

OkDork by
NOAH KAGAN

Tynan's 3 Steps to Living a Great Life



Tynan's 3 Steps to an Amazing Life

How do you live the life you've always dreamed? Many people think it takes millions of dollars. But Tynan has been able to buy an island, apartments overseas, travel, and start businesses — while making only around \$70,000 per year. Here are his tips for life happiness.

1. Don't Follow Others

Are you living the life you think you *should* live?

Or are you living the life which makes you EXCITED to wake up? Aka the life you *want* to live?

You only get one shot at life. Don't waste your time copying someone else because you think it'll make you happy.

With a career as a professional gambler, pickup artist, bestselling author, and entrepreneur, I was inspired hearing from Tynan. He *constantly* strays off the conventional path to try new things.

When you try new things, you learn what works for you (and what makes you happy).

2. Stop Wasting Time

In life, I believe there's a trifecta of things which affect our overall happiness:

- Work
- Health
- Relationships

I've found the more I align my life with what I really want from these three pillars, the more satisfied and happier I feel.

I've heard from THOUSANDS of readers who dream of about [starting a business](#) and being their own boss. But very few of my readers actually start their business (even though I have an [entire program helping you](#)).

Most people dream about being entrepreneurs... then freak themselves out by saying "I could never do that!" or "now's not the time."

Three years later, these people are still wasting away in an office they hate.

Stop wasting time doing something you hate. Think about what matters to you most in life and try to spend more time there.

3. Change Doesn't Have to Be Permanent

Change can be daunting. But one thing people often forget is that change doesn't have to be permanent.

For example: Choosing to go vegan forever is a huge decision.

But, choosing to eat vegan for a month to see what it's like is a much simpler choice to make. If it doesn't work out, no big deal. You can always go back to your normal eating.

Recently, I've been experimenting with changes to my lifestyle — including a new car and a new apartment. I call it my “[Test Shit Out Strategy](#).”

Break down potentially large changes into smaller chunks that give you chance to see how it affects your life. For example:

- Don't go vegan right away, try it for a week or a month to see how you get on
- Don't [purchase your dream car](#) until you've rented it for a while
- Airbnb a place in a new city for a month before you commit to moving full-time

More Epic Tips from Famous People

Get more tips from Tim Ferriss, Neville
Medhora, Brian Dean, and dozens
more. Check out my podcast by
clicking the button below.

Hear
more