece."

"My good woman," Picasso smiled, "It took me thirty years to draw that masterpiece in thirty seconds."

Paths Open vs. Closed

Black Lines = Paths Closed

Green Lines = Paths Open

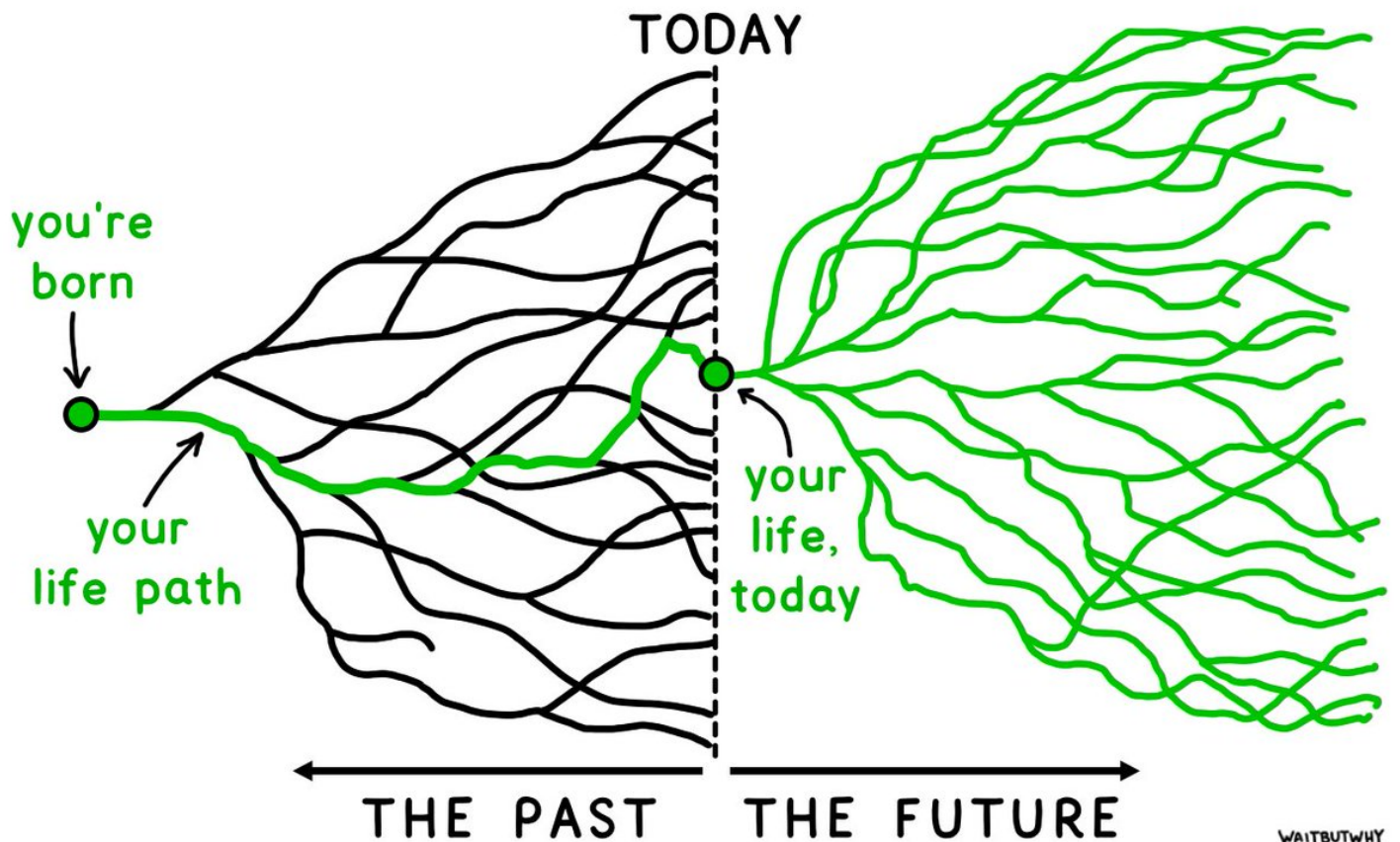
We spend too much time focusing on what might have been (black) and not enough time focusing on what may be (green).

Never underestimate the density of opportunity that lies ahead.

h/t [@waitbutwhy](#)

■ = LIFE PATHS CLOSED TO YOU

■ = LIFE PATHS OPEN TO YOU



The Spotlight Effect

Most people don't really care about you.

The Spotlight Effect says that we overestimate the degree to which other people are noticing our actions.

This is liberating—stop worrying about what others think, be yourself, and live according to your values.

