Twitter Thread by Nick Bull



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21 advice for 2021

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Invest in the things you use for a significant fraction of your life, like a chair and bed.

Learn how to sell. Everything and everybody is a product.

Reflect every week.

■ollect all the junk you haven't used in over a year and throw it in the trash (no, you won't need it)

When carrying out a task, focus only on it until it is completed. Stop multitasking. It's not working.

Learn the shortcuts of the most frequently used software.

Reward yourself after achieving something. It'll give you the motivation to do more.

Exercise 3X per week. It's not only good for your body but for your brain too.

Turn off notifications while working. Better put your phone in another room.

Work using 52 + 17 system.

Change hot showers for contrast showers.

Habits are 40-50% of your life. Spend time creating them.

What you think about success exists only in your head. Do something with this information.

If you’re under 100, try things.

Stop blame others. Nobody owns you nothing.

Avoid people who are constantly stealing your energy.

Call your parents.

If you fail, everyone will forget about it in a couple of weeks. Don't afraid to try.

Done is better than perfect. Release early.

Learn neuroscience. Basics.

Life is a game, enjoy it.