

The logo for i2mf, featuring the letters 'i2mf' in a stylized white font on a dark blue background.

IDEA TO MARKET FIT

LIFE HACKS

YOU WISH
YOU WERE
TOLD IN

20^s



Swipe



<https://i2mf.in/>



1. Manage your time

You're not overwhelmed, you're unorganized.

- Wake up earlier
- Create to-do-list
- Set deadlines
- Stick to your schedule





2. Stop looking for a new thing.

- A new job
- A new city
- A new partner

Make something out of your current situation first.





3. Focus on one thing



Everyone wants results, but nobody wants to stay focused.

The gap between your current life and the life you want is called the focus.

Focus 100% on one thing, instead of doing 5 things with 20% focus each.





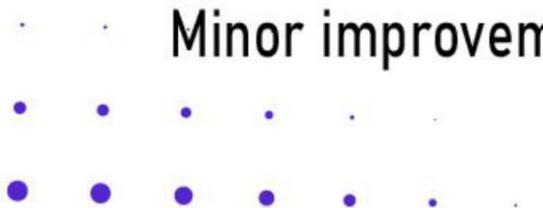
4. Make gradual improvements

You can't let go to level 10 with level 1 habits.

- Start by reading one page
- Start by writing one paragraph
- Start by doing one workout
- Start today

Then focus on getting 1% better everyday.

Minor improvements over time lead to big changes.





5. Stop chasing motivation

Your motivation is not the problem. It's your discipline that's holding you back.

- Stay consistent
- Meet your own deadlines
- Find an accountability partner

Long-term discipline and consistency are far more important than short term intensity.





6. Find your purpose

Without direction or a clear plan, it's hard to live a fulfilled life.

Everything in life becomes easier once you find your purpose and get clarity on what's next.





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