



Rule #7

Your Bucket List for Deeper Influence

Rule #7 of the Simple Rules of Influence is to “Manage Your Action.” Start now. Your mission (should you choose to accept it) is to improve your most important relationships by practicing each one of these simple rules. Over the next 7 days, use this bucket list to level up your influence.

Manage Your State

- Read 101 Ways to Manage Your State
- Choose 1 of the 101 ways that you haven't tried. Google it. Try it.
- Leave a conversation that has turned negative or becomes gossip
- When you see someone handle something well, ask them about it.

Remove Objections Early

- Before joining a meeting list 3-5 objections others might have.
- Identify 3-5 limiting beliefs a friend or loved one has.
- When you hear the word “can't”, turn it into a question “How can I/we...?” Then think of 3 or more answers.

Remark About Remarkables

- Scroll through your contacts, texts, email, or DMs & find someone you haven't messaged in a while. Think of something you appreciate about them. Text them or email them. (Use this powerful template, if you're stuck)
- Do it again for 2-3 more people.

Make Them Comfortable

- Practice the [body language of listening](#)
- Ask someone about something they love to talk about. Let them talk.
- During an uncomfortable moment, observe others for their own signs of discomfort.
- Journal after having a good time with friends. What made you comfortable?

Move Them w/ What Moves Them

- Send someone an unexpected gift
- Sincerely ask someone about a hobby of theirs (pay attention to analogies or reframes that may serve them later)
- Before going to someone's house/office, write down (or simply reflect on) 5-10 things they care about.

Make It Easy

- Print this Bucket List & post it front-&-center
- Choose an action on this Bucket List and schedule it. Put it on your calendar.
- Google a behavior you want & add “hacks”.
- Automate and investment or a donation.

Level Up Your Influence

- Subscribe - [Influence Every Day podcast](#)
- Read - [The Power of Moments \(Heath\)](#)
- Join the [Influence Book Club](#)
- Get a coach



101 Ways to Manage Your State

Your state is a primary component of your performance at anything and everything. In fact, memory, learning, body language, word choice, how your next conversation goes, tone of speech, and many more things beyond these are state-dependent. Managing your state won't solve all of your problems or secure all of your opportunities, but it is absolutely vital to all of them. Here are 101 easy things you can try:

- List 5 things you're grateful for
- Meditate
- Pray
- Go for a walk
- Call someone you love
- Enjoy a cup of tea
- Play with a child
- Cuddle a pet
- Watch a short video
- Write in a journal
- Color a mandala design
- Listen to a podcast
- Read a book
- Handwrite a card & send it
- Thank someone
- Send an unexpected gift
- Compliment someone
- Workout
- Go for a run
- Listen to music
- Read an inspirational story
- Learn something new
- Yoga
- Disconnect
- Book a vacation
- Schedule a random day off
- Invite someone out for coffee
- Walk on grass in bare feet
- Listen to sounds of nature
- Water your plants
- Take a bath
- Get a massage
- Give a massage
- Tell someone you love them
- Bring food to a neighbor
- Donate some money
- Read a holy book

- 5-4-3-2-1 attention exercise
- Fast from the news
- Pay for someone behind you
- Try a new hobby
- Resume an old hobby
- Look at pictures of loved ones
- Ask for help
- Help someone
- Volunteer at an event
- Get together with friends
- Compete
- Count or list allies
- Rearrange the furniture
- Improve your work space
- Power nap
- Leave a nice sticky note
- Power pose
- Stretch
- Do an unexpected favor
- Watch a TED talk
- Get a haircut
- Get your car washed
- Play a board game
- Solve a puzzle
- Walk in the rain
- Watch birds
- Make your own Top 10 list
- Look up powerful reframes
- Make someone's day
- Thank someone u don't know
- Schedule "me" time
- Rose, Thorn, Bud exercise
- Sign up for coaching
- Light a scented candle
- Put on perfume/cologne
- Doodle
- List 3 wins from last week

- 3 Good Things exercise
- Sit outside
- Watch a funny video
- Put your phone away for 2hrs
- Schedule a date night
- Invite someone over
- Guided-imagery
- Self-hypnosis
- Visualization
- Write your younger self a note
- Tai Chi
- Smile
- Make ammends
- Focused, deep breathing
- Bake some cookies
- Swing on a swing set
- Go to a park
- Schedule a friends night out
- Create a bucket list
- Try a new restaurant
- Try a new cuisine
- Go to your favorite restaurant
- Learn to cook a new dish
- De-clutter
- Sing in the shower
- Put on your best clothes
- Power phrases - rosary, dhikr, mantras, affirmations, etc

Write your own:
