# Bad habits will ruin your life.

Here are 6 bad habits you need to stop before 2023:

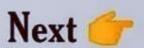


(SWIPE LEFT)

#### Hanging around negative people

You are the average of the 5 people you spend the most time with.

If you hang around with negative people, you will become a negative person.

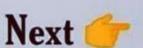


#### Lack of exercise

You not only look & feel better physically when you exercise.

But you also feel so much better mentallyexercising regularly destroys anxiety and depression.

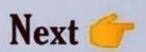
By not exercising you're missing out on incredible benefits.



### Dwelling on the past

If you can't change it, don't think about it.

Dwelling on the past will do nothing, look to the future.

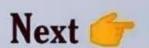


## Having a poor diet

It's cheesy, but the saying:"You are what you eat" is so true.

Eat clean, healthy food and you'll feel like a million bucks.

Eat fatty, greasy food and you'll feel terrible.



#### Not building something

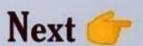
When we lack purpose we are left to wander.

#### It's why we:

- Wasting time on social media
- Don't have a daily routine
- Procrastinate

You get stuck and stop growing.

Visualize daily what you want to do in your life and fight to stay connected to it.





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