Meetings and the Brain

Researchers studied the impact of meetings on our brains.

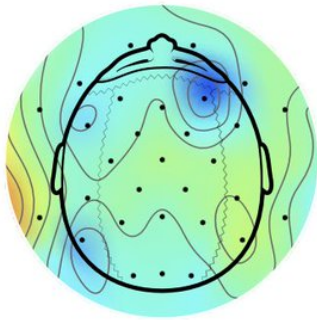
Two takeaways:

(1) Back-to-back meetings promote stress.

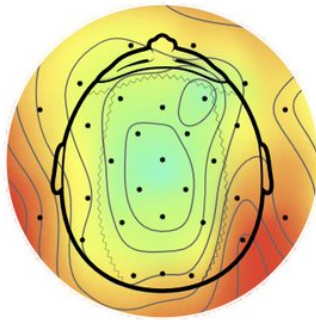
(2) Short breaks in between meetings resulted in performance improvements.

Always schedule short breaks in between your meetings!

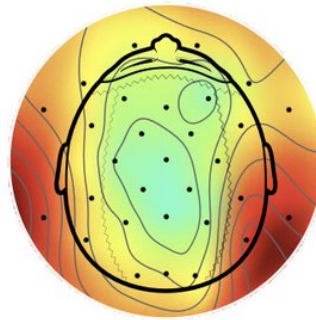
No Break



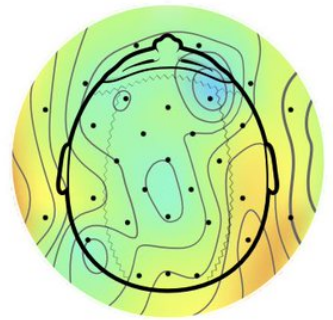
Meeting 1



Meeting 2

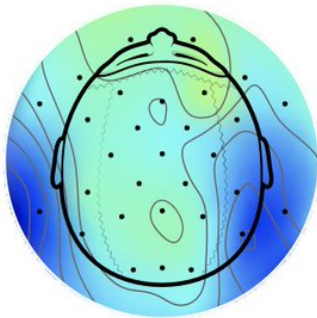


Meeting 3

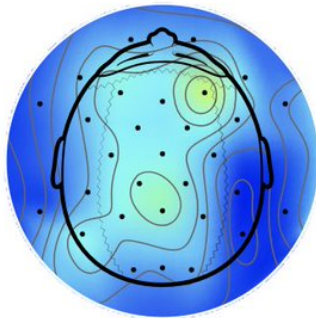


Meeting 4

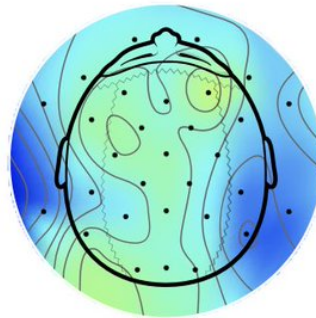
Break



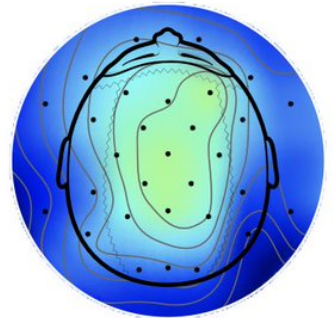
Meeting 1



Meeting 2



Meeting 3



Meeting 4

An EEG cap to monitor electrical activity in the brain



Average beta activity across research subjects during four meetings



Intellectual Sparring Partners

Most of us need fewer friends and more intellectual sparring partners.

Friends are easy to come by.

Intellectual sparring partners are harder to find.

They will call you on your BS, question your assumptions, and push you to think deeply.

The Regret Minimization Framework

The goal is to minimize the number of regrets in life.

When faced with a tough decision:

- Project into the future
- Look back on the decision
- Ask "Will I regret not doing this?"
- Act accordingly.

Regret is more painful than failure.

The Arena Razor

When faced with two paths, choose the path that puts you in the arena.

It's easy to throw rocks from the sidelines.

It's scary and lonely in the arena—but it's where growth happens.

Once you're in the arena, never take advice from people on the sidelines.

Those were the most powerful ideas I came across in 2022.

Follow me [@SahilBloom](#) for more in 2023.

I write about these ideas in my 2x weekly newsletter. Join 150K others who receive it! <https://t.co/rY0JDHUa5J>

The view count feature is cool [@elonmusk!](#)

500k+ views in just over an hour.

I'd be interested to see what traditional media outlets get when they share new articles.

