

ALGORITHM HACKING BLUEPRINT

1 CREATE A NEW INSTAGRAM

- **New Account:** Focus on goals & dreams.
- **Old Account:** Use for entertainment and mindless scrolling/cheap dopamine.



2 CLEAN UP YOUR FEED

- **Engage:** Only with content that aligns with your goals & highest self.
- **Avoid:** Negative content. Scroll past anything that raises your blood pressure immediately.



3 DITCH ADS

- **Actions:** Click "Not Interested" on all ads.
- **Focus:** Skills and knowledge acquisition for your dream life.
- **Block:** All companies manufacturing your insecurities/limiting beliefs.



4 FOLLOW THE RIGHT PEOPLE

- **Seek Advice:** On challenges you'd face in your dream life.
- **Follow Experts:** Thought leaders in your industry.
- **Connect:** Thoughtfully with influencers for potential friendships.



5 SKIP THE JUNK

- **Don't Follow:** Instant gratification accounts.
- **Maintain Discipline:** Keep your feed goal-aligned.
- **Avoid:** Sexualized material and most memes.



6 STAY CONSISTENT

- **Review Regularly:** Ensure your feed aligns with your goals.
- **Adjust:** Unfollow or mark "Not Interested" on distractions.
- **Forgive Yourself:** Get back on track if you fall off.

