Twitter Thread by Brett Adcock

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Life hacks to master by the age of 35:

Do work in your dreams

Give yourself something to think about before bed.

"Make X process more efficient"
"Find a way to make X more dollars"
"Come up with an idea to solve X problem"

Your subconscious will take over as you sleep.

Rule of 3

Don't buy something unless you can afford 3 of them.

This framework will keep your spending in check.

And the things you buy will be more valuable to you.

Plan your week on Sundays

Every Sunday, hold a planning session.

Write down:

→ Goals to push for
→ People to meet or chat with
→ Ideas to explore
→ Content to study

Plan EVERYTHING out.

And time block it in your calendar to make sure nothing stands in the way of success.

Practical materialism

Only buy things that directly improve your quality of life.

Cut out the extraneous, impulse buys.

Achieve in silence

Keep goals internal for as long as possible.

Make real progress on them before you reveal them to others.

Sharing your goals too early will actually lead you to stop trying in most instances.

Radical relationship candor

Don't spend precious time on toxic relationships.

If your friend group isn't aligned with where you want to be...

It's better to cut ties now rather than later.

Remember names

Even if you're bad at this, find a system to memorize names.

Relationships are everything.

And the sweetest sound to any person is their own name.

Destress with questions

Finding yourself overly stressed about something for days on end?

Ask yourself:

"Why am I really stressed about this?"
"What could I do to control this outcome?"
"Will this matter to me in a week's time?"

Act positive to feel positive

You can effect your mood pretty easily.

If you think positive thoughts, talk positively to others, and choose to feel confident about your decisions?

You'll likely feel pretty good most days.

The opposite is also true.

Non-phone dopamine

Find other ways in the day to get a boost.

Looking at your phone will usually drain your energy, not raise it.

Walk. Talk. Move. Act.

Key 3

Pick your key 3 tasks every morning.

Structure your day around being successful with those no matter what.

The rest is gravy on top.

Reframe disagreements

When in an argument, ask the person:

"What proof would it take to change your mind?"

One of two things will happen:

1. They have no answer, so you leave the conversation

2. They answer, and you have a productive chat

Lifestyle over money

The goal isn't to make more money.

The goal is to live the way you enjoy the most.

That could mean living on an island with passive income.

That could mean building a company for 100 hours a week.

Reverse engineer from the lifestyle you want.

Deep work

Plan a 3-hour deep work session daily.

Remove all distractions.

Decide the 1 thing you'll work on.

Then go heads down and get it done.

Plan your day the night before

Verify that your next day is exactly what you need.

Reverse engineer your weekly goals into daily milestones.

Time block and fix your calendar accordingly.

I hope you've found this thread helpful.

Follow me @adcock_brett for more.

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> Life hacks to master by the age of 35:
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> — Brett Adcock (@adcock_brett) February 13, 2023