Another one of my favorite ideas to add to the list:

The Jerk Razor

If you meet a jerk once a month, you've met a jerk. If you meet jerks every day, you're a jerk.

h/t [@nytdavidbrooks](#)

Since people have asked for more...

The BS Asymmetry Principle

The energy required to refute bullshit is much larger than the energy required to produce it.

This is why BS spreads so easily.

It's also why we need to make a deliberate effort to fight back against it.

Parent Time

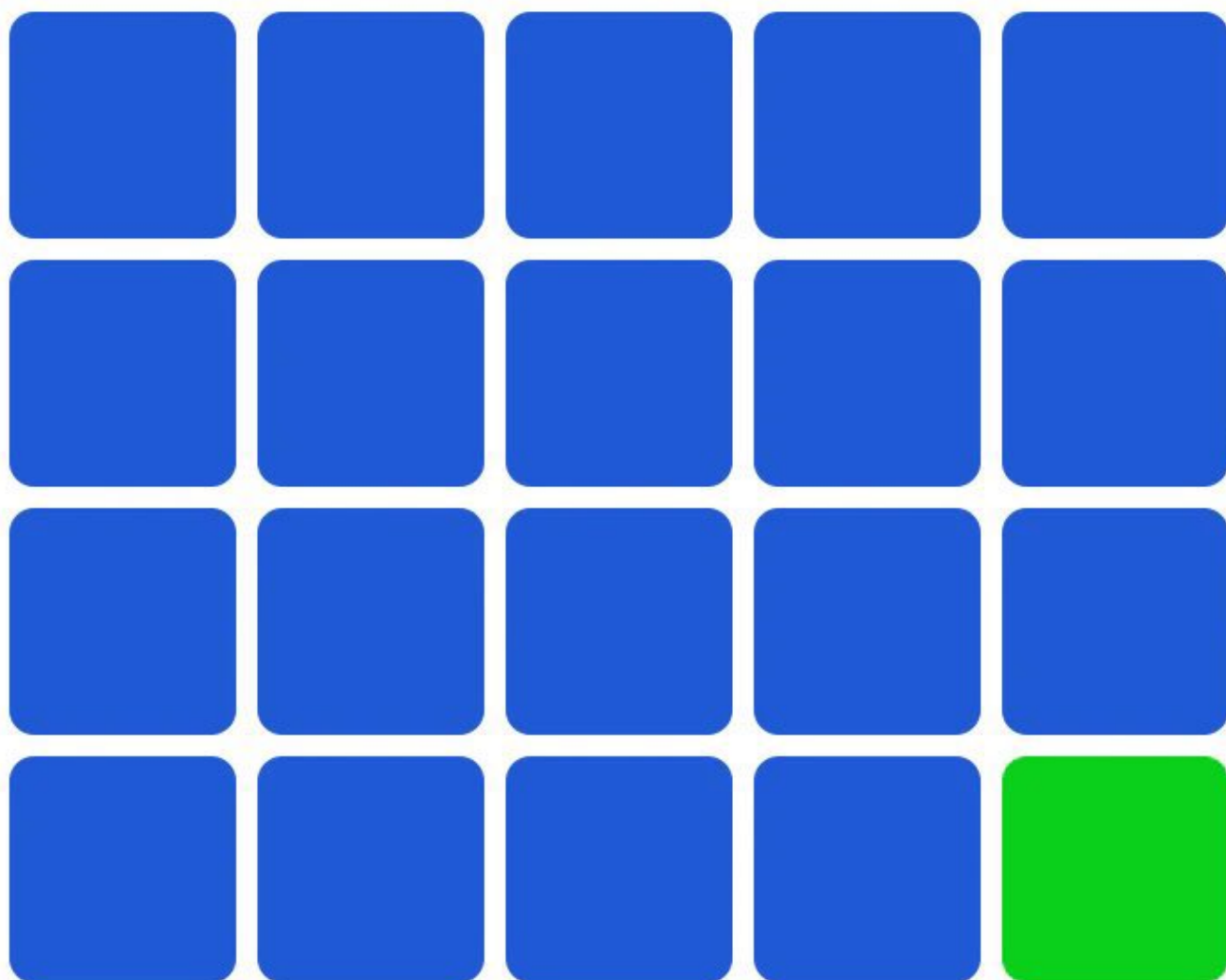
Harsh Truth: You'll only see your loved ones a few more times.

The time we have with our parents is limited—the vast majority of it behind you by the time you leave home.

Don't hide from the math—make changes to prioritize time with loved ones.

h/t [@waitbutwhy](#)

PARENT TIME, YEARS 1-19



WAITBUTWHY

PARENT TIME, REST OF LIFE

