Twitter Thread by MATT GRAY

MATT GRAY
@matt_gray_

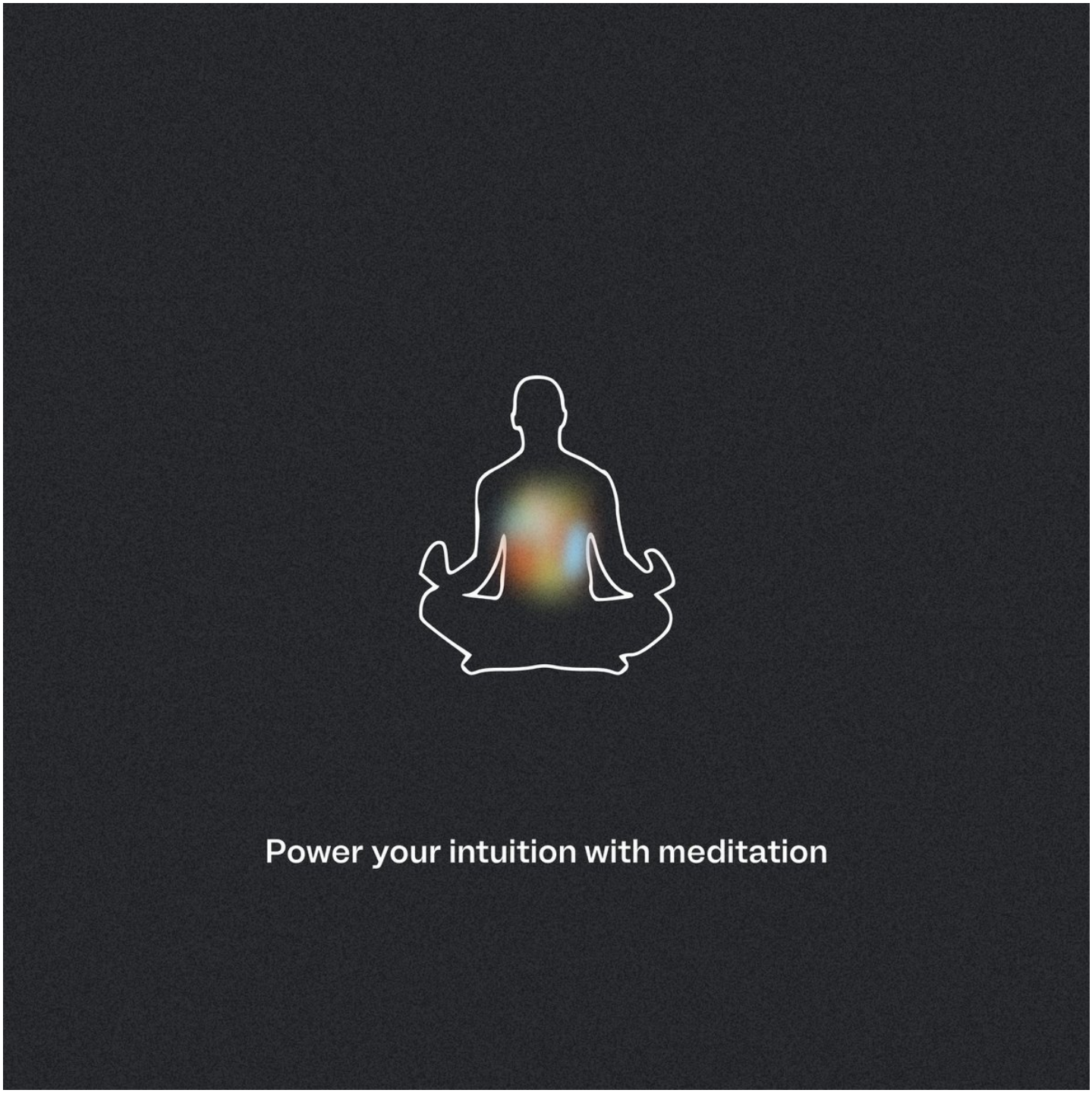
These 10 rules will change your life today… (I guarantee it):

Don't Neglect Your Health

To be at your best, you need to take care of your mind, body, and soul.

Every day I:
• Do a mindfulness meditation
• Stretch
• Lift
• Eat healthily

The best investment you will ever make is your own health.

