101 LIFE CHANGING ACTION STEPS
you can start right now.
1. Steve Kamb

Find the right party for you. In a video game you would never quest alone so life shouldn’t be that way either. Steve recommends masterminds and group challenges.

The idea of mastermind groups, I've found them to be incredibly helpful. I had a group of friends where every month, we'd have an online challenge. Like, "This month, you have to create your own cocktail, and next month you have to record a song, and the month after that..." It was so much fun trying to learn a new skill each month and see how other people did and whatever. It’s tough to find, but when you can find a group of people that are pushing you in that way, it just makes every other aspect of life so much easier.

2. Chris Kukk

Take the time to actually listen to others. This is the first step towards compassion.

Okay. One, is to understand, to listen. The first step in compassion is to be a great listener. What I mean, listeners - you don't listen to reply, you listen to understand. And if you want to be compassionate, you have to understand that person that you’re trying to help. We have a culture that listens to reply right now. And I think if we take a little bit longer to simply listen to understand, we’d be able to move forward together in a much more constructive way.

3. Andy Murphy

Begin to actually understand what anchoring is.

So, in our lives we've got negative and positives anchoring you know, you could look at your phone and see someone’s name and go “oh my god! I don't want to talk to them but, that person could be offering you a million dollars, you don't know” That's an anchor so, how you looking at people, places things, events, music, your office, everything they start to become anchors and going to trigger a certain emotion in you. So, the best behavior advice that I can give you, is a couple of different things, one, your routine.
Now, everyone talks about morning routines and all of that, we want to change those neurochemicals in the morning we want to light up the neural-nets that we want, basically we want to step into that peak state in the morning, why? Because it's allowing us to build those neural-nets that we want, and so whatever you do understand is when you can settle a routine for yourself in the morning, or night time or whatever it is before you stand to pick in the phone, or before you stepping into a meeting or whatever the heck it is, you can have a little routine, what this starts to do is that starts to build an anchor, ta-da! Which does the anchor do? It starts to light up certain feelings in you and certain belief. I put it in a less...a less...a simpler way Matt, how many times you hear a piece of music? And it instantly takes you right back to that moment, those thoughts, those feelings, you can taste it, that's an anchor. So, we can use that in a performance enhancing way and when we can do that by surround ourselves with the right music, the right people, the right environments than those things start to become anchors and that's how we get momentum, right? But, does that makes sense first of all?

“...And it instantly takes you right back to that moment, those thoughts, those feelings, you can taste it, that’s an anchor.”

4. Peter Shallard

Come up with rituals that are goals for the next seven days and then you no longer have to think about them and deplete your decision making ability.

We help people set goals for the next seven days on one recurring point, one time, one date throughout the week. Now, the reason that this is important is that it drains us, it engages decision fatigue and ego depletion, to sit down and try to do some work, whether you’re an entrepreneur, an employee, or an artist or anything. If you’re sitting down at your desk and thinking, Now what should I do?, everything that we know about the science is telling us that that's a really wasteful use of your mental faculties.
5. Rory Vaden

Make a list.

You multiply time by giving yourself the emotional permission to spend time on things today that give you more time tomorrow. That's the whole premise. So, what I would say is, make a list. Include everything you've been meaning to do. Make a list of those things and ask yourself, okay, what are the things that I could do today that would create more time tomorrow? How can I eliminate, automate, delegate, and then there's two other permissions. And just develop clarity around those things, and that's half the battle is just bringing it into your consciousness, the power of this idea.

6. Jordan Harbinger

For me, I think, start introducing people in your network to each other.

If you don't know what kind of network you have, make a list of everybody that you met at the most recent event and start reaching out to them; thank them for being cool or whatever; say that you're glad to have met them; find out what they might need so you can keep your ear to the ground or what they're working on; and start introducing them to each other. If you know somebody who's new in town, introduce that person to your friggin' barber. Tell them about good restaurants in the area.

7. Shane Parrish

One thing that I work with people a lot on is just take stock of your day.

I don't mean a typical Saturday or something.

“...I mean, how do you spend your day? How are you matching your energy to the task?”

Are you reading newspapers in the morning and matching your best time of the day to a task that may be a low value add for you? Newspapers aren't something to avoid. I mean, everybody works in a different industry. They have different constraints. But if reading the newspaper at 6:00 p.m is going to not make a difference, then reading the newspaper at 7:00 a.m., I would advocate that you maybe need to think about why am I reading it at 7:00 a.m. Is that a habit? What is the most productive use of my time at 7:00 a.m. in the morning? I want to be thinking about something deep, something strategic.
8. Michael Mauboussin

Read. Read is the main thing.

I actually think working with people like you or following people like you is a great place to help curate some of this stuff, I think it probably helps to have some thoughtful people.

9. Dr. Alex Korb

I think one of the simplest things that I recommend is just going for a walk in the morning, ideally with a friend.

