



# THE TOP 75 HACKS TO BECOMING SUPERHUMAN

After interviewing over 150 of the world's top SuperHumans and performance experts, a number of themes and "best practice" hacks have stood out.

Here are the top 50 things you should try out to optimize your performance in every area of your life.

For each, you will find a link to the top podcast where I've discussed that subject.

## DIET & NUTRITION

- ☐ The Paleo Diet (Cut all grains, dairy, sugar, and processed foods from your diet)
- ☐ A Ketogenic Diet (High fat, little or no carbohydrates)
- ☐ Intermittent Fasting (Fast for 12-18 hours per day, consuming only water and tea)
- ☐ Extended fasting (Fast for 24-72 hours, consuming only water and tea)
- ☐ Add "bone broth" and other sources of collagen and vitamins to your diet
- ☐ Experiment with foods from the mushroom kingdom as supplements
- ☐ Switch out your daily coffee for brain-boosting Yerba Mate or black tea instead
- ☐ Try out some top-recommended vitamins and supplements
- ☐ Drink 2-3 liters of water per day
- ☐ Try out a green juice supplement to get extra fiber and vitamins
- ☐ Cut all alcohol from your diet for an extended period of time (or forever)

# SLEEP & RECOVERY

- ☐ Make your room completely pitch black at night
- ☐ Sleep in multiples of 90 minute cycles (i.e. 6 or 7.5 hours, never 7 or 8)
- ☐ Track your sleep using Sleep Cycle or a wrist-worn tracker
- ☐ Invest in high-quality bed, pillows, and sheets that suit your body
- ☐ Don't use any screens 2 hours before bed
- ☐ Install F.lux or apply Night Shift mode on all electronic devices (makes screens yellow)
- ☐ Wear blue-blocking (orange) sunglasses before bed
- ☐ Use Phillips Hue or other smart lights to change the intensity and color of light at night
- ☐ Try out Reishi Mushrooms before bed
- ☐ Try out Valerian root before bed
- ☐ Try out Honey + Apple Cider Vinegar or other "sleep cocktail" before bed
- ☐ Change your sheets as often as you can
- ☐ Consider sleeping in another room from your partner when necessary
- ☐ Experiment with a "biphasic" or "polyphasic" sleep schedule and take daily naps
- ☐ Elevate your heart rate in the morning
- ☐ Ensure that you are receiving enough Vitamin D by exposing yourself to sunlight

## EXERCISE & FITNESS

- ☐ Get your heart rate to 75% of capacity for at least 30 minutes, 3-5X a week
- ☐ Do High Intensity Interval Training (HIIT) like CrossFit instead of long workouts
- ☐ Remove all “machines” from your workout and replace with functional movement
- ☐ Complete weightlifting or other form of resistance training 3 times per week
- ☐ Keep records of your personal best and track your progress over time
- ☐ Commit to an extreme challenge such as a marathon or a Spartan Race

## LEARNING & MEMORY

- ☐ Develop your visual memory and learn to create “markers” for all new information
- ☐ Connect all new knowledge to pre-existing knowledge to enhance memorability
- ☐ Review new information in spaced intervals using Spaced Repetition software like Anki
- ☐ Pre-read all texts to create curiosity and interest, “priming” your brain for reading
- ☐ Learn to speed read by minimizing subvocalization & optimizing eye movements
- ☐ Apply “Brute Force” learning to learn from as many diverse sources as possible
- ☐ Use Feynman Technique and the power of teaching as a learning technique
- ☐ Experiment with safe nootropics such as paracetam, L-theanine, or yerba mate
- ☐ Take power naps to accelerate your learning

# PRODUCTIVITY & LIFESTYLE

- ☐ Meditate or do a mindfulness practice such as Yoga or Tai Chi every day
- ☐ Use the productivity star exercise to choose which tasks are the most important first
- ☐ Organize your life using The Wheel Of Life, and optimize for the areas that are lacking
- ☐ Use “maker” and “manager” days to allow you to get into flow when you need to
- ☐ Eliminate unnecessary distractions: disable all notifications and use Do Not Disturb
- ☐ Don't answer emails or messages immediately: train people to wait for answers
- ☐ Install RescueTime to eliminate distractions while working online
- ☐ Utilize “The Pareto Principle” to focus on the 20% of activities that yield 80%
- ☐ Put a timer on your router to turn off the WiFi at night when you should be reading
- ☐ Use a task management and collaboration software such as Asana or Trello
- ☐ Don't check your phone until you are done your complete morning routine
- ☐ Remove Facebook, Twitter, and other addictive social apps from your phone
- ☐ Automate simple tasks online using Zapier or IFTTT
- ☐ Beware of “Parkinson's Law.” Work expands to fill the time allowed to it
- ☐ Take a “mini retirement” at least once a year to clear your head and refresh
- ☐ Take a day off in the middle of the week to focus on creative thought and learning

- ☐ Design processes and manuals for your work so you can delegate it easily
- ☐ Hire an assistant overseas and delegate tasks to them
- ☐ Try out “pomodoro time.” 25 minutes of work, followed by a 5 minute break
- ☐ Block off large, uninterrupted slots of time (4 hours) to help get into “flow”
- ☐ Practice saying “no” to things you don’t want to or don’t have time to do
- ☐ Implement a “gratitude” practice such as journaling what you are grateful for

## LOVE & SOCIAL BONDS

- ☐ Practice direct and open communication with complete honesty
- ☐ Schedule a “date night” with your significant other every week
- ☐ Create once-in-a-lifetime experiences with the people you love
- ☐ Turn off cell phones and other devices when you’re with friends and family
- ☐ Cook a meal or host a dinner for once a week
- ☐ Use “dead time” while waiting or driving to call and check in on friends (handsfree!)
- ☐ Volunteer or spend time giving back to others on the weekend
- ☐ Cut out any negative people who hold you back or bring you down
- ☐ Create a strong network by providing value to others and helping them succeed