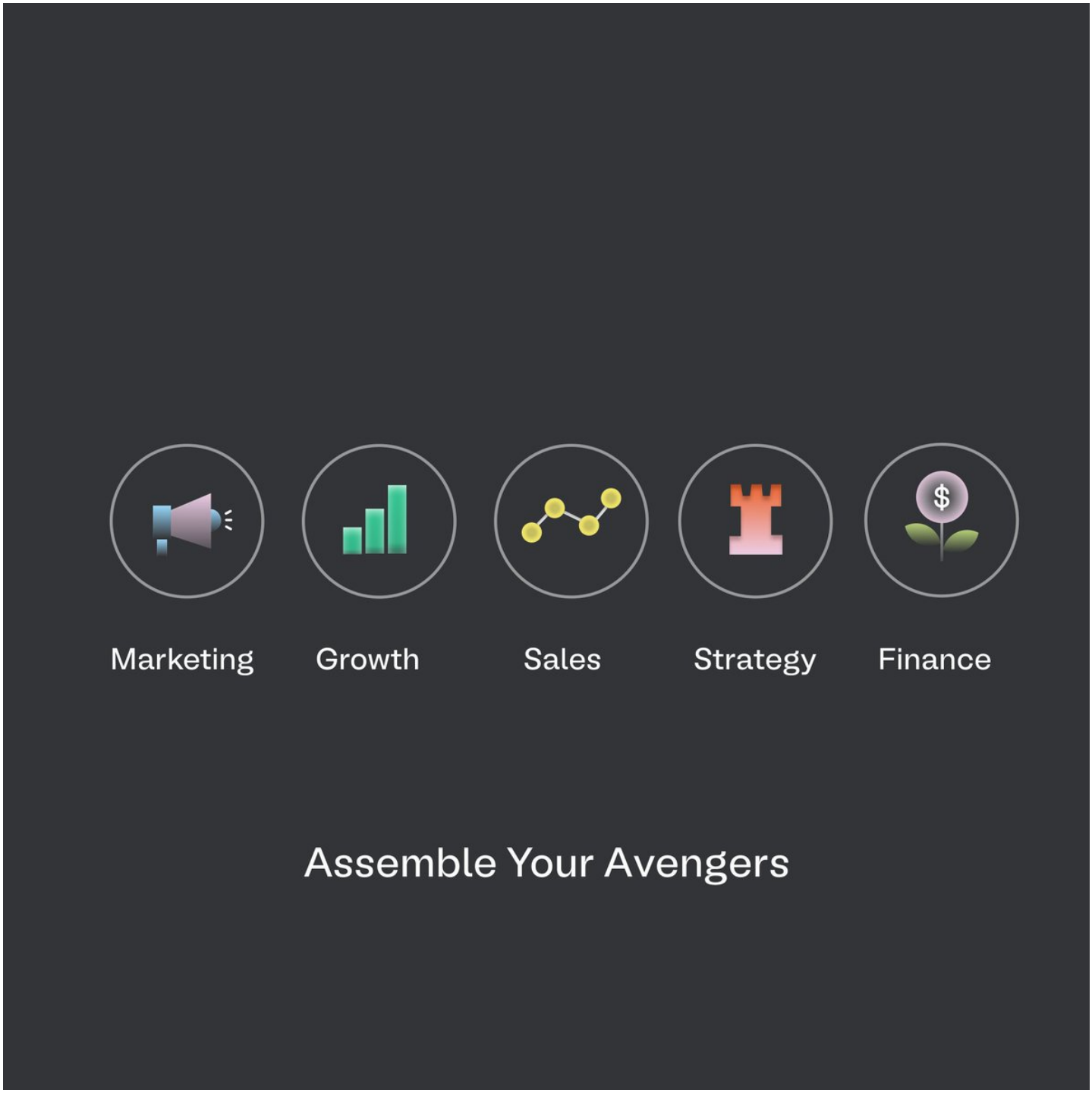


Cut Toxic People Fast

Beware of energy vampires.

They suck the life out of you and hold you back.

Create a Personal Board of Advisors:



Experiences > Things

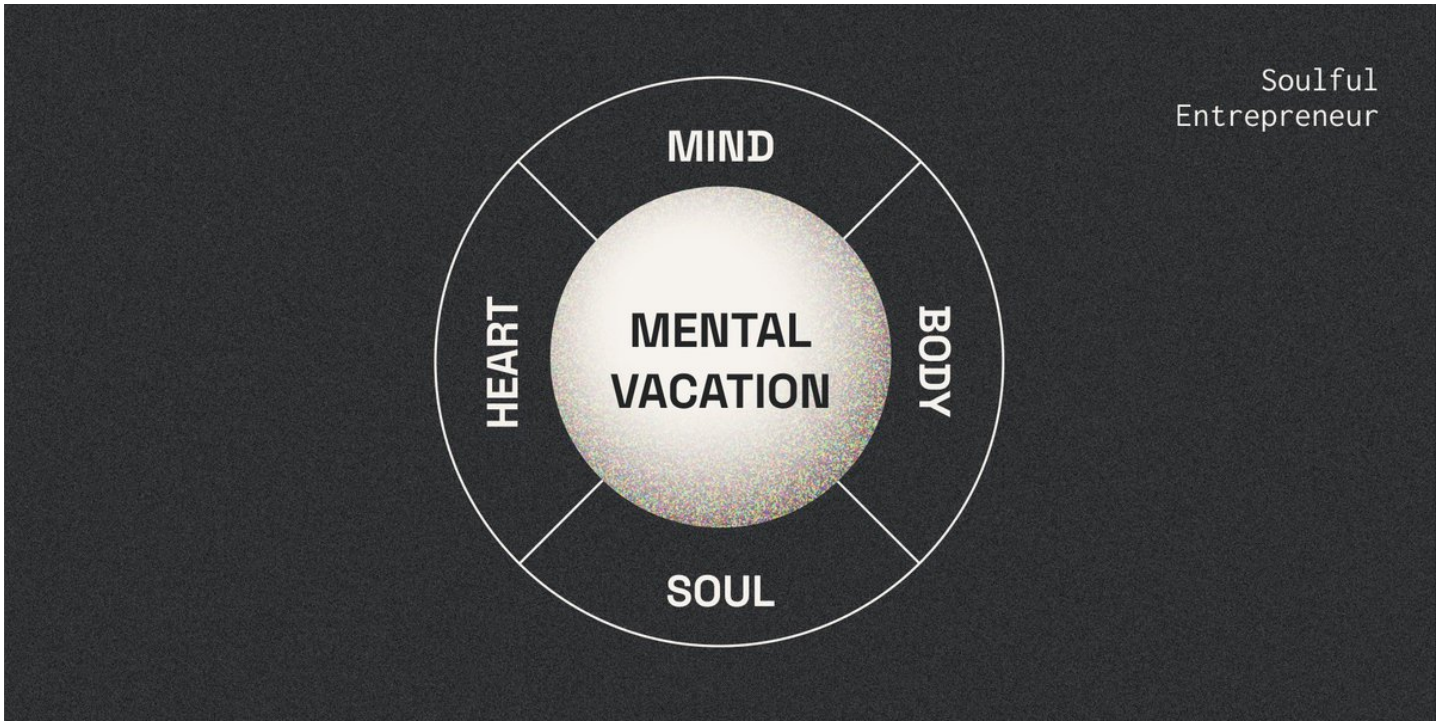
We're all going to die.

You can't bring things to your grave.

Over the past 6 months, I traveled to:
• The Grand Canyon
• Costa Rica and went surfing
• Sedona and hiked the Red Rocks

Take a "mental vacation" every 6 weeks.

You deserve it.



Focus on The Process

Fall in love with the journey.

We all have our ups and downs.

The path to success is a marathon. Slow down and enjoy the ride.

The goal isn't just to get there.

It's to have fun along the way.



