Twitter Thread by JACK BLY



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10 habits that'll get you ahead of 98% of men in their 20s:

Morning sunlight.

Sunlight sends a "wakeup" signal to your brain, triggering a release of hormones.

This results in:

• Better focus
• Boost in mood
• An easier time falling asleep at night

To maximize this effect, get 15 minutes of sunlight within the 1st hour of waking.

Avoiding blue light at night.

Although light is beneficial during the day, it can disrupt your sleep at night.

This is because light from:

• TVs
• Phones
• Artificial lights

Signal your brain that it's daytime, which suppresses your sleep hormone, melatonin.

To prevent from light disrupting your sleep, avoid screens and bright lights 1-2 hours before bed.

If you have to be around light or use tech, use a pair of blue-blocking glasses.

This will ensure you fall asleep easier and wake up feeling refreshed.

Hydrating.

Drinking enough water is crucial to:

• Boost focus
• Improve sleep
• Improve mood
• Prevent infections
• Keep joints lubricated
• Deliver nutrients to cells
• Regulate body temperature
• Keep organs functioning properly

Drink .5-1 oz per lb of bodyweight.

Deep work.

Focused work will get you ahead of 95% of people.

While others do busy work, do productive work.
While others work for 2 minutes, work for 2 hour.
While others check their phone, put yours in another room.

This was KEY to growing our business to $64K+/month.

How to get into deep work:

• Set deadlines
• Get 8 hours of sleep
• Turn off notifications
• Plan your work session
• Put your phone in another room
• Use an app blocker like Freedom
• Listen to Hans Zimmer or synthwave

This is how to get 8 hours of work done in 4.

Delay caffeine.

Caffeine boosts your energy by blocking adenosine.

Adenosine = The sleep neurotransmitter.

But once the caffeine wears off, the build-up of adenosine binds to your receptors, causing a crash.

Avoid this by delaying caffeine by 90-120 minutes after waking.

Following a bedtime routine.

Sleep is one of the most beneficial things for your body and cognitive performance.

That’s why sleep needs to be a default PRIORITY.

7-8 hours of sleep will give you 16 hours of energy.

Don’t neglect it.

7 activities to incorporate in your sleep routine:

• Read fiction

• Journal for 10 minutes
• Avoid exercise before bed
• Don’t eat 2 hours before bed
• Take a hot shower before bed
• Cool room temp to 60° - 67° F
• Avoid blue light 1 hour before bed

Weightlifting.

Don’t believe the lies of the “body positivity” movement.

By lifting weights, you’ll:

• Improve sleep
• Raise confidence
• Increase life span
• Skyrocket testosterone
• Boost cognitive performance

Taking care of your body is real body positivity.

We’ve coached 212+ people with their fitness.

Here are 5 tips for weightlifting:

• Lift 3-5 days a week
• Lift for 20-60 minutes
• Don’t do cardio before weight training
• Master form before increasing the weight
• Eat a high-protein diet (1g protein per lb of bodyweight)

Walking 10K+ steps/day.

This is one of the easiest + most sustainable ways to stay healthy.

This increases blood flow, burns fat, and boosts cognitive performance.

Throw in an audio book, take calls, or listen to music while you walk and it’ll be 10x more enjoyable.

Journaling.

Many have:

• Stress
• Anxiety
• Depression

Because they don’t process their thoughts.

This leads to thoughts playing on a constant loop.

By sitting down and journaling, you'll analyze your thoughts, spot negative thought patterns, and challenge them.

Meditating.

Harvard did a study that showed that meditating for just 8 weeks altered the brain’s gray matter.

This can lead to significant improvements in:

• Memory
• Sense of self
• Reduction in stress
• Improved cognition

5 minutes a day is enough to show improvements.

