

# 30 Short Habits With a Massive Return on Life

How you can get **1% better** every day:

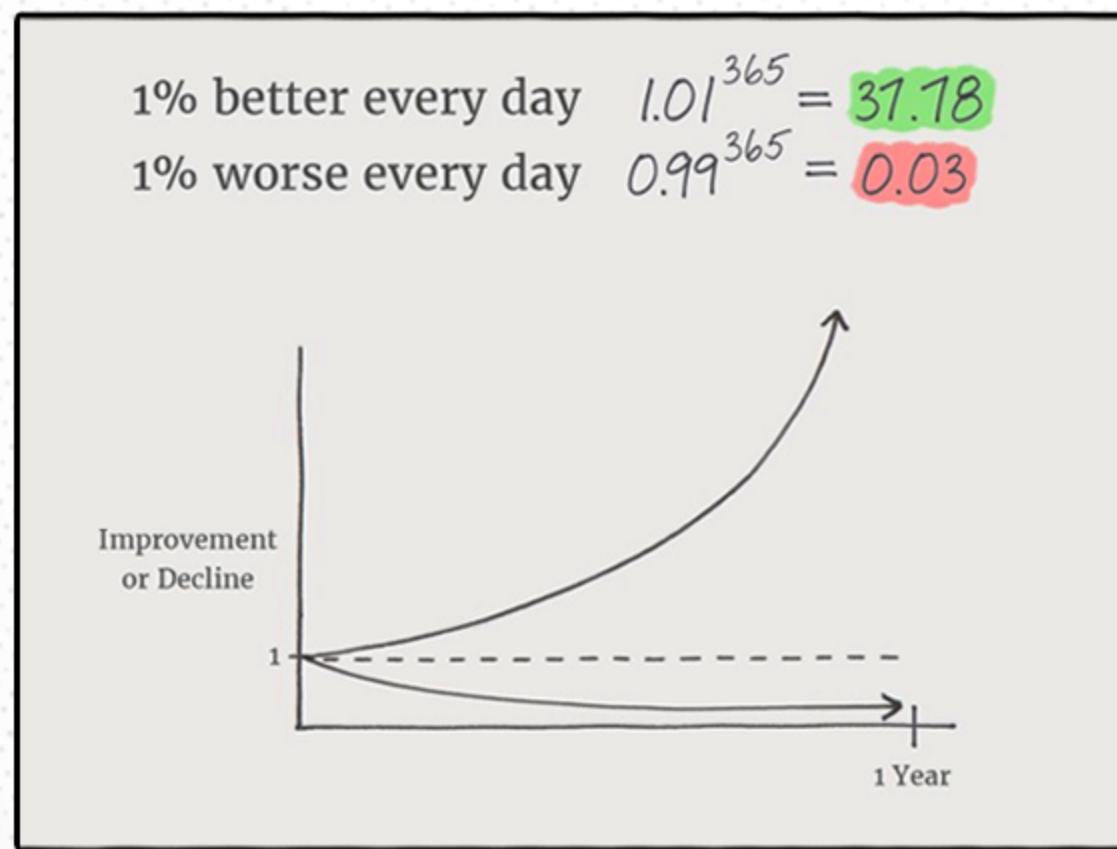


ILLUSTRATION: JAMES CLEAR

1. Create a system for **capturing thoughts**—your brain is for having ideas, not holding them.

2. No phone 1 hour **before bed**. No phone 1 hour **after waking**.

3. **Read** something every day. Even just 1 page.

4. **Write** something every day. Even just 1 paragraph.

5. **Automate** small decisions/tasks. Save your brain power for bigger things.

6. Write a 5 item to-do list each morning. **Prioritize** it by importance.

7. Learn to use **body scan meditation** to fall asleep quickly.

8. Go to bed **30 minutes** earlier.

9. If you want something—**ask for it**.  
Closed mouths don't get fed.

10. Keep a **swipe file** of things that  
resonate with you.

11. Break down problems into the  
**smallest possible action steps**.

12. Write down **1 story-worthy moment**  
each day. In a month, you'll have 30  
stories to tell.

13. Double down on creative activities that make you **lose track of time**.

14. Put your phone **out of reach** while you're working.

15. **Track every minute** of your day for a week. See where your time is actually going.

16. Be bored more often. Give your brain **space to be creative**.

17. **Listen** more than you speak.

18. **Create** more than you consume

19. **Compliment** more than you complain.

20. **Delete apps** you don't need.

21. **Donate clothes** you don't wear.

22. Make a habit of **reaching out** to old friends.

23. Never say **“yes”** out of obligation.

24. Take care of your **information diet**—  
Junk info hurts our brains like junk food  
hurts our bodies.

25. Never do an activity just so you can  
**tell others** about it.

26. **Revisit things** that have brought you joy in the past. They'll do it again.

27. Stop comparing your **behind-the-scenes** to every one else's highlight reel.

28. "Read what you love, until you love to read" - **Naval Ravikant**

29. Take care of **your body**, you only get one.



30. Leave it **better** than you found it.

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