

A portrait of Mikkel Thorup, a man with a beard and short dark hair, wearing a dark blue button-down shirt with his arms crossed. The background is a solid light blue.

94 THINGS I DO TO SET MYSELF UP FOR SUCCESS

MIKKEL THORUP

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THE COMPANION GUIDE TO EPISODE 178 OF OUR PODCAST

MORNINGS

- Water first thing in the morning
- Creatine Monohydrate
- Lion's Mane Tincture - Finland, compounds
- Espresso <https://amzn.to/3xzYTyD>

WATER

- Berkey - <https://expatmoneyshow.com/water-filter>
- Remineralization Stones
- Change water bottle to steel or glass <https://amzn.to/3Oht0AE>
- Soda stream <https://amzn.to/3xzDci8>
- Ice maker

DENTAL

- Upgrade everything
- UV light for toothbrush <https://amzn.to/3Mco4v3>
- Toothpaste - Himalaya Botanique Neem & Pomegranate Toothpaste <https://amzn.to/3rz9xSd>
- Better toothbrush - Extra soft 20,000 bristles - EasyHonor <https://amzn.to/3M97tbx>
- Dental floss - Xlent charcole, coconut fibre <https://amzn.to/3JROP6y>

PHYSICAL

- Exercise - X3 Band
- Static & Dynamic Stretching
- Time for reflection
- Laugh with my kids
- Take loads of breaks
- Lose excess body fat
- Steam room
- Red light therapy <https://amzn.to/3KTFGeO>
- Limit screen time
- Naps - Sleep tracker <https://join.whoop.com/0D526D>
- Posture
- Eliminate mouth breathing
- Cold showers

DIET

- Keto
- Intermittent fasting
- Switch everything to organic
- Cut back on alcohol consumption
- Cut back on cigar smoking
- Gluten-free Remove processed foods
- Healthy oils only, remove vegetable oils

MAKE MY LIFE EASIER

- Remove all chemicals from the home - cosmetics, soaps, deodorants, cleaners
- Organic natural soaps and cosmetics
- Hire a maid clean house
- Hire a nanny
- Track everything
- Journal
- UV Light for mould - <https://expatmoneyshow.com/mold>
- To Do list for everything

WORK

- Define work hours
- Study and read daily
- Invest in relationships
- Invest in community
- Invest in myself and my education
- Build systems for everything
- Raise monitors
- Ergonomic mouse <https://amzn.to/3McCrzo>
- Back pad for posture
- Footstool
- Reflexology roller

RELATIONSHIPS

- Removing negative people from your life
- Currate relationships
- Be very protective over who you spend time with
- Family life
- Two meals a day with family
- Friends and social group

EDUCATION

- Be very protective of where I get my information and what lens it is presented in
- Read for 3 hours a night
- Audible <https://amzn.to/3Eon985>
- Podcasts
- Legal classes or accounting classes

SUPPLEMENTATION

- Netropics - Qualia
- Vitamin C
- Zinc with Copper
- Vitamin D
- Brazil nuts (selenium)
- Spirulina
- Chaga Tincture
- Reishi Tincture - [Siim Land EP 146](#)
- Shiitake Tincture <https://www.kaapahealth.com>
- Krill Oil
- Boron

EVENINGS

- Blue light-blocking apps
- Blue light-blocking timers (greyscale)
- Blue light blocking lights in the bedroom
- Candles
- Cupping
- Massage
- Muscle gun <https://amzn.to/3uPEunb>

SLEEP

- 9 to 10 hours a night of sleep
- Sleep tracker <https://join.whoop.com/0D526D>
- Sleep mask <https://amzn.to/3KQ0949>
- Brain.FM - different state
- Orthopedic bed
- Pillow for side sleepers <https://amzn.to/3M9pZ3w>
- Memory foam pillow
- Silk pillow slip with copper ions - <https://envypillow.com>
- Bamboo sleep mat
- Melatonin & Gaba
- Magnesium <https://expatmoneyshow.com/breakthrough>
- Cannabis products <https://expatmoneyshow.com/joy>

