

# The Good Life Cheat Sheet

HEALTH
Always put health first. Not feeling good? Stay home and take a break
Remember that mental health is just as important as physical health
How is your energy level? If bad, fix your sleep. Books: Why We Sleep + Sleep Smarter
Reduce the amount of refined sugar and processed food you eat
Learn about fasting and time restricted eating
Have a negative self-image? Reprogram your brain with Psycho-Cybernetics
Attack all problems by <i>taking massive action</i>
Write a journal. Apps: stoicroutine.com + dayoneapp.com
Do a 7 Minute Workout every morning. App: 7minworkoutapp.net
Organize yourself. Books: Getting Things Done + Zen to Done
Walk more: to work, during lunch, do walking meetings
Do regular body scans to relax all muscles
Do what feels good. Feel continued resistance? That's a sign you're on the wrong path
Do you look forward to the future with gladness & anticipation? If no, make a change
Looking for a life philosophy? Give Stoicism a try. Book: A Guide to the Good Life
Have a crisis? There is no shame in asking for help

WEALTH
Spend less than you earn. Books: Rich Dad, Poor Dad + The Richest Man in Babylon
Have a high savings rate ("Pay yourself first"). Book: Your Money or Your Life
Don't build wealth for wealth's sake. Build it to buy freedom
Learn from the best (Warren Buffett, Bill Gates, Jeff Bezos)
See problems as business opportunities
The best time to create a business is in your 20s. The second best time is now
You can't get wealthy with savings alone. You need capital gains
Have an owner, not a consumer mindset.
Invest in yourself (books, courses, coaches). Buy a Scribd.com subscription
For each 1 hour of maintenance, do 3 hours of progress
Do >1000 hours of progress per year
Take advantage of compound interest
Find your Hedgehog Concept: 1) What am I deeply passionate about? 2) What am I genetically encoded for? 3) What drives my economic engine?
Build momentum for a long time (Flywheel Effect + 20 Mile March)
Know the difference between investing and speculation. Book: The Intelligent Investor
Develop your own investing philosophy
Use checklists for decision making. Book: The Checklist Manifesto
Take advantage of mass psychology ("Buy when there's blood in the streets")
Your own psychology is the most important factor for your investing success

**LOVE**

Remember the Top 5 Regrets of the Dying:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I didn't work so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

Cultivate love and compassion (e.g. by watching emotional movies)

Go on a one-on-one trip with a friend, a child, a partner

Write down things you are grateful for

Experiences & memories are more important than possessions

Study Nonviolent Communication by Marshall Rosenberg

Spend time with your parents before they die

Spend time with animals

Put your wealth to good use. Book: The Life You Can Save

**HAPPINESS**

Have a creation, not a consumer mindset

Be a lifelong learner

Express yourself

Avoid the hedonic treadmill. Learn to be happy with what you have

Study the Universe. Books by Stephen Hawking are wonderful

Help others. Consider starting a blog, a newsletter, a Podcast or YouTube channel

"If today were the last day of my life, would I want to do what I am about to do today?"

Challenge the status quo

Ask "What's the point?" and "Why?" more often

Whenever there is a battle between your heart and mind, follow your heart

Your time is limited. Don't waste it living someone else's life

If you haven't found what you are looking for, don't settle. Keep looking

To learn more, visit [remo.org](http://remo.org).