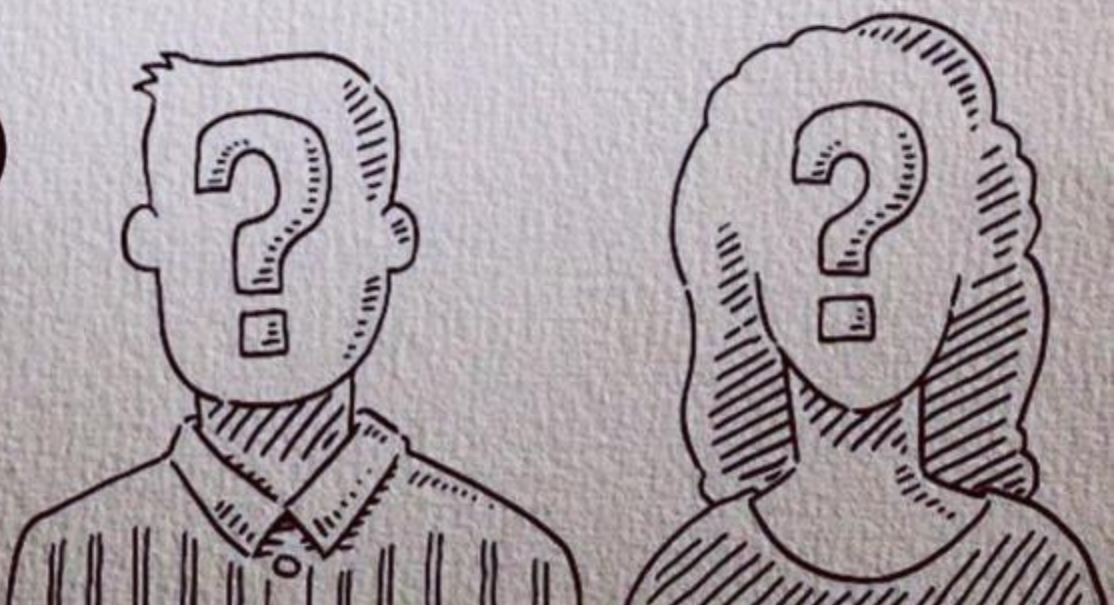


For The Next 6 Months,
Become **Addicted To**
These 9 Habits, And
You'll Be
Unrecognisable
By May 2023.

(Swipe Left)



1. Waking up at 5am

Waking up early means you're already ahead of everyone else.

Waking up earlier gives you more time to;

- Workout
- Plan your day
- Work on business
- Be more productive

It's a huge life hack and gives you more time to achieve your goals.

2. Writing down your thoughts before bed

Writing before bed will improve your quality of sleep.

Here's what you can write down;

- Your goals for tomorrow
- What you're grateful for
- Any negative thoughts

This will improve your mental health dramatically.

3. Learning an online skill 30 mins a day

With inflation rising and taxes rising, an online skill will save you financially.

Here are a few skills I recommend:

& Coding

- Youtube
- Copywriting
- Digital Marketing
- Content Creation

You can earn \$50-\$250+/hour.

4. Spend 1 hour a day exercising

To have a good mental health, you have to also have good physical health.

Exercises that have the best results;

- Running
- Swimming
- Lifting weights

These will strengthen and tone your body fast.

5. Sit in silence 10 minutes a day

Your mind is racing with hundreds of thoughts every minute.

Take 10 minutes to:

- «• Sit in silence
- Practice mindfulness
- Give your mind a break
- Be present in the moment

This is an underrated habit for your mental health.

6. Create a proper sleep schedule

Sleep is essential for you;

- Performance
 - Mental health
 - Reducing stress
- & Improving your mood

Do this for deep and quality sleep;

- No screen 2 hours before bed
- No eating 2 hours before bed
- Make your room cooler
- Use blackout curtains

7. Take a 30 minute walk in nature

Nature is proven to help you:

- Get rid of anxiety
- Increase happiness
- Improve your mood

It's one of the best hacks for improving your day.

8. Read 20 pages a day

Reading will strengthen your mind and also:

Increase your focus

- Increase your knowledge
- Increase your self-confidence

Just 20 pages a day will give you a huge return in life.

9. Drink water with every meal

Staying hydrated can be hard.

Water is essential for you:

- Mind
- Health
- Recovery

So take 1L of water to every meal and don't leave the table until you finish it.