



Life could be getting better all the time

The party is over — it's time to clean up your act

A life hack is a shortcut to a more productive and fulfilling life. The beginning of a new year is when many people take a look at where they are in life and where they would like to be, and resolve to make changes to get closer to the ideal. **Lifehack.org** is a website full of advice on how to achieve your self-improvement goals.



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The site promises that you can have it all — a full life and a

rewarding career — if you use its hacks. I think the site is poorly named though, because while it does contain lots of good information on improving many aspects of your life, most of it is lifestyle changes that you commit to long-term rather than shortcuts. The gist of it all is eat right, exercise, get enough rest, avoid stress and stay socially engaged to live your best life. This is basically the same advice doctors and mothers have been giving for years. But that doesn't mean the advice isn't worth repeating.

Lifehack organizes its advice into different categories, but

there's a lot of overlap when it comes to strategies for improvement. Under the Your Current Challenges menu item at the top of the page is a dropdown of different sections. They cover topics such as living a full life, achieving goals, getting motivated, staying focused, learning faster, getting in shape when you're busy and improving performance. Under the Topics menu is a dropdown of sections covering a lot of the same territory, with a half dozen more added, such as parenting, relationships and mental wellness.

These various sections contain articles with tips and advice on how to achieve the desired result. Many of them also have more in-depth guides available for download. There's also a menu item called Courses that offers free and paid classes for all the different subjects. The only course listed

under the free category when I looked was a 30-minute workshop on eliminating procrastination.

The paid classes section has a larger selection of courses. The different courses take days or weeks to complete and cost hundreds of dollars. The site features testimonials from students with titles like digital productivity coach, self-improvement expert, professional life coach, confidence expert and wellness advocate, entrepreneur and other vague professions that I'm not sure are even real jobs.

The page-top menu also has a section called Lifehack Show, which features YouTube videos covering a lot of the same territory as the articles. There's also a Shop section where you can buy supplements claiming to improve your mental state, coffee, planners and Lifehack swag.

As I mentioned before, the articles contain a lot of common sense and good advice. They advocate making small, manageable changes now that can lead to major improvements over time. Some of the free content offers specific information on the different categories, but I'm guessing the best information is saved for the paid subscribers. The writing is a little clunky at times, almost as if it were written by someone whose first language is not English, or translated from another language. I didn't take any of the courses offered, so I can't comment on their quality. But if you have some specific areas in life you want to improve, browsing the free content may be helpful.

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