Find Your Calling

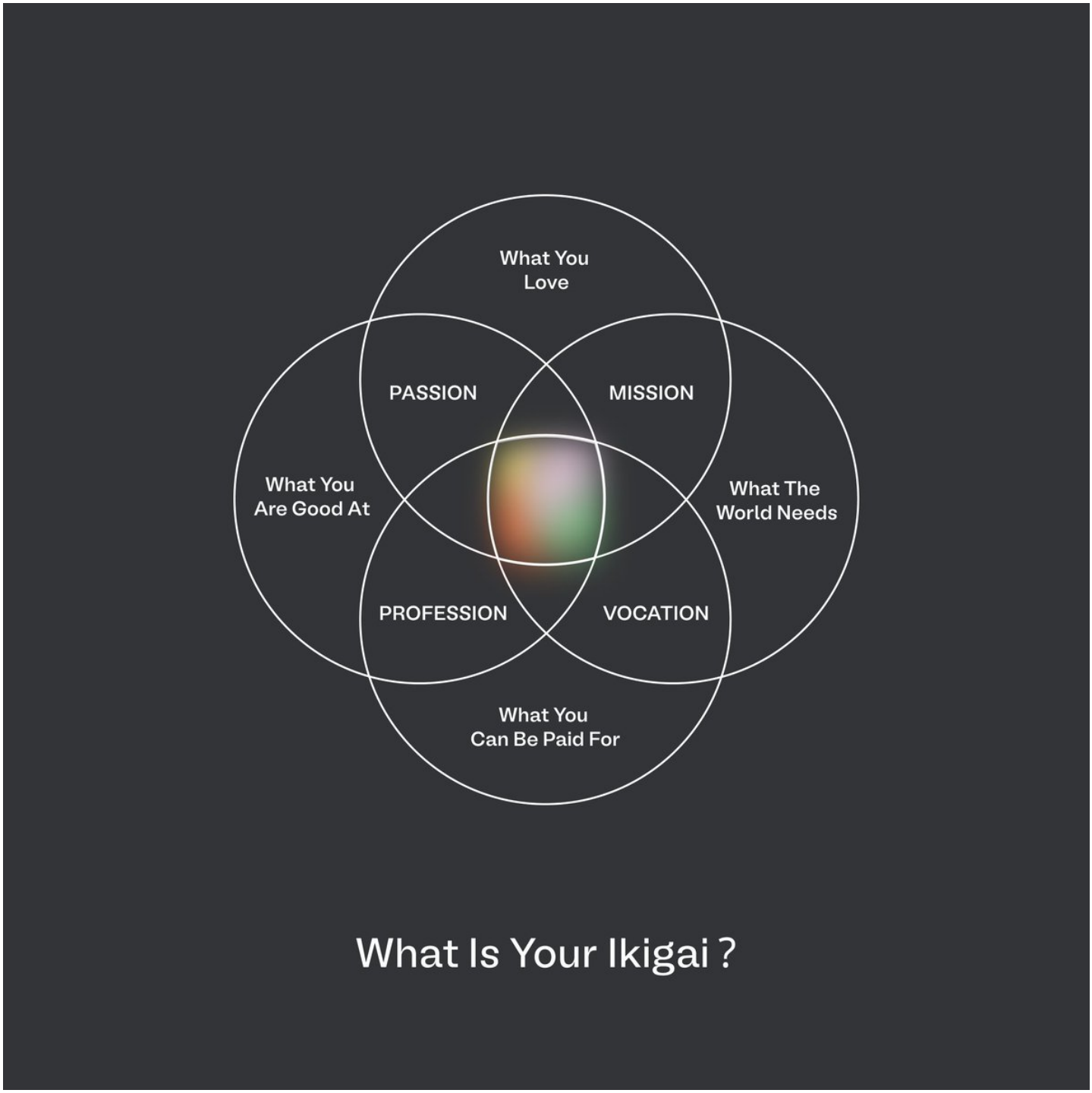
Find the intersection of your:
• Passion
• Mission
• Vocation
• Profession

You only live once.

Make sure you're doing work that feels like play.

If you're checking the clock, quit.

Here is an Ikigai template for inspiration:

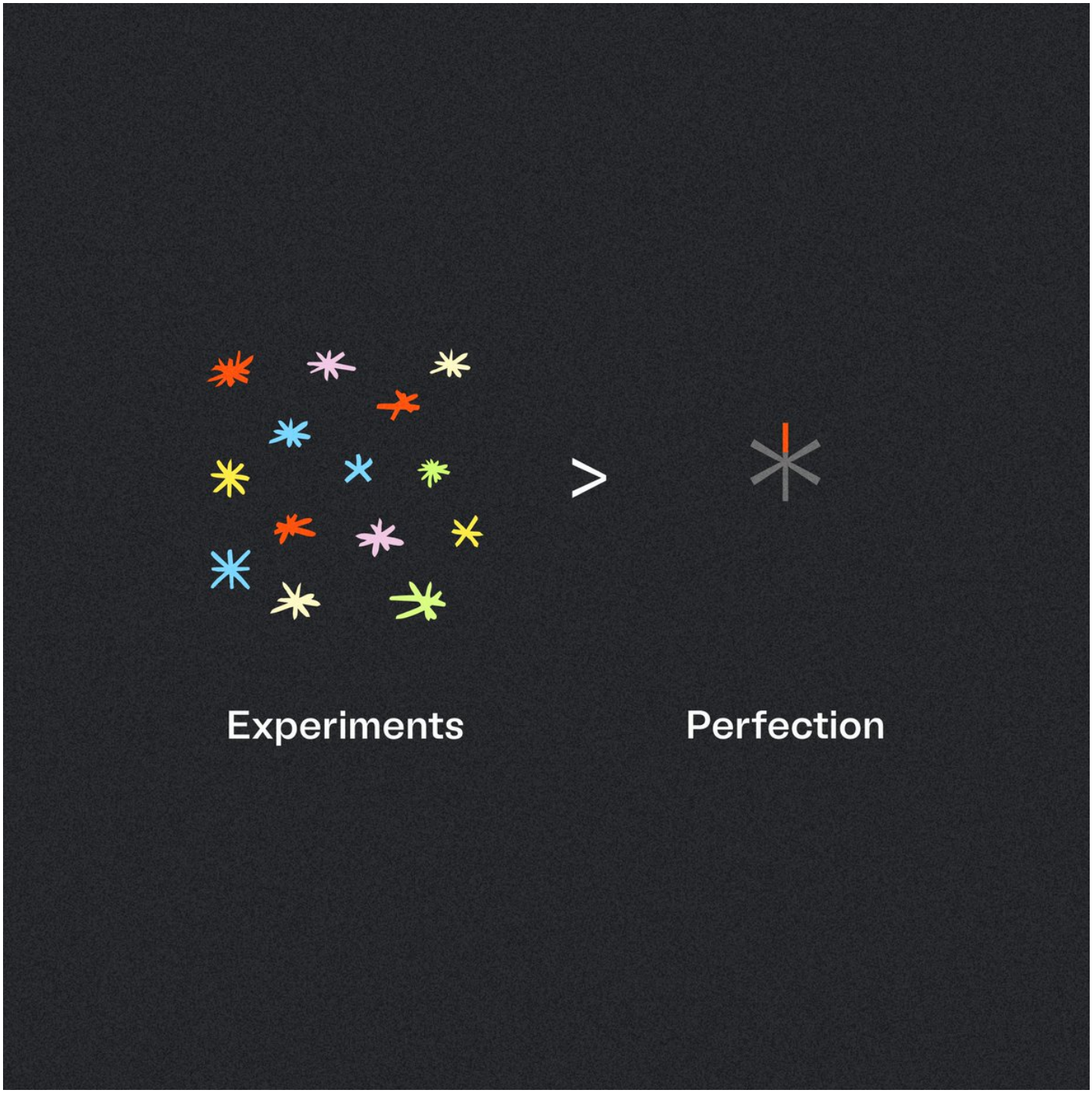


Experiments > Perfection

I used to be obsessed with making things perfect.

I learned it's more important to continuously improve:
• Write
• Ship it
• Learn
• Iterate
• Repeat

"I have not failed. I've just found 10,000 ways that won't work." - Edison



Learn Like Your Life Depends On It

The best entrepreneurs are lifelong learners.

I spend 6 hours a day learning from:
• Books
• Twitter
• Mentors
• Podcasts
• YouTube videos

Follow your passion. Be curious. Have fun.



