PRODUCTIVITY · 8 min read · October 21, 2026 · By Kelly Stratton

Videos to Watch Instead of Brain Rot

These are the five YouTube videos I would watch first.

You're going to pick up your phone tonight anyway, so let's make one of those sessions count. Each one is a video I'd hand a friend who wants to learn faster, talk with more confidence, finally get going with AI, get serious about money, and stop quitting on themselves. Every one of them runs under half an hour. For each one I've pulled the idea worth keeping, the spot to jump to if you're short on time, and one small thing you can do today, so you walk away with something real.

> IN A NUTSHELL
>
> Brainrot is that foggy, wasted feeling after an hour of short videos that leave nothing behind. The easiest fix is to keep your phone and swap one scroll session for one video that teaches you something you can use the same day.

Video	Helps you	Length
Sandeep Swadia	Learn anything faster	12:35
Codie Sanchez	Speak with confidence	25:56
Jeff Su	Get started with AI	13:16
Alex Hormozi	Get serious about money	15:23
David Goggins	Stay disciplined	15:35

#1 Learning

How Do I Learn Anything Faster?

> WHY I PICKED IT
>
> I love Sandeep Swadia. He has a way of delivering information that makes you feel like you can do it, and want to do it.

Stop cramming. Sandeep Swadia, who says he failed every course he took in college, now learns with what he calls the 3C protocol: compress the material down to the part that matters, compile it by testing and teaching it, and consolidate it with real rest. Rest is when the learning sticks, so it counts as part of the work.

Watch it: How To Learn So Fast It's Almost Unfair, Sandeep Swadia, 12 minutes.

Grab this:

- **Pick the part that matters, then connect it.** Before he reads a book, he asks which 20 percent of it will give him most of the benefit, and he reads only those chapters, sometimes more than once. Then he asks where he's seen the idea before, because a new idea sticks when you tie it to something you already know.
- **Teach it to learn it.** He calls this the boss tool. Once he learns something, he explains it to someone, or lectures the wall like he's giving a talk, and tries it from different angles until it clicks.

Jump to: 2:45 for the three steps, or 8:47 for teaching it to learn it.

> DO THIS TODAY
>
> Pick one thing you want to learn this week. Learn one small piece of it, then explain it out loud for two minutes to a friend, your dog, or the wall. The spot where you stumble is the part to go back over.

#2 Confidence

How Do I Stop Rambling When I Talk?

> WHY I PICKED IT
>
> This is one of the best videos I have ever seen on how to communicate effectively. I've passed it around to everybody I know.

Say less, on purpose. Codie Sanchez's 3-2-1 trick is made for the conversations that matter: pause for three seconds, make only two points, then end with one question. The pause steadies you, two points are easy to follow, and the question pulls the other person back into the conversation instead of letting them drift.

Watch it: Stop Rambling: The 3-2-1 Speaking Trick That Makes You Sound Like A CEO, BigDeal by Codie Sanchez, 26 minutes.

Grab this:

- **The 3-2-1 trick.** Someone says something you don't like, or you need to be heard. Pause for three seconds. Give only two points. End with one question, like "Can we talk about that one point together?"
- **Talk in short bursts.** She says to speak for five to ten seconds, then stop and let the other person go. It feels uncomfortable, and it's the thing that gets you heard, especially in an argument. Your short answers tend to make theirs shorter too.

Jump to: 9:49 for the 3-2-1 trick, or 12:06 for talking in short bursts. If you have one more minute, 24:45 shows how to end a meeting: "Here's what I recommend we do next," instead of "Let me know what you think."

> DO THIS TODAY
>
> In your next conversation that matters, a meeting, a call, or a talk at home, use 3-2-1 once. Pause for three seconds, make two points, ask one question. Notice how the other person responds.

#3 Learn AI

How Do I Learn AI From Scratch?

> WHY I PICKED IT
>
> It's a great video to get started and get your feet wet learning AI, with simple, clear explanations.

Pick one AI and go deep. Jeff Su lays out three levels: choose ChatGPT, Claude, or Gemini and switch it to its most capable model, learn to give it a clear outcome plus the right context, then save that context so you stop repeating yourself. The part you can skip is memorizing prompt formulas.

Watch it: How I'd Learn AI From Scratch in 2026 (skip the useless 80%), Jeff Su, 13 minutes.

Grab this:

- **Pick one, then change the default.** He says the big three are now close enough that the skills you build in one carry over to the others, so pick the one that fits your work and stick with it. If your job gives you a paid plan, start there. The apps start you on a lighter model, so for real work, switch to the most capable one you have.
- **Outcome plus context.** Instead of writing a long prompt, tell the AI what you want and hand it real examples of what good looks like. His example: paste in your last two or three approved status updates plus this week's notes, and ask for this week's

update in the same format.

Jump to: 0:20 for picking a model, or 4:04 for outcome plus context. When you're ready for the next step, 7:08 shows how to save your context in Projects (ChatGPT and Claude) or Gems (Gemini).

> DO THIS TODAY
>
> Open the AI you already use and switch to its most capable model. Then paste in one real example of something good, an email you were proud of or a past report, and ask for a new one for this week in the same style.

#4 Money Mindset

What Do I Do If I'm Tired of Being Broke?

> WHY I PICKED IT
>
> Hormozi's the GOAT when it comes to making money and business.

