Twitter Thread by Pickle



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Do you struggle with focus?

It’s because you don’t optimize the first 20% of your day.

Do these 5 easy habits in the morning to become 5x more productive:

What do Elon Musk, Tony Robbins, and Bill Gates have in common?

Morning routines.

A repeatable morning routine helps you get more work done in less time.

The result?

More time for activities you love.

Build your own morning routine with these 5 habits:

1. Quit hitting snooze

Waking up sets the momentum for the rest of the day.

When you hit snooze, you throw off that momentum by disrupting your routine.

Hitting snooze once quickly turns into 3 times.

Next thing you know, your whole morning is offset.

Here’s how to fix that:

Charge your phone where you can’t reach it.

This removes snooze as an option and forces you to get up.

Once you’re up, it’s 10x easier to stay awake.

A simple trick yielding huge results.

2. Hydrate

75% of Americans are chronically dehydrated.

Even a 2% decrease in brain hydration results in short-term memory loss.

Long periods of dehydration causes brain cells to shrink in size and mass.

To prevent this, aim to drink 3-4 liters of water a day.

3. Build your focus

The best way to increase your focus?

Meditation.

Studies have shown mediation to:

• Raise your mood
• Boost your memory
• Increase clarity of thought

You can use apps like Headspace to help with the habit.

As well, here’s a simple guide to meditation:

How to meditate:

1. Sit comfortably.
2. Close your eyes
3. Focus attention on your breath
4. Inhale through the nose
5. Exhale through the mouth

Breathe in for 5 seconds, breathe out for 5.

Repeat for 1 to 20 minutes.

4. Exercise

Exercise is proven to boost:

• Brain health

• Energy levels
• Focus + memory

Invest 15-60 minutes into an activity you like.

• Weight lifting
• Running
• Walking
• Yoga

This has immediate and long-term benefits on your life.

5. Journaling

Every day, you have thousands of thoughts.

Many silently drain your focus in the background.

Here's how to clear these:

Set a timer for 5-10 minutes and write down whatever comes to mind.

By the end, you'll have 2x more mental clarity.

5 easy habits in the morning to become 5x more productive:

1. Quit hitting snooze
2. Hydrate
3. Build your focus
4. Exercise
5. Journaling

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> — Pickle (@mpickle) August 29, 2022