Live By the 5-Second Rule

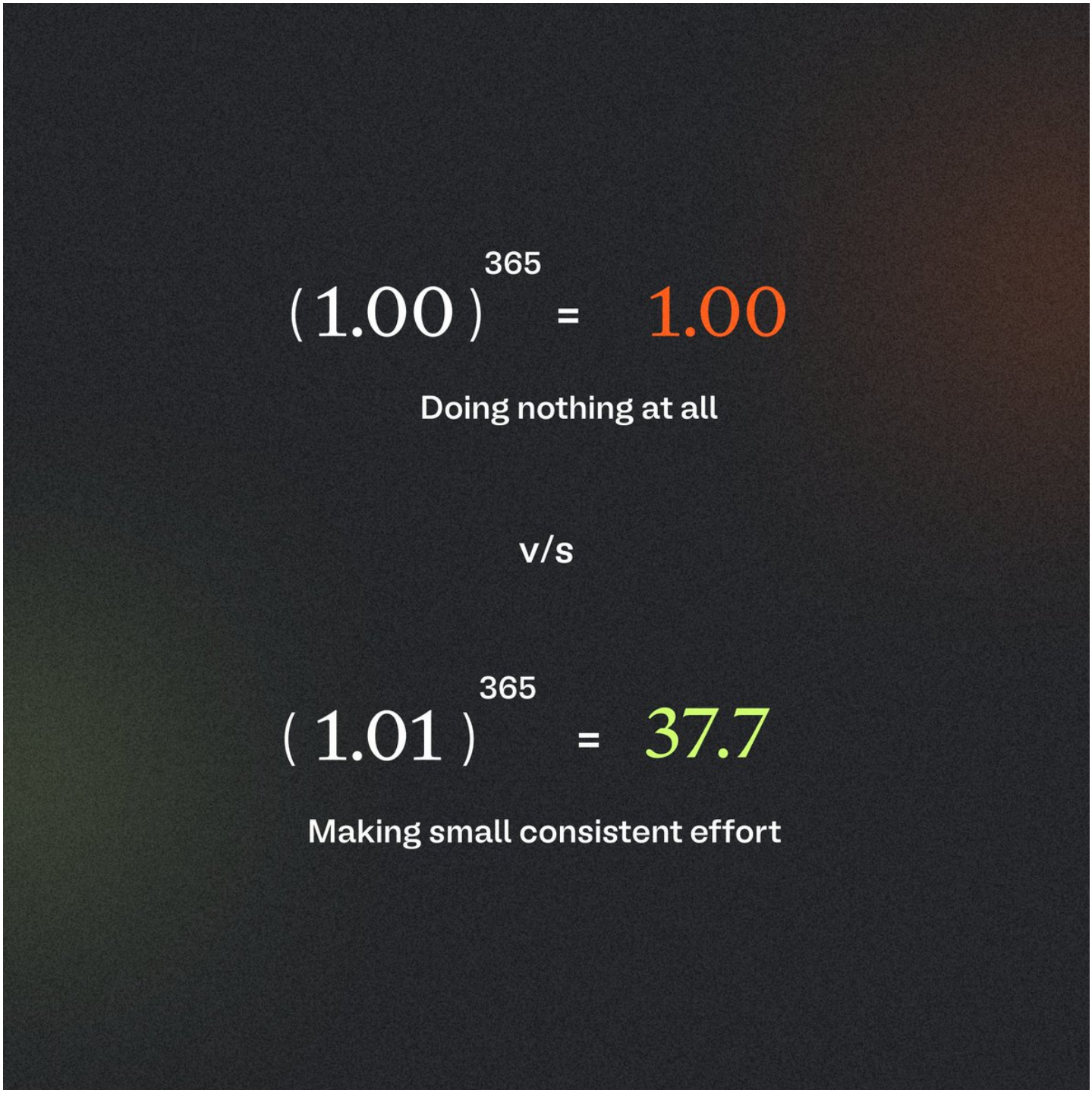
Start now. Don't waste any time.

You are one action away from changing the trajectory of your life.

Hesitation is the kiss of death.

Have a bias for action.

“Your feelings don’t matter. The only thing that matters is what you DO.” - Mel Robbins



Do Things That Are Obvious

Eliminate distractions.

You must say no to things that are not in your calling.

Focus is the scarcest resource in life.

It's either a "Hell Yes" or a "No."