That captures a lot of aspects of the upwards spiral including sunlight at the right time, and exercise, and making a habit, and possibly some social inputs as well. And that’s just a very small change that most people feel capable of making. Other simple changes include, the act of introspection.

10. Vishen Lakhiani

What I’d say is go to mindvalley.com/extraordinary.

There you can sign up for a free course that takes you through many of these ideas. Because in that course, I take you through a whole process of identifying your goals in different dimensions of your life, and to move past the rules into true end goals. And the process is really interesting.

11. Tiffany Cruikshank

Try to begin to understand neuroplasticity.

With our understanding of the nervous system that we’ve talked about- with the parasympathetic mode and the sympathetic- one of the most important things we start to learn now with this concept of neuroplasticity-which is simply the concept that the brain and the nervous system can change. We used to think that once they were created- the neural connections were created in the body that was it. Now we know that they can change, what’s really important to that, whether you’re practicing Yoga, or meditation, or just starting to be more mindful in your day, is that we do it really regularly.

“…this concept of neuroplasticity-which is simply the concept that the brain and the nervous system can change.”
12. **Dr. Rick Hanson**

“Let go of attachment to your ego.”

13. **Catherine Plano**

I always say that we can reinvent ourselves. That’s the exciting part. What do you want to create for yourself?

Life isn’t about finding yourself, it’s about creating yourself. I think to be more conscious is the thing. Because if we’re looking at - and you hear about it all the time, that we only use 10% of our brains. Well neuroscience says it’s actually 5% of our conscious brain. Which means that 95% are learned behaviors, past, parenting program - all of those things that some way, shape, or form, stop us from doing those very things that we want. So when we talk about even unconscious bias - the things we really want and desire, are they the things we need? Are they things really are going to line up with where we want to go? When we’re talking about that 5%, that conscious mind, when we want to manifest and create new things. We need to start - really - stop to think what we’re thinking about. Think about it, how often do we do it? You have to practice it. Even 5 minutes a day, just sit there with your thoughts. “What was I thinking today? What was I feeling like today?”

14. **James Swanwick**

If sleep is important to you, which it should be, I would definitely download the free app. It’s called f.lux — F-period-L-U-X.

Download that onto your computer screen, and what that does is that it reduces the brightness level of your computer screen as the sun goes down. And as it moves into the nighttime, it just reduces the brightness level. Now, that helps a lot. If you have an iPhone and you’ve downloaded the latest software update, use... it’s called Night Shift. It’s the Night Shift feature and it’s the same thing. Towards, you know, like seven, eight, nine, ten o’clock at night, it starts to reduce the brightness levels so you’re not exposing yourself to as much blue light.
15. Jared Tendler

Map your problems.

They happen in predictable patterns, very often people are blind to them. They happen, and sometimes when they happen, like “Eh, it was a one-off, that’s so unlike me, I’ll never do that again.” You know, two days later it happens again. Month later, it happens again. So, you kind of have to take away the irrationality of it, you have to take away the unpredictability of it, and assume that all of the emotional issues that are getting in the way of you performing or succeeding at the level that you want are happening in very predictable patterns, and your job is to uncover that prediction.

16. Mark Manson

One thing would be sit down and write down all of the painful things that you enjoy which scrambles a lot of people’s heads.

If you can sit with that and actually come up with some things, it’s pretty illuminating what you... And the funny thing is that a lot of...a lot of what people enjoy they don’t even realize that it’s painful. They don’t even realize that most people... You know, take one of my best friends. He’s an amateur bodybuilder and he’ll go spend three hours in the gym just wrecking his body lifting weights. And to him it’s very therapeutic and I imagine for him it doesn’t even really occur to him that what he’s going through is a lot of pain, but he is. It’s a pain that he enjoys. And I think we all have something like that in our lives or, if we don’t, then that’s probably a red flag as well.

17. Dr. Colin Camerer

Abraham Lincoln said, "Think twice as much about the other fellow as about yourself."

The usual mistake people make is to think about what they can get out of someone and not to sufficiently think, what motivates the other person? What are they likely to do? If I’m very tough on negotiation, will I walk away? Yes or no. If I’m really easy in negotiation, something could happen. And so, the level zero players that we’re talking
about, by definition, are not doing anything strategically thinking. They're not saying, "Why is somebody doing this? What is their motive? What do they know that I don’t know?" And so, often, a little bit of analysis like that goes a pretty long way.

18. Dr. Phil Zimbardo

Use your Heroic Imagination.

See yourself as the hero of your own story. Thinking like this will lead to you behaving more justly and heroically.

19. Dr. Gail Saltz

For relationships, Two things I would say for your partner relationship, I would say for home, try to practice active listening with taking turns.

I would also say that in our frenetic and emotionally charged lives, we often forget to just be affectionate to our partners, I'm talking about sex which is very important but I'm just talking about holding hands or putting your hand on your partner's neck and give him a squeeze or giving your partner just a kiss because that can be so much of you know, I love you.

