

# Steal These **9 Habits** From The World's **Top Achievers**





**Colby Kultgen** ✓

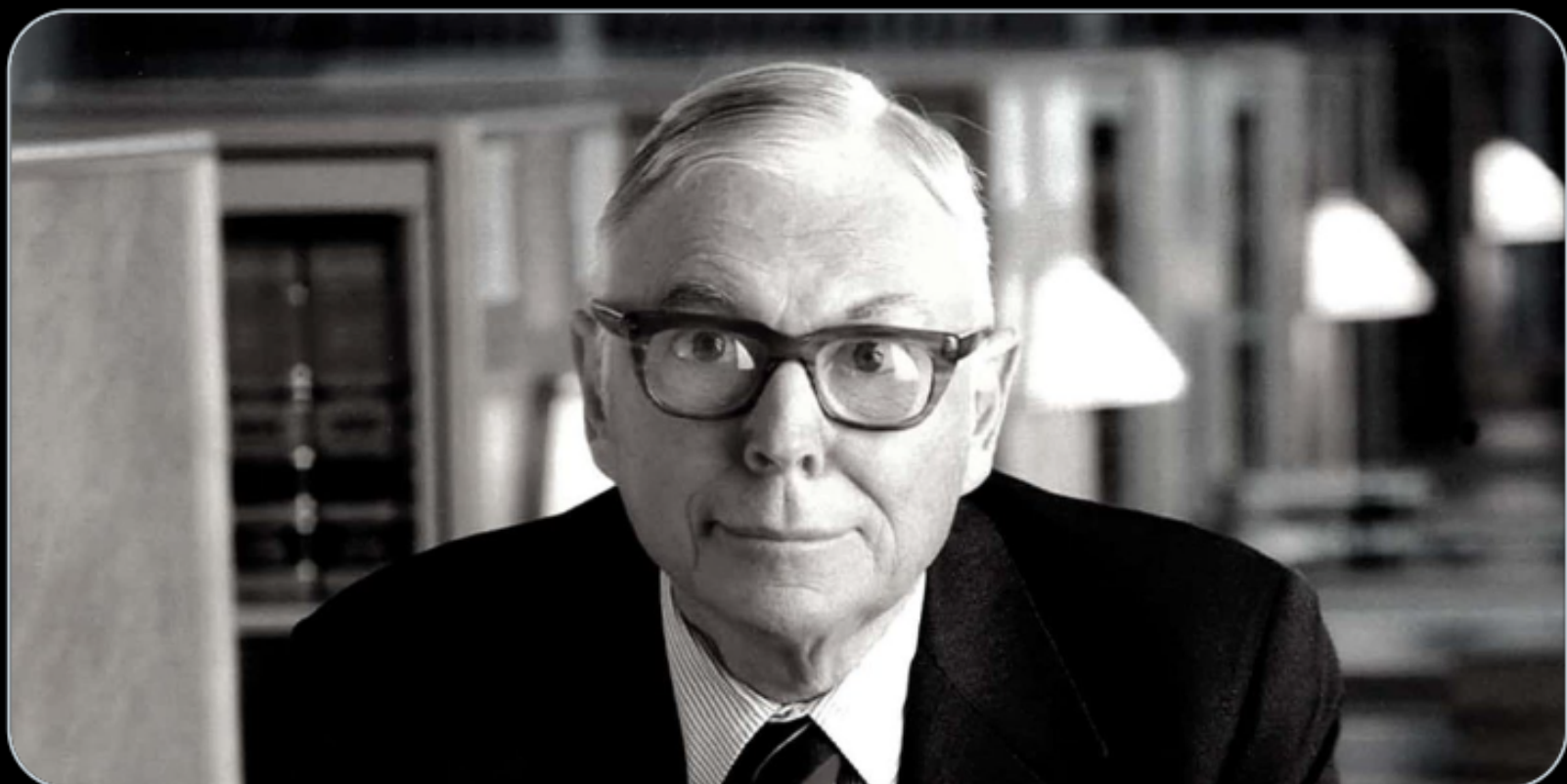
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1. Create an "anti-vision" for your life

Who did it: Charlie Munger

Basically, instead of setting a vision for your life that is exactly what you do want.

You first write an anti-vision describing what you definitely DON'T want.





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## 2. The Cookie Jar

Who did it: David Goggins

Goggins uses this to push through challenging situations.

Fill the jar with all the difficult things you've overcome in the past.

When you're facing a new challenge, reach into it to remind yourself of your strength.





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### 3. Flow state ritual

Who did it: **Stephen King**

King sits down every day in the same place, at the same time, with the same music, and writes.

He has optimized his ability to enter the flow state to maximize his output.





