
**For The Next 6 Months,
Become Addicted to these 9
habits, And You'll Be
Unrecognizable By March
2025:**



1.Waking up early:

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 is 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 minutes a day:

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

Here are a few skills recommended:

- **Coding**
- **YouTube**
- **Copywriting**
- **Digital Marketing**
- **Content Creation**



4.Spend 1 hour a day exercising:

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

Exercise 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 & quality sleep:

- **No screen 1 hours before bed**
- **No eating 3 hours before bed**
- **Make your room cooler**
- **Use blackout curtains**



7. Take a 30 minutes 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 10 pages a day:

Reading will strengthen your mind and also:

- **Increase your focus**
- **Increase your knowledge**
- **Increase your self-confidence**

Just 10 pages a day will give you a huge return in life.



9. Review your goals:

**Remind yourself who you want to be.
14% who have goals are 10x more
successful than those without goals.**

**The 3% with written goals are 3x more
successful than the 14%.**



**Recap: For The Next 6 Months,
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March 2025:**

- 1.Waking up early**
- 2.Writing down your thoughts before bed.**
- 3.Learning an online skill 30 minutes a day**
- 4.Spend 1 hour a day exercising**
- 5.Sit in silence 10 minutes a day**
- 6.Create a proper sleep schedule**
- 7.Take a 30 minutes walk in nature**
- 8.Read 10 pages a day**
- 9.Review your goals**