20. Chris Voss

Watch the interactions around you just a little.

Watch people talking at each other because they both want to go first and watch when one of them gets tired and the other keeps talking at the tired person, you'll see the tired person try to get the other side to shut up by saying, “You're right, you're right, you're right.” Watch the number of agreements that one person thinks was made when the other person just said, “You're right,” with no intention of following through. Study the dynamics around you a little bit and you’ll see that if you will listen first, you're going to save a lot of time and you'll see that “you're right” is what people say to you to get you to be quiet and when you can get out of that, the homework then is try to get people to say “that's right” instead of “you're right” and then see what happens. I can promise you that amazing things will happen.

“Study the dynamics around you a little bit and you’ll see that if you will listen first, you’re going to save a lot of time...”
21. Daniel Crosby

Investing is simple, but not easy.

So I think that people would do very well to educate themselves on the fundamentals. Get a financial adviser and look for someone who charges a reasonable fee who emphasizes planning and handholding and behavioral coaching because the other stuff is honestly a dime a dozen.

22. Dr. Teresa Amabile

Write down one or two important goals that you have in your work for the next couple of weeks and make a plan to protect some time in your day today and tomorrow to make progress against those goals.

Just for this two days, at the end of the day, spend a couple of minutes writing out what progress you felt you did make in the goals and if you had setbacks. If you weren’t able to get much movement on those goals and what you might be able to do to remove those obstacles.

23. John Jacobs

When you get home, if you live with anyone or if you get to work, if you work with any others, try devoting the first five minute to a real human connection with that person.

Whether you’re getting home to kids, bring some levities, some humor, some fun. Whether it’s a fun story from your day, or just imitating some bizarre character, sharing a funny movie quote you love or — the point is, a lot of us go from task to ask, whether it’s work at home, and we start to form this checklist and that’s what dominates our minds and if we take just a few minutes to connect with people, all the other stuff gets a lot easier.

24. Dr. Dacher Keltner

Really study people carefully and take delight in how good people can be and then figure out ways to make societies do a better job of cultivating those tendencies and bringing those things into your life more.

25. Megan Bruneau

A big part of self-compassion is also becoming more in touch with your body.

Listening to some meditations that can help you get more in touch with what you’re feeling physically and then also like yoga. I think everyone should do yoga.
26. Dan Gardner

Adopt an axiom, because of course as humans, we all have to have axioms in our thinking.

Adopt as an axiom that nothing is certain, right? It's easy to say that in the abstract, but it's a lot harder to apply it in our lives, because if you stop and you think about your own thinking, you'll begin to realize that you use the language of certainty constantly, which is normally fine.

27. Dr. Richard Nisbett

I would recommend a book by Diane Halpern called Thought and Knowledge. She talks a fair amount about some logical principles and some logistic schemas.

28. John Wang

Complete an act of kindness each day no matter what it is.

Start just telling your friend, “Okay, listen, I'm starting a kindness challenge. For the next 21 days, I'm going to be doing a kind act every single day. I want you to join me on this.” Tag them on social media, right? Send them a message on social media. The more people that are going to join you, the stronger what you get out of it actually becomes, because now you've got a tribe of people around you all doing the same thing.

29. Cal Newport

I always tell people to do two things.

The first is to drop on your calendar for the next few weeks deep work blocks. Make it like a doctor's appointment, protect them and just get some practice, two to three hours a week doing deep work. Two, make some passive lifestyle changes and I think one of the most important easiest changes you can make is start scheduling the time that you're going to spend receiving entertainment or distraction from the internet.

30. Kamal Ravikant

Start asking yourself that in your actions, for example, in simple things such as eating, or working out versus not working out, or interacting with someone, and in negative versus a positive state. If I love myself, and when I say love, I mean truly love, like the way you love a parent, or a baby, or even a puppy, like the way the puppy loves you. True love for yourself. If I truly love myself, what would I do? Answer that question, and then go live from that place. That alone. I think your life will be amazing just like that.

“...I mean truly love, like the way you love a parent, or a baby, or even a puppy, like the way the puppy loves you...”
31. Scott Halford

Sit down and write down all the things you've got to do even the smallest things and get them out of your head and start crossing them off. We pay attention to these things even if they are not on the surface all the time.

I want you to look at everything that you're telling your brain to pay attention to, and then what I would like for you to do is start to discard stuff. Get rid of the things that you know you're not going to do. Stop telling yourself you are. When you're ready, you will. And start focusing on a few things, big chunky things. I would really look at what is putting you in a towards state. What are you moving toward?

32. Dr. Art Markman & Dr. Bob Duke

Find somebody you haven't talked to in a while and ask them to talk in some amount of detail about what they're doing and why they're doing it and learn from the people around you. Learning doesn't have to be drudgery. It doesn't have to involve sitting in front of a big book and struggling through it.

33. Jessica Tracy

Think about if there's something missing in your life in terms of attaining a sense of self-satisfaction.

