

My top 5 this week

- Small Shifts, Big Results -
Why the 1% rule works
- Want buyers to care?
Sell what actually **MATTERS**
- How do High Performer use ChatGPT?
- Procrastination is the silent
dream killer
- The Great KINGDOMINO Downfall



QuintSmart

*Learn how to Learn, Retain and
Recall with Ease*



Small Shifts, Big Results

Why the 1% rule works



Graham Nicholls • 1st

Founder. I help people to help other people! An internationally best selling training...

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- Improving by **1% every day for a year** leads to a **37x improvement**.
- Conversely, a **decline of 1% daily** results in **nearly all** progress being **lost**



QuintSmart

Learn how learn, retain and recall with ease

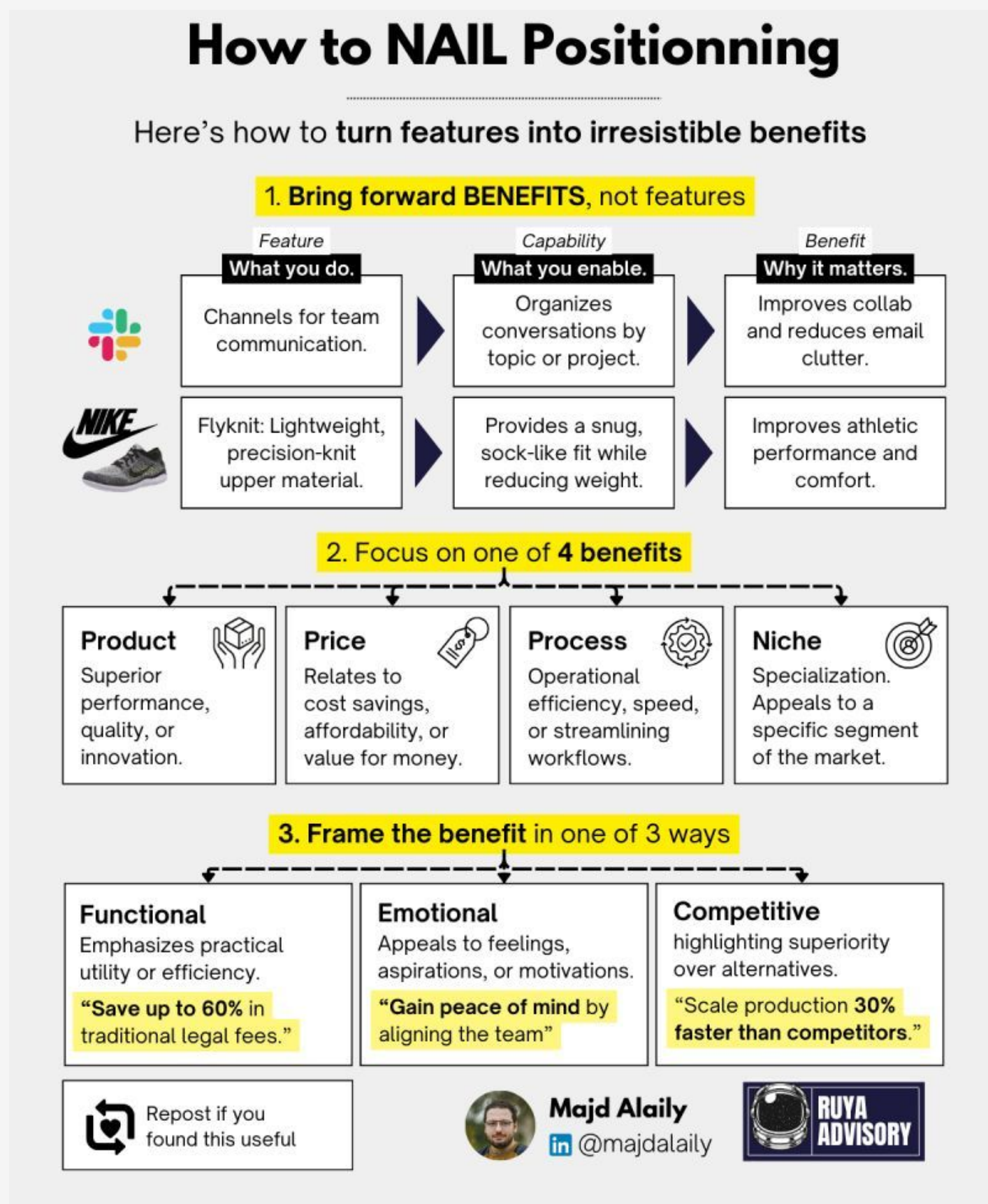


Want buyers to care?

