

Twitter Thread by Colby Kultgen



Colby Kultgen

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25 sentences that will 10x your productivity:

The quality of your sleep, exercise, and diet will determine your energy levels.

Write down your top 3 priorities every day.

If it takes less than 2 minutes—do it now.

Turn off all non-emergency notifications.

4 hours of deep work > 8 hours of distracted work

Only ever compare yourself to who you were yesterday.

Do a few things well, not as many things as possible.

If you don't plan your time, someone else will.

Review your goals weekly, if not daily.

1% improvement every day for a year = 37 times better

Make "Do Not Disturb" mode your default.

If it's not a "hell yes"—it's a no.

Meditate in bed—either you get a good meditation, or you fall asleep.

For every one hour of learning, spend an hour applying.

The longer you put off a task—the harder it becomes.

If you want to burn out—don't take breaks.

Trade instant gratification for long-term fulfillment.

You'll never regret taking a walk outside.

Plan time to "do nothing"—it's good for your brain.

Be selfish with your time and generous with your love.

Avoid multitasking at all costs.

Carefully curate your information diet.

Sleep is the most important productivity hack.

If you're procrastinating on something—just do it for 2 minutes.

The most important thing you could be doing is not on your phone.

That's a wrap!

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— Colby Kultgen (@thecolbykultgen) [February 6, 2023](#)