You can think about it as pride, but I think pride is tough. We often don't like to talk about ourselves, just feeling proud of ourselves, because we get it confused with hubristic pride. So just think about satisfaction. What are you satisfied by in your life?

34. Justin Stenstrom

Live in the present moment.

Don't worry about what's going to happen tomorrow. Don't worry about worrying about the past, or regretting things you missed out on, or things you could have done, or things you wish you'd done. Just live what's happening right now. Enjoy life for what it is. Enjoy the moment, enjoy what you have right now.

35. Dr. Alfred Mele

Learn more about your own free will.

I would recommend reading my little book, Free. It's really very short, it's easy to read, it's Free: Why science hasn't disproved free will, and I kept it simple and straightforward and I hope interesting.
36. Dr. Tal Ben Shahar

I would sit down and I would write, I would write about my best experiences from the past, “When was I at my happiest?”

From those stories that I write down, I would extract what I consider the essentials. Keep in mind all the things that you heard about permission to be human and about relationships and about exercise and about expressing gratitude and try and extract the essentials. In other words, do research on yourself, or rather what I distinguish between research and search. Research is very often about other people. Search is within one's self.

37. Dr. Paul Bloom

A meditative practice, which is something that I am working on myself.

I think there is a more general answer, which is — and this is an answer regarding all of our biases, which is when you are very calm and not caught up in anything look at your life and look at your decisions and try to contemplate the extent to which you’re being held swayed by irrational biases.

38. Dr. Daniel Goleman

The first step is to manage your own negative emotions and that may be negative thinking, it may be impulsive anger.

Whatever it is, widen that gap between impulse and action. If it’s at the mental level, step back from your thoughts and ask yourself, “Is this useful?” I think that’s fundamental. Those are acts of self-awareness. Self-awareness turns out to be the base foundational competency in all the crucial competencies. People who are high in self-awareness tend to be high in 10 or so emotional intelligence competencies. People who are low on it tend to have very few competencies. This is the basic homework.

39. Jenny Blake

The two questions I love to ask as far as really getting practical are what's one small step you can take this week and what one next step would make the biggest impact?

Often, those are two different things. But the one little tiny thing that you can do right after you stop listening to this podcast and then one thing that would really make a big impact.
40. Rene Brent

Find a way to drop yourself into altered state and then start arguing for your truth.

Learn some techniques to allow the emotions, or the felt sense in your body. If you start doing that and you gain awareness, but you must do it in an altered state. You must do it in alpha wave. You can't outthink this. You must get in touch with your heart, and then your mind will follow.

41. Darya Rose

One of the things that I recommend for a lot of people who are just getting started is to keep a little habit journal.

We're specifically talking about food and physical activity, because a lot of the times, like I was saying, we don't really know what we're doing all the time. We're just not aware of it. Recognizing the things that you do often.

42. Barry Nalebuff

I'd say go and make your prototype.

The best market research I think is will I able to pay for it? I'll give you one quick example of some students of mine wanted to make and sell organic cotton shirts. How could you figure out if there's a market for that? I think you could show them pictures. You could tell the story. What you could also do is go to a custom tailor and have the person make you organic cotton shirt. Then, you could show the person, they could look at it, they could hold it, they could touch it, and they could say, “Okay. Yeah, I'd buy that.” You'd say, “Great. Write me a check.”

“Okay. Yeah, I’d buy that.” You’d say, “Great. Write me a check.”

43. Kabir Sehgal

One of the probably easiest places to look if you are in biases and cognitive biases of how we use money, so there's all kinds of biases.

If you haven't read Daniel Kahneman's work Thinking Fast and Slow, do it.
44. Perry Marshall

What I want you to do is I would like you to sit down with a piece of paper and just sketch it out and realize that you’re dealing with 20% of the 20% of the 20% or the 20%, which is some tiny fraction.

What I want you to do, starting from now, is instead of beating yourself up for the apparent massive waste. 99.5% of these people never do what you want them to do. Instead of lamenting over those, I want you to focus on the fraction that do it, do what you want to do, and I want you to ask yourself, “What’s the next 20% — What’s the giant step that 20% of these people would take that’s four times bigger than the step they took before that I haven’t asked them to take? How do I even get bigger doors on these tiny little hinges.”

45. Vanessa Van Edwards

I would get feedback on your handshake.

We almost never get feedback on it. So whenever I do workshops I always make everyone do a handshake audit. Specifically, I want them to produce oxytocin but I also want them to give feedback and I would say 30 to 40% of the room are shocked to get feedback that their handshake is too firm or too strong. They flip someone’s hand, and so we very rarely get feedback on it. So ask at least three people that you trust to audit your handshake.

46. Dr. Barbara Oakley

I would say to get out a piece of paper and write down where are you now and where do you want to go, what direction do they want to go?

47. Dr. Ronald Siegel

It’s usually best to start doing mindfulness practices which are times where we take some time out of our day to deliberately cultivate this awareness of present experience with acceptance.