10 habits that’ll get you ahead of 98% of men in their 20s:

1. Getting morning sunlight
2. Avoiding blue light at night
3. Hydrating
4. Deep work
5. Delaying caffeine
6. Following a bedtime routine
7. Weightlifting
8. Walking 10K+ steps/day
9. Journaling
10. Meditating

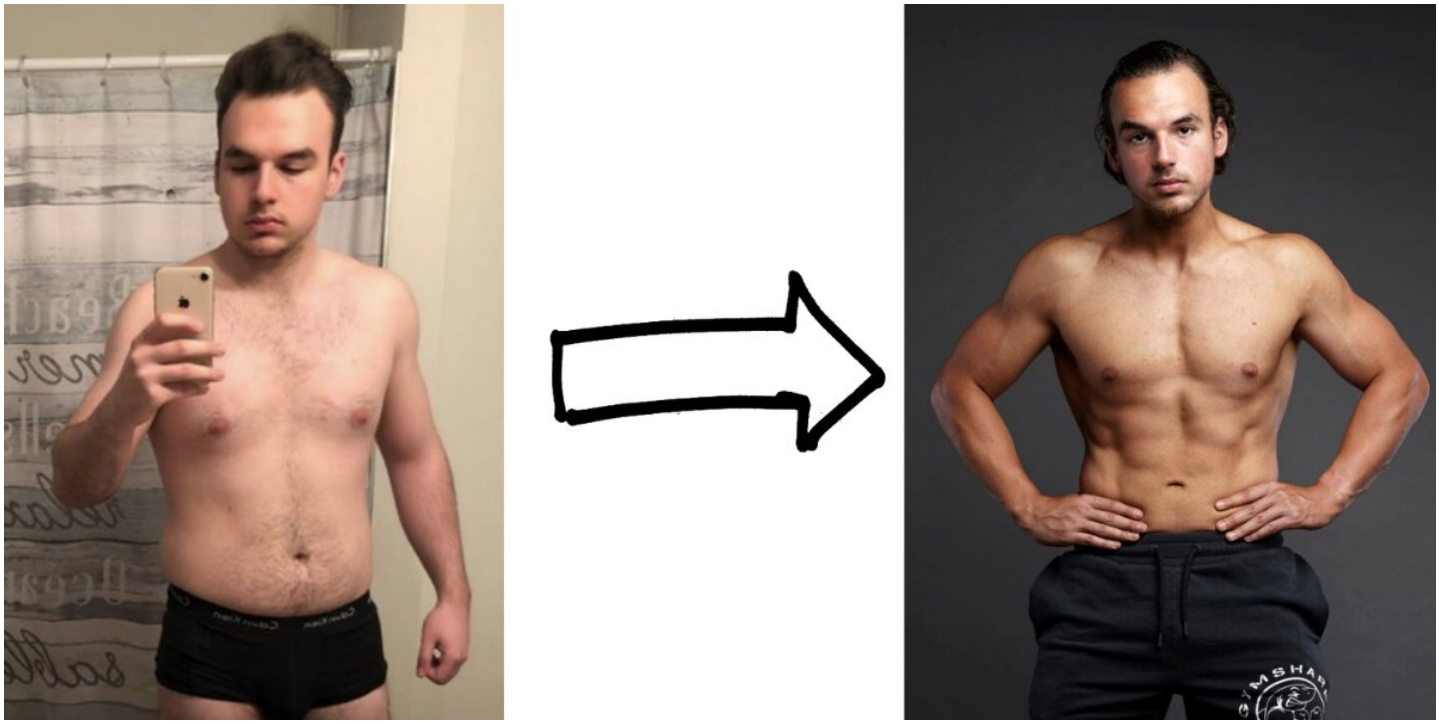
P.S. Right now, I'm looking for 5 men who want to lose 15-40lbs in 90 days.

If you're okay investing 2.5 hours/wk, you can do this.

DM me the word "Body" for details.

Click below to DM me "Body" ■
https://t.co/IhTjnHalSG

Here's what Vincent accomplished:



Enjoy this thread?

Help another man by giving the 1st tweet a retweet.

And if you want more content on fitness and confidence, follow @TheJackBly https://t.co/nqu9VIXBRw

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> — JACK BLY (@TheJackBly) August 28, 2022