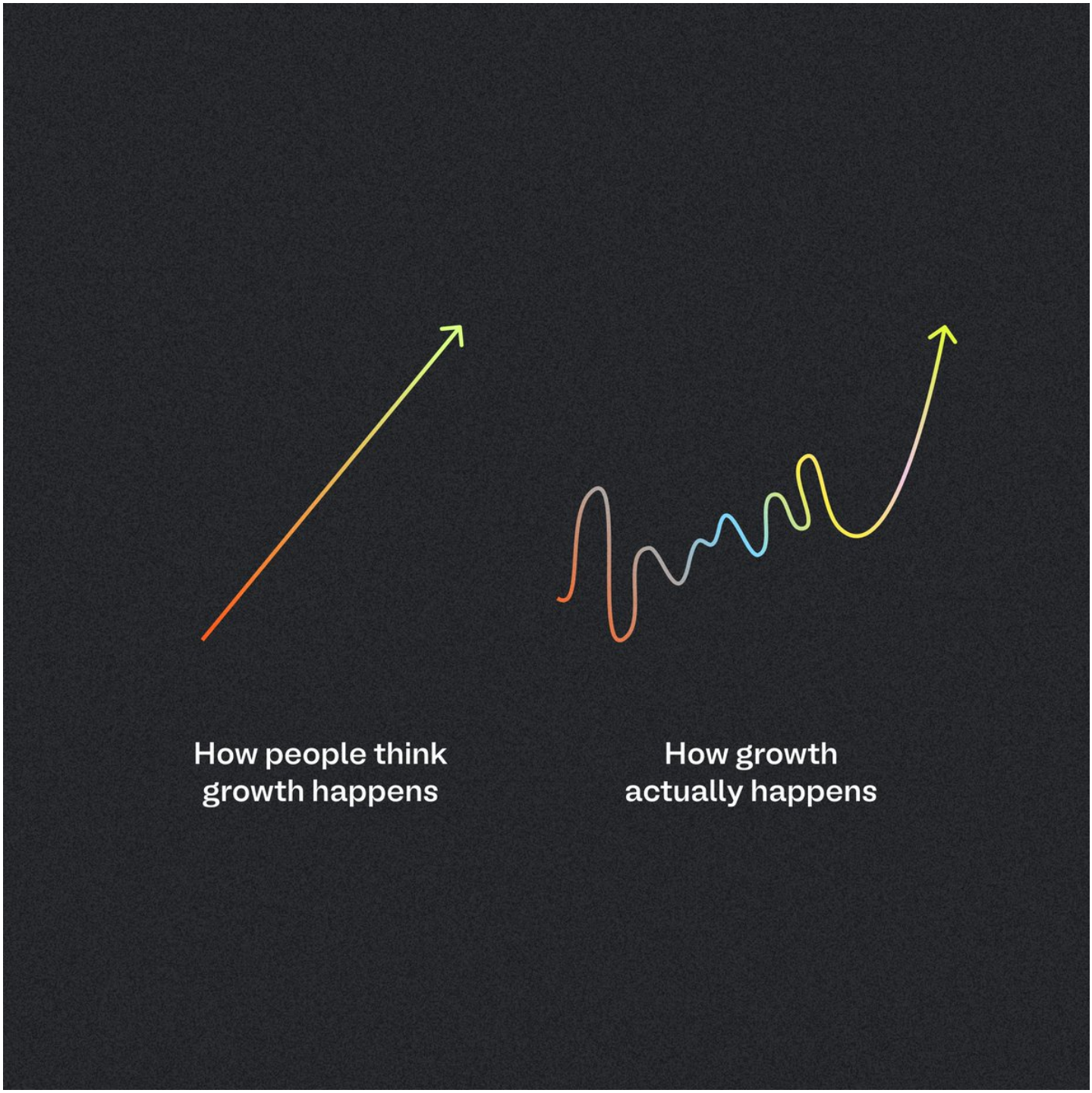
Make Something People Want

I've wasted 1,000+ hours working on shit no one wanted.

Seek feedback. Ask for advice. Listen.

You need 3 things to be successful:
1. Unbelievable people
2. Spend as little money as possible
3. Make something customers want

Let's win together ■



I run a (free) Personal Branding Workshop in 6 days.

I'll be giving away a $149 playbook for free.

I'd love to see you there ■

https://t.co/fQdgvx73uv

Thanks for reading! Follow me @matt_gray_ for more content like this.