Then, once we've taken some times out to do it, at the same way, if you wanted to become physically fit, you could go to the gym for a little bit everyday or every other day and you develop some physical fitness. Then, during the intervening times, you might decide to take the stairs instead of the elevator or perhaps walk somewhere instead of getting on the bus or going in the car.
48. Julian Treasure
Well you know it all comes down to listening fundamentally and I think the understanding of listening positions is probably the most important of all of these things.

Understand that different people have different listening positions and so asking yourself the question “what’s the listening?” is an amazingly transformative practice whether you are speaking to one person, 10 people or a thousand people, what's the listening?

49. Dr. Carol Dweck
I would say, the very first step is to find your fixed mindset triggers.

You know, we used to talk about it as if they were fixed mindset people and growth mindset people, no. We all have fixed mindset triggers. Find those triggers. When do you start hearing that voice, when do you start feeling that anxiety or I don't really want to do this, that kind of fake boredom or distaste. Find those triggers. Start keying in to how you feel when that's triggered, what you're thinking, how you behave, how you affect others around you. First step, find those triggers. Second step, give them a name.

50. Kwame Christian
Develop that sense of curiosity, ask great questions and then genuinely listen to those responses.

One thing that I found that people struggle with is to execute it perfectly. You go in with the spirit of curiosity, you ask great questions and you listen. Sometimes, we ran into the barrier of not getting credit for listening when we listen.

51. Dr. Barry Schwartz
When you are choosing a job focus on its meaningfulness more and its material benefits less.

Focus on the nature of organizational structure and management of the enterprise. Are you going to have freedom
and flexibility? Are you going to be permitted to fail? Is this work organized around some objective that does more than simply line the pockets of the company? Does it make a difference to somebody in the world? If you choose work that pays less well but makes a difference, you’ll get much more satisfaction out of it than if you choose work that seems to be completely pointless but is very generous in compensation.

52. Denise Shull

Resolve to allow yourself to have all of your feelings, even what seems like the worst ones and learn to put a word to that to be able to say, “I feel really frustrated. I feel furious.” Then say, “About what? What’s that really about?”

53. Geoff Colvin

Think about how you communicate with people.

There’s a hierarchy. At one end is in-person face-to-face conversation, then we go down the hierarchy with the video call below that, a telephone call below that, email below that, texting below that, and think, “Okay, can I go up a level in communicating with the person I’m about communicate with?

54. Kevin Kelly

I would say a piece of homework is buy some AI right now.

Just log on to Google, TensorFlow, or IBM, or Microsoft. Purchase some AI and start fooling around with it. You’ll probably discover something amazing. Be able to educate yourself.

55. Jon Vroman

What I’d say is ask yourself the question - what makes you come alive. Who makes you come alive? What environments, what people and what thoughts, what questions when you ask them make you come alive inside?
56. Ryan Holiday

I wrote my books to be a starting point and I see them very much as a starting point.

The point of stoic philosophy is not that it's this thing that you read ones and then you know forever and you're this magical wizard. It's something you read and you do. I journal about it daily. I write about it. I think about it. I read about it. I have conversations about it.

57. Dr. Susan David

I'll give one concrete for each step.

Showing up; are there emotions that you tend to push aside? Ask yourself if you can just be with that emotion a little bit more. Stepping out; if you're struggling with something, ask yourself what would a wise person advise you to do? Walking your why; are you connected with your values? If not, start asking yourself questions about what are one or two things that are truly important to me about how I want to bring myself to the world? You don't need to spend a long time doing it, very simple question. Number four, moving on, thinking about ways that you wrap yourself in a prison of have to language and try to connect with what your want to is in that situation and how you can surface that want to into your life. Those are just some practical ideas around it.

58. Emilie Wapnick

I think it's really important to get everything out of your head and onto the page. Just something visual that you can see, you move things around because it can be a little smooshie if it's just ideas in your head.

59. Dr. Robert Cialdini

Here's a very simple thing. Very often, when we want people to move in a particular direction, we want them to change. It requires change. Here's what the research shows.

If we ask them for change on a Monday or Tuesday will be more successful than if we asked them on a Thursday or Friday. If we asked them for change on the first or second day of the month will be more successful than if we asked them on the last day of the month, or second to the last. Why? Because at the beginning of things, change is in — It's something new. Something has just changed, and change is in the air. If as communicators we are interested in getting change, we can increase the likelihood that people will change in our direction by picking the right time. Once again, the context, rather than the content of our message is vitally important.
60. Andy Molinsky

Try to identify a situation, something where there might be a lot of noise in their head around rationalization, very strong impulsive defenses that they’re putting up about, “No. No. No. That’s not that important.” “No. No. No. I don’t really need to do that.” “No. No. That’s not that important.” That kind of thing.