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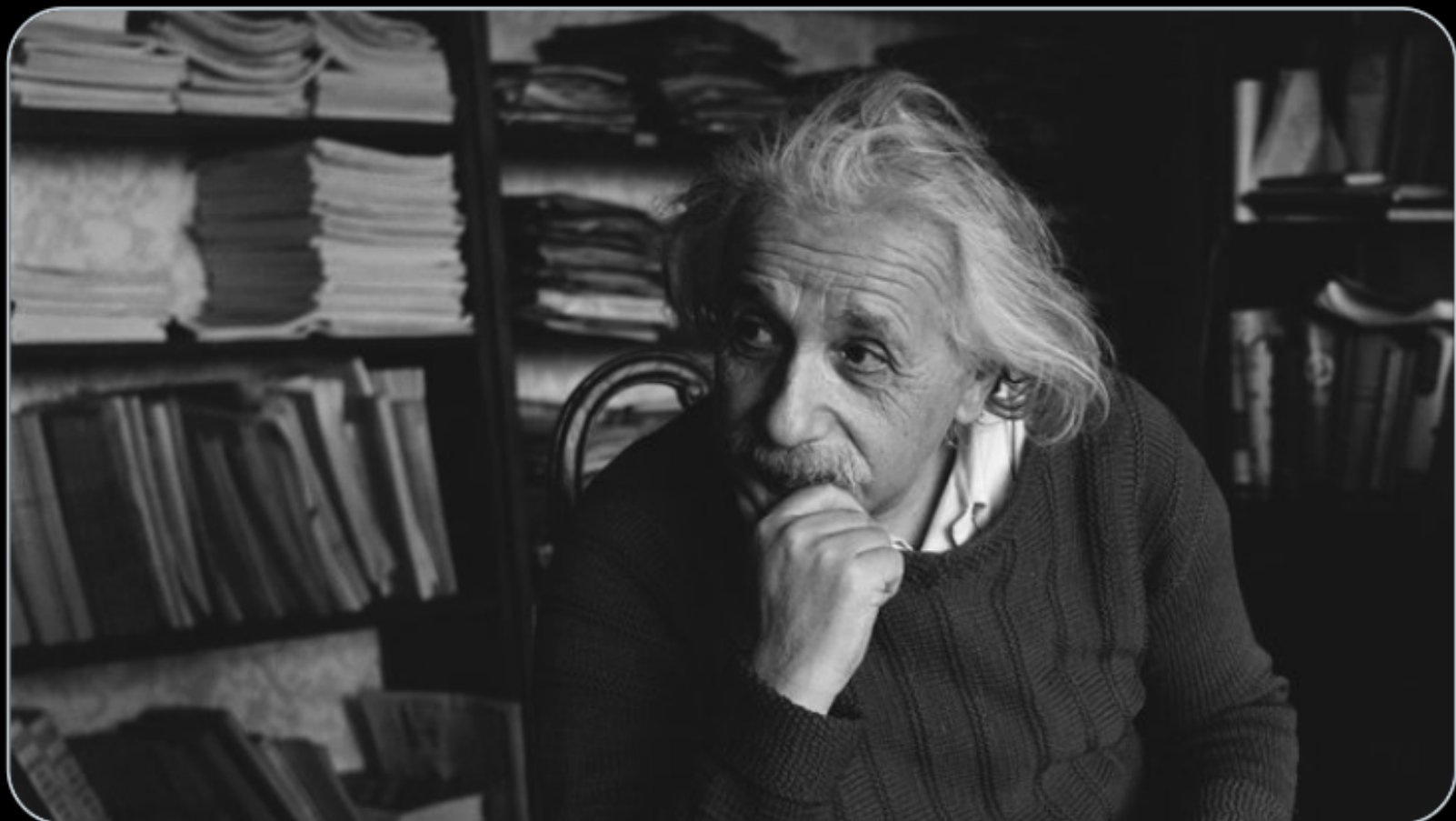
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## 4. The power of doing nothing

Who did it: Albert Einstein

Einstein would spend time each day walking outside or simply gazing at the ceiling.

This allowed his mind space to process his thoughts and solve problems.





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## 5. Delay caffeine intake

Who did it: Dr. Andrew Huberman

Huberman recommends delaying your morning coffee for 2 hours after waking if you want to avoid the afternoon caffeine crash.

Google “huberman caffeine” if you want to learn more about the science behind this.





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**6. Take advice from friends and family with a grain of salt**

**Who did it: Napoleon Hill**

The **#1** reason people fail to achieve their goals.

According to Napoleon Hill:  
They listen to dumb advice from friends and family.





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## 7. Separate work from home

Who did it: Maya Angelou

Angelou was so serious about keeping these things separate, that she would actually rent hotel rooms to write in each day.

Her mastery of focus helped her build an illustrious writing career.







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## 8. Don't Break The Chain

Who did it: Jerry Seinfeld

Seinfeld used this habit building technique to stay consistent and master his craft.

Basically, choose a habit you want to build.

Each day you perform it, put a big red "X" on the calendar.

Aim to never break the chain.





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## 9. The High-Five Habit

Who did it: Mel Robbins

Each morning, Mel goes to her bathroom, and high-fives herself in the mirror.

She says this simple action can improve your relationship with yourself and your daily motivation.



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