Twitter Thread by Colby Kultgen



Colby Kultgen
@thecolbykultgen

Do these 5 things after 7PM.

And your life will never be the same:

1. Reflect

Ask these 3 simple questions:

1. What happened today that I'm grateful for?
2. Which actions moved me towards my goals?
3. Are there any changes I can make?

I love these questions because they strike a balance between gratitude and self-improvement.

2. Disconnect

Imagine trying to park a car that's going 70MPH.

That's essentially what you're doing when you hammer your brain with work/TikTok videos right before bed.

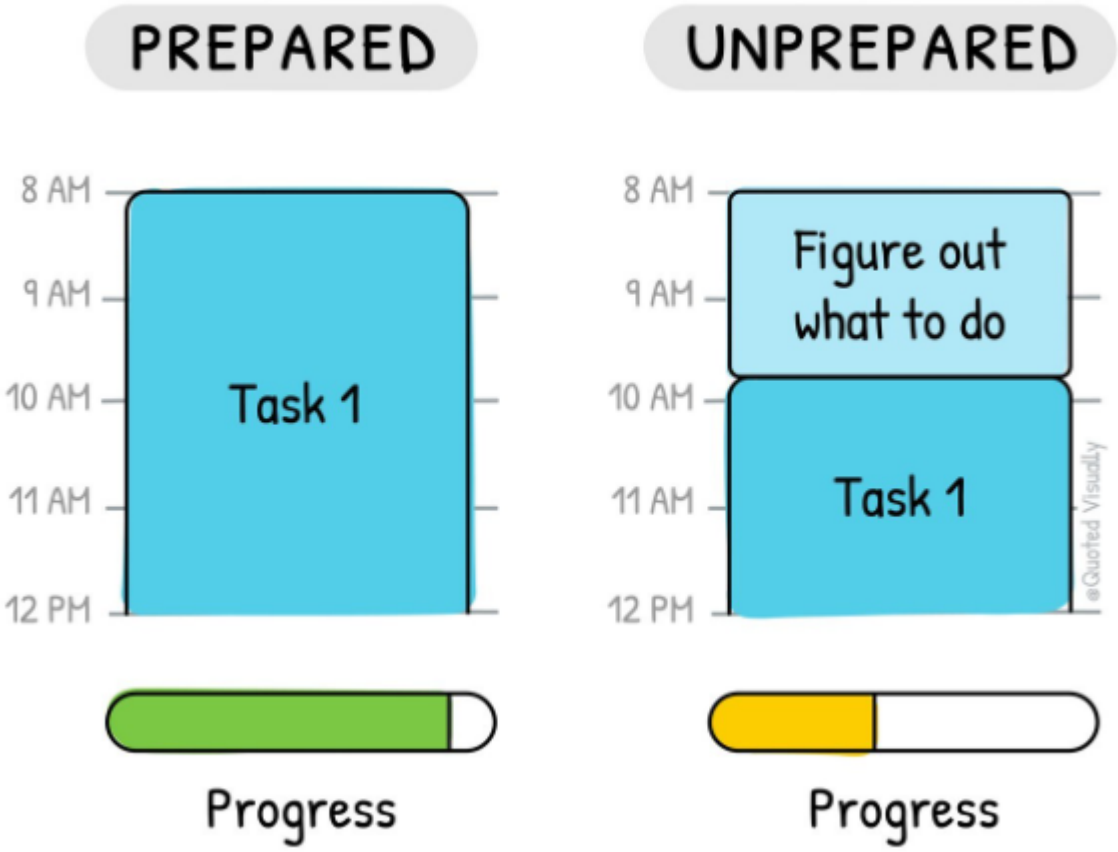
Toss your phone.
Get off the computer.
Slow down the car.

3. Set a plan

A productive day starts the night before.

The simple act of writing down your 3 biggest to-do list items can create a ton of momentum for the day ahead.

(h/t: @quotedvisually)



4. Stretch/Breathe

Cheating a bit with a 2 for 1 here.

So far we've focused on the mind—but what about the body?

Light stretching/deep breathing is an amazing way to release the tension of a busy work day.

Trust me.
10 years from now your body will thank you.

5. Read

Reading is the best way I've found to slow down my mind before bed.

If non-fiction is too stimulating—try fiction.
(I'm reading the Game of Thrones series now)

It's a big adjustment at first.
But it's one of the best habits I've ever built.

Do these 5 things after 7PM and your life will never be the same:

1. Reflect
2. Disconnect
3. Set a plan
4. Stretch/Breathe
5. Read

That's a wrap!

If you enjoyed this thread:

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>
> — Colby Kultgen (@thecolbykultgen) January 21, 2023