The more you seem to be sort of defensively rationalizing, the better probably that is a candidate for stepping outside your comfort zone. I take a hard look at that situation, whatever it is for you. I’d think to yourself, if you could erase fear and anxiety in that situation just for split second. Consider whether minus fear and anxiety or at least minus tremendous fear and anxiety. It might be something worth doing.

61. Eric Barker

Know thyself.

I would say to do an informal survey of your friends. The friends who aren’t just going to tell you what you want to hear. Who, in general, those friends are perhaps a little too honest. They have good news for you now. To ask 5 or 10 friends to tell you what they think your strengths and weaknesses are. Like I said, you’re going to hear some random things, but I think you’re going to hear a number of things repeated.

62. Simon T Bailey

Number one; I want to invite everyone to answer the question why am I here.

One my mentors said to me a number of years ago, he said, “The greatest tragedy in life is not death. The greatest tragedy in life is to be alive and not know why.”

63. Dr. Gay Hendricks

Get a hold of the ultimate success mantra that’s in the Big Leap and go in a room by yourself for 10 minutes and do nothing, but say that mantra, that affirmation over and over again in your mind.

Just get comfortable with this idea of using your life to expand every day in your love, your abundance, your creativity, your success at the same time as you inspire
others by your actions to do the same. Just start with that fundamental idea and get comfortable with having your life be about that. That’s probably the simplest thing you can do to get started.

64. Charles Duhigg

*Keep a narrative in your head.*

The people who are able to maintain their focus the best are the ones who kind of have some story in their head, some story that they’re almost telling themselves about what’s going on as it occurs. We know these about firemen for instance, the best firefighters. There’s always firefighters that almost seem like they have ESP. They could almost detect what’s going to happen in a burning building before it occurs.

65. Robin Dreeke

*There’s two things I think will keep people on the path they are if they’re doing things really well in their lives and they can reflect on why their relationships going well and then think about the times when you’ve had some challenging ones.*

The first thing I like to do is I love discovering the greatness in others. In other words don’t focus your time on trying to figure out people are doing wrong and commenting on it and gossiping about it. Just focus on their greatness. Every human being has greatness somewhere from their perspective, whether it’s work related or person related, find their greatness. Take time to discover it. And the second thing I would do is practice this with everyone and I guarantee you, relationships are going to start blooming with much greater trust. Find out what other people’s priorities are in their lives. Their challenges, their needs, wants, dreams and aspirations.

66. Chase Hughes

*For the next week, ask yourself the question internally, not externally, whenever you see another person, ask yourself the question; what does this person like to be complimented on and what makes them feel significant?*

67. Dr. Kulreet Chaudhary

*I would simply say start with begging to take Triphala. It is very easily available. The brand that I use is from Mapi it’s called Digest Tone.*

Start with one tablet in the evening and then start with two tablets in the evening if you feel like you need to go up to two and just start with the tea recipe. Just those two simple interventions have such a profound healing effect and I think for most people once they start that, they say, “Hey this is actually working and I am not working hard at it. It’s taking me a total of a few minutes a day to implement this. I want to learn more”.

68. Chris Hadfield

Two things. One is find something that you're really interested in, that you're passionate about, that expires you, that raises your pulse just to think about it, that makes you want to know more, and start using your free time to become more expert in that area. Actually, if you're interested in — It doesn't matter what. If you're interested in — I don't know, trees. It doesn't matter. Spend some time actually studying it, learn about it, become expert in one part of it and then another part of it. Start making expertise in the areas that you're interested in part of who you are. Try and really tap into what naturally motivates you and then allow yourself the privilege of becoming expert and competent in the areas that motivate you. I think that will serve you well no matter what. The other is have a look at what it is that makes you fearful and don't just accept the fear, but actually say, “Why does that make — I could tell when I'm feeling fearful. That unsettled feeling in my gut, that I can feel the cleanliness of my skin. That makes me afraid just to deal with that.” Then start to treat it clinically. What is it about that that actually is the danger? What is the real problem that I'm trying to solve? How can I change who I am so that I could deal with that problem better? What skill am I lacking? Why am I allowing myself just to be a terrified little chihuahua here when I'm a functioning homo-sapiens? How can I change who I am so that I'm not just relying on fear to deal with that facet of my life?

69. Nir Eyal

Now, if you're trying to break a habit, the first thing to ask yourself — I think this is something that we're going out to become more and more familiar with, is this simple question of; is this technology serving me, or am I serving it?