Get honest with yourself and trade up. Alex Hormozi made this video for a young dad working two jobs, and his plan is blunt: cut costs hard for a season, pick one skill that pays more and study it on a timer, then go after better jobs with real effort, over and over. In his words, volume negates luck.

Watch it: watch this if you're tired of being broke, Alex Hormozi, 15 minutes.

Grab this:

- **It's ignorance, not sadness.** When you feel hopeless about money, he says to tell yourself it means you don't know enough yet. That's something you can change.

- **Volume negates luck.** Don’t count on catching a break. Send a personal message to more than one person at every company, write a cover letter for each job, and keep going every day. A no costs you nothing, and every attempt teaches you something. As he puts it, you either learn or you win.

Jump to: 2:30 for ignorance, not sadness, or 11:10 for volume negates luck.

> DO THIS TODAY
> Pick the one skill you'd most like to get paid for. Set a timer, put your phone in another room, and spend one focused block learning it. Hormozi's tip: use a cheap kitchen timer, not your phone, and stop the clock any time you look away.

#5 Discipline

How Do I Become Mentally Tough?

> WHY I PICKED IT
> I've listened to David Goggins for years and read all of his books. There's nobody better to learn mental toughness from. He's changed his life with the principles he lives by.

Train your mind the way you’d train your body. David Goggins says the most important conversation is the one you have with yourself, and you have to change that voice before anything else changes. When your talent runs out, it becomes a mental game, and repetition is what carries you through it.

Fair warning before you hit play: Goggins swears a lot, and if that’s not your thing, it’s still worth it for the message.

Watch it: The Only 15 Minutes You Need To Become Mentally Unbreakable, clips from David Goggins interviews, put together by the Champions Mentality 365 channel, 15 minutes.

Grab this:

- **The voice in your head comes first.** “The most important conversation is the one you have with yourself.” You wake up with it, you go to bed with it, and eventually you act on it. Until you change what it tells you, he says, you stay in the same spot.
- **Start, then start again.** If you feel like you don’t have the talent, you can’t wait to begin. Start now, and if it wasn’t good enough, go back and start again. He says repetition taught him everything.

Jump to: 2:34 for the conversation with yourself, 4:50 for repetition, or 8:46 for what happens when talent runs out.

> DO THIS TODAY
>
> Ask yourself the question he asks every day: "What am I going to do today to change what I see in this mirror?" Pick one thing, even a small one, and do it before bed. When your head hands you an excuse, notice it and do the thing anyway.

START HERE Which Video Should I Watch First?

Start with the one that matches what’s on your mind right now. You can watch the rest later, one a night.

- **You’re learning something new for work or school:** start with Sandeep Swadia.
- **You have a meeting, an interview, or a hard talk coming up:** start with Codie Sanchez.
- **You keep meaning to get started with AI:** start with Jeff Su.
- **Money is tight and you’re tired of it:** start with Alex Hormozi.
- **You keep starting things and stopping:** start with David Goggins.
- **You’re not sure:** start with Sandeep Swadia. Once you know how to learn, you’ll get more out of the other four.

Watch one tonight and do its small thing before bed. Then come back for the next one. I'm rooting for you.

THE FINE PRINT

These videos belong to their creators, and the ideas in them are theirs. I picked them because I think they're worth your time. The money advice is Alex Hormozi's and is general information, not financial advice. Do what fits your own life.

FAQ Questions People Search About Videos to Watch Instead of Brainrot

Straight answers

What videos should I watch instead of brainrot?
Pick videos that leave you with something you can use the same day. My five: Sandeep Swadia on learning faster, Codie Sanchez's 3-2-1 trick for speaking with confidence, Jeff Su on learning AI from scratch, Alex Hormozi for a wake-up call about money, and David Goggins on becoming mentally unbreakable. Each one runs under half an hour.

What should I watch on YouTube instead of doomscrolling?
One video with one idea you can try today. Start with whatever you need most right now: learning something new, a hard conversation coming up, getting started with AI, money stress, or a habit you keep quitting. The five in this guide cover each of those, with the exact minute to jump to if you're short on time.

How do I stop brainrot?
You don't have to throw your phone in a lake. Swap one scroll session for one useful video, grab one idea from it, and do one small thing with that idea before bed. Doing something with it is what makes it stick. Each video in this guide comes with a small action you can take the same day.

How do I learn anything fast and remember it?
Stop cramming and use Sandeep Swadia's three steps. Compress the material down to the part that matters most, then test yourself and teach it out loud to someone, even the wall. Then rest: he takes short pauses during study and protects his sleep, because rest is when your brain holds on to what you learned.

How do I stop rambling when I talk?
Try Codie Sanchez's 3-2-1 trick. Pause for three seconds before you answer, make only two points, and end with one question that pulls the other person back in. She also says to talk in short bursts of five to ten seconds, then stop and let the other person speak. Shorter answers get heard.

How do I learn AI from scratch?
Pick one AI and go deep. Jeff Su says ChatGPT, Claude, and Gemini are close enough that the skills carry over. Switch to the most capable model your plan offers, then give the AI a clear outcome plus real examples of what good looks like. You can skip memorizing prompt formulas and get better results.

How do I become mentally tough?
Start with the voice in your head. David Goggins says the most important conversation is the one you have with yourself, and nothing changes until that changes. Then build it with repetition: start, and if it wasn't good enough, start again. Talent only takes you so far, and the mental game takes over from there.

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