Sell what actually **MATTERS**


Majd Alaily • 1st
 3x Founder | ex-Google | Design Thinking | Let's Launch, Grow, Fundraise For You...
 2d • 🌐

Built around the **Feature-Capability-Benefit** framework



How do High Performer use ChatGPT?



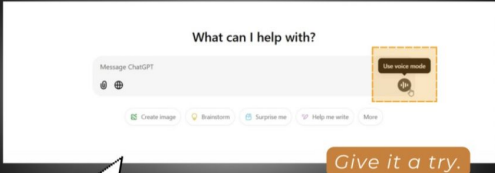
Dr. Jerry Hu • 1st

⚡ Achieve High Performing Mind Advantage | ⚡ Accelerate Your Clarity, Courag...
17h • 🌐

1

Voice mode

Voice-to-voice is, by far, the feature that I use the most. I would always go to my app when I needed to speed up the process of whatever it was that I wanted from ChatGBT



Give it a try.

2

Forward Slash

Our next feature is the forward slash. When you click the forward slash, what you're going to see are three pre-programmed chatbots that pop up.

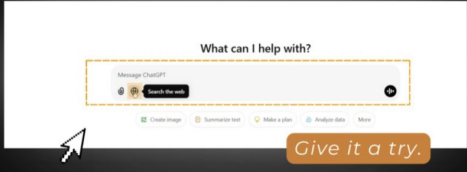


Give it a try.

3

Search

Our next feature is the Search the Web feature, This tool will help you in your searching process, it's bring all the data that you describe in seconds.



Give it a try.

10

ChatGPT

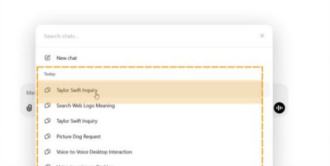
Power Moves

4

CTRL Command K

The more you use ChatGPT, the more you're going to need to search some of your old requests, some of the old threads that you have.

Well, this feature solves that problem and I find that I'm using this feature more and more. go to your you press Ctrl-Command-K, search box will show up.

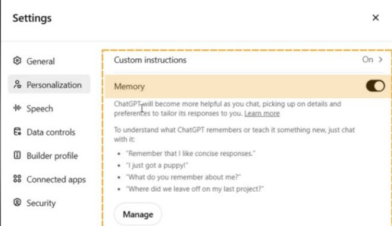


5

Memory

This feature will help your chat GPT remember everything you mention for it.

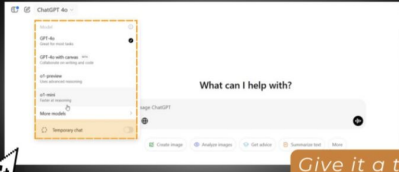
It also makes chat GPT your super assistant



6

Temporary Chat

This feature makes Chat GPT not remember the information that you not using it, it's make it more cleaner




Give it a try.

7

Improve the Model for Everyone

This hack makes chat GPT learn everything and get smarter every time you use it.


It's make it like your second brain



8

Customize ChatGPT

You can customize your Chatgpt to make it more easier for you and it's also getting better answers for you.




9

Archive

The more you use chat GPT, the more you make history using

This history always needed to be cleaned to make it more easier to use



10

MyGPTs

It'll bring you over to a whole lot of chatbots that people have already created. There are millions and millions of chatbots that can make your life You'll see the most popular GPTs are on the front organized in major categories, writing, productivity, research, analysis, education, lifestyle, programming



QuintSmart
Learn how learn, retain and recall with ease



Procrastination is the silent dream killer.



Marajul Islam • 2nd

Using Sales Funnels, I Help Fitness Coaches Turn Clicks Into Cust...

[Visit my website](#)

7 brutal truths about procrastination

- **Fear Fuels Inaction**
- **Distractions** Aren't Innocent
- **Deadlines** Are Your Best Friend
- Waiting for **Motivation is a Trap**
- **Overwhelm Feeds** Procrastination
- **Your Future Self** is Counting on You
- **Perfectionism** is Procrastination in Disguise



The Great KINGDOMINO Downfall: → A Father's Tale of Defeat 🤔

A brutal 6:1 defeat by our first arriver over Christmas in the board game Kingdomino.

3 real lessons

- Experiment, fail, adjust, repeat
- Sometimes you need a good beating to learn
- Cherish these moments *even when they crush your gaming ego*



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