We all need distractions. Distractions are something that human beings have had forever. Socrates and Aristotle debated the nature of a crazy, this tendency to do things against our better interest. In fact, distractions can be very useful in life. They help us cope with uncomfortable situations. However, when we rely on distraction to escape an uncomfortable reality and we never learn how to deal with that pain, well then the person who can alleviate that pain can take advantage of us. Whether it's drugs, whether it's television, whether it's watching too many sports, frankly, whether it's listening to this podcast. If we're using a distraction to escape something that we don't want to deal with, and that goes on for an extended period of time, that can harm us.
The real question here is when does a distraction serve us and when are we serving it? By asking us that critical question, that’s the homework, is to ask ourselves that critical question. Then we can start to categorize, “You know what? This technology actually does serve me. I enjoy it. I like this distraction. I’m not serving it.” A way you can test that is to disconnect for a little while. What would happen if you didn’t use Facebook for a week or two? What would happen if you stop watching sports for a week or two? How would you deal with that? If the answer is, “It’s no big deal,” then that’s probably not addiction. It’s not something that causes you any kind of long-term harm. If you find that, “Wow! This is really difficult for me to cope with, or I’m unable to cope with,” then you might need to bring out the heavy artillery and understand with the deeper needs are, what the deeper reason. What kind of pain are you really escaping from?

70. Dr. Paul Zak

I try to end every conversation with the word service and I’ll do that with you, Matt.

Matt, I want to be of service to you. It’s been an absolute pleasure talking to you, and I hope that we find a way to do something in the future, so I want to put myself out there and say when you’ve got an idea, when you’ve got a crazy neuroscience question, when something you’re doing, I want to continue to be of service to you. I think if I end every conversation with service that I want to engage with the people around me, and it turns out that if you serve other people, that comes back to you many fold. If it doesn’t, that’s okay, because I still feel good helping other people.

71. Dan Harris

I’d just read a few basic meditation books and go from there.

If you live in a city where you can go to an in-person meditation class, I highly recommend that. I think it’s really useful to be in a room with other people who want to do it. I think that has kind of an HOV lane effect, and to be in a room with a teacher who you might want to taste test a little bit, go to different places.
72. Jim Kwik

If you want to turn knowledge into real power, you have to schedule it down to a task or an activity and you have to schedule it and treat it as time that you would never cancel it with somebody.

You would never cancel on a family member. You never cancel this doctor's appointment. You never cancel this meeting with an investor or your number one client, because if we talk about stuff, it's a dream. When we write it down and you put it into your calendar, then it's real.

73. Todd Davis

Start with Humility.

I had an idea many years ago of writing a book on leadership about humility, because I had worked with or for so many great leaders, and some that weren't so great. But the common thread among the great ones were many things that went in to their great leadership, but it was this foundation of humility.

74. Dr. Michael Gervais

Take time to think about and articulate your philosophy, your personal philosophy.

How do you do that? Just start writing and just start feeling the words that start thumping when you say, “My personal philosophy is,” and just kind of sense and feel your way through that. That would be a phenomenal and significant investment in yourself to see if you can articulate in 25 words or less what you stand for, what you're all about, what it is that is your true north, your compass for what you're doing here in life. That would be a phenomenal thing to do. Maybe even go research other people's philosophies just to get your juices rolling.

75. Jia Jiang

Try rejection therapy.

For the next week put yourself out there and try to experience rejection at least once each day. This will help you become less afraid of rejection and you'd be surprised at how many times you'll actually get a yes!

76. Keith Ferrazzi

I have a great newsletter which is free that goes out to those who really want to put these practices in place.
77. Dr. Tasha Eurich

I think the easiest, highest payoff activity would actually be to take that insight quiz that I mentioned earlier.

You can access it, it's at www.insight-quiz.com, and what I think is really valuable about it is it takes less than five minutes and it gives you a high-level picture of your internal and your external self-awareness. From there, that sort of opens up a whole new path and a whole new way to strategize about what you want to work on.

78. Dr. Matthew Walker

Try giving yourself one week of 8 hours of sleep and see if you feel any better.

Just give it as self-improvement test. Try it as a hack, that is if you are one of those people who are into the quantified self-movement and you're into self-experimentation. Just test out all of that what you've just heard in the past week and determine if you feel any better when you're sleeping 8 hours every night.

80. Jeff Haden

Find five ways to say thank you to or to express gratitude or appreciation or to say something positive to someone that you know.

It can be, “Thanks for doing this.” It can be, “Wow! You did that really well.” It could be, “You made this difference in my life.” Whatever it may be. If you do that five times a day and you do that for eight weeks, which sounds like a lot, but really shouldn't be if you think about it, then people's happiness set point, which we all have one, increased by about 50% over that 8-week period.
81. Dr. Richard Wiseman
I would say probably the best thing is the pre-mortem, the idea that before you convince yourself, that project has been an utter disaster, and you try and figure out why it failed so badly.

It's one of the most effective ways of finding our problems with a scheme before that scheme starts, because otherwise you get this huge rose-tinted view, you're convinced it's going to be great and you don't take the necessary precautionary steps. I think the pre-mortem is very helpful.

82. Dr. Mike Dow
I would say today, do one thing today that is going to be better for your brain. The positive feedback will carry through and hopefully tomorrow you'll do two.

83. Jeff Kreisler
Look at which bias, or which value queue really resonates with something you do, and then address that.

84. Jonathan Levi
Go out today and learn the names of 10 completely random strangers. They can be the bad boy at your supermarket. They can be the person who clears your table at the restaurant. Look 10 other human beings in the eyes and smile at them and say, “Hi, I'm so and so. What's your name?”

85. Scott Gerber
Have some introspection and audit yourself to see where you really are.

Have a moment where you actually are not trying to be on stage, whether that is a real-world stage or a digital stage platform if you will and just ask yourself some basic questions. Am I someone that can see beyond transactional value? Not showing off for anybody. If you say, “No, I'm not.” Well, at least you have an answer.

86. Dr. Adam Alter
I would go back to this idea of creating as much distance between yourself and your phone as possible for as much time of the day as possible.

I would say to everyone, it usually works better when you don't focus on time of day, because we're doing different things at different times every day, but all of us eat dinner every day pretty much, most of us at least. Say, tonight, or if you don't want to start tonight, say, tomorrow night. Whatever you're doing for dinner, your phone will not be within reach of the table.
87. Benjamin Hardy

Actually begin examining your environment.

Examine what surrounds you and what's created around you, because your external environments are pretty clear indicator of your internal mindset and viewpoints and belief systems and things like that. Then ask yourself; is this really what you want? Is this really what you value and believe in or is this kind of just something you've fallen into unconsciously?

“...your external environments are pretty clear indicator of your internal mindset and viewpoints…”

88. Dr Robert Levine

Whatever kind of journal keeping that you prefer keep, I would suggest that somehow try to keep track of yourself.

89. Dr. Adam Grant

I would say start by evaluating your challenge network.

So think about the people who've given you the best critical feedback throughout your career or throughout your life and ask yourself, “Okay. First, who are those people? Secondly, how do I build in a regular system of engaging them to benefit from their criticism knowing that I trust the quality of their feedback and that I believe they care about helping me improve?”

90. Kevin Horsley

Go and find specific books on memory.

You can go and learn more about it, but a smaller action will be just create a mind journey, think about maybe your house or think about a running route or maybe a shopping mall, and just let someone to write down 10 words and let them call them out and try to use a unique image. You might get all 10, you might get 5 out of 10, but more that you practice with it, the easy and easy it's going to get.

91. Caroline Webb

Recognizing that your brain's liberate system has limitations and a certain amount of attention and it's not infinite amount of attention.

You can be more deliberate about what you notice and then what you remember. Starting the day by saying, “What are my intentions for today? What really matters today? What do I want to have top of mind?” Perhaps as I go into the most important interaction of the day, what my aim? What is my attitude? What assumptions do I have? Where do I want to put my attention?
92. Dr. Anil Seth

I think go and do a course in neuroscience.

That’s one action step. I’m kind of half serious about that. I think there’s a lot of good, popular, accessible literature out there now about the brain, about emotion, about neuroscience and perception that even a non-technical understanding of this can help develop this realization that the way we experience things, the world around us and ourselves isn’t necessary where things are.

93. Dr. Jill Taylor

I would say pay attention on what’s going on inside of your head.

Pay attention to what are you thinking now and how does it feel. Would you say that it was more of a cognitive thinking thing, or are you experiencing an emotion? I would encourage people to actually maybe jot down in the course of an hour what kinds of things are they thinking; are they thinking details, big picture, or are they having a really creative innovative moment? Are they feeling loving? Are they feeling – what emotion are they feeling? How would they label that?

94. Jake Knapp

Figure out What is your distraction kryptonite?

95. Dr. David Lieberman

Sit down in a quiet space and look at the connection between your anger and fear.

We find that there are pivotal points in our childhood that we felt insecure, we felt helpless, we felt vulnerable, and we responded in a certain way. If you’re able to go back and say, “You know what? When I was in third grade, or I was in fifth grade, or so on, I felt very helpless, I felt alone, I felt so on, and then this is how I dealt with it.”

96. Greg McKeown

Begin writing a daily reflection journal.

Even if it starts as just one sentence a day begin to write down your reflections. A journal is my favorite tool and technology. This can open up a whole new world of value.

97. Peter Shallard

Create Accountability in your life and stick to it.

Check out Science of Action!
https://scienceofaction.net/signup
98. Dan Heath

Create a moment of elevation tonight.

Do something tonight that elevates your experience and breaks the usual mold. Also, as an idea, find someone at work or in your personal life and give them some recognition, say thank you to them, tell them why it’s so important and meaningful and give them a little bit of praise - face to face.

99. Dan Pink

A/B Test Yourself

Start to make some small changes in your behavior as an experiment and document the results.

100. Dr. David DeSteno

Choose a weekly emotion.

Decide to focus on one emotion you experience regularly for a week. How is this emotion helping or hurting you? Can you control it? Change it for the better? Begin to become self-aware and aware of your emotions and the impact they have on you.

101. Dr. Moran Cerf

Surround yourself with people who are doing what you want to do.

Think about what you want, find the people that have it, then spend as much time in close proximity to them as you can.
101 LIFE CHANGING ACTION STEPS
you can start right now.