



**9 addictions  
you must break  
to become your  
best self:**



# 1. Comparison

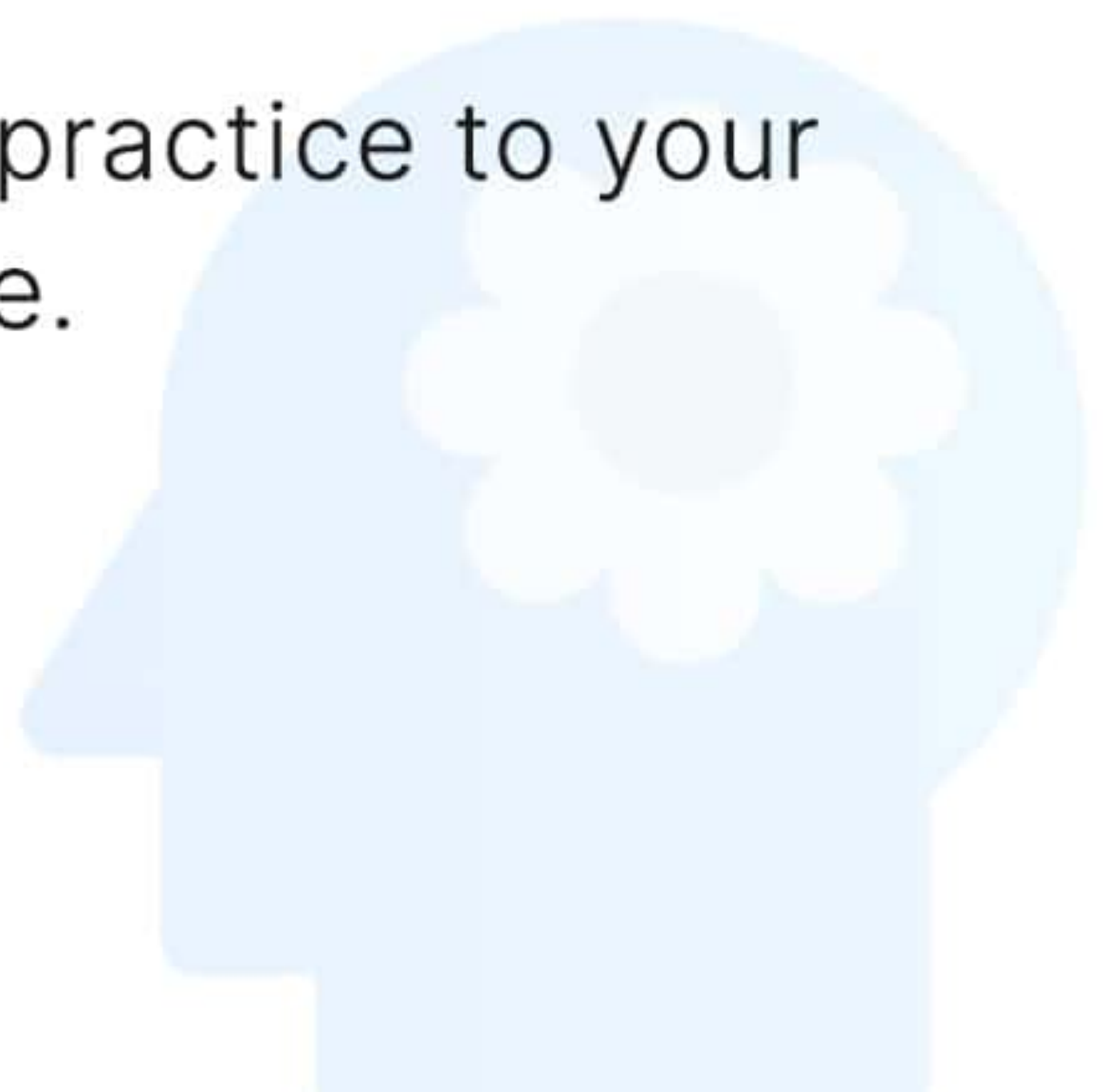
Comparison leads to:

- Rushed goals
- Dissatisfaction with life
- Feeling of inadequacy

Comparison will zap the joy out of your life if you let it.

## Try this:

Add a simple gratitude practice to your morning/evening routine.



## 2. Comfort

The comfort zone is where dreams go to die.

You don't need to jump off a cliff, but you do need to push yourself a little closer to the edge.

### Try this:

Use the 85% Rule - learning is optimized when we get things right about 85% of the time.



### 3. Quitting

The only way to guarantee failure is to quit.

Simply staying in the game long enough will put you ahead of most people.

#### **Try this:**

Commit to something and give your friend \$100. If you quit - they get to keep the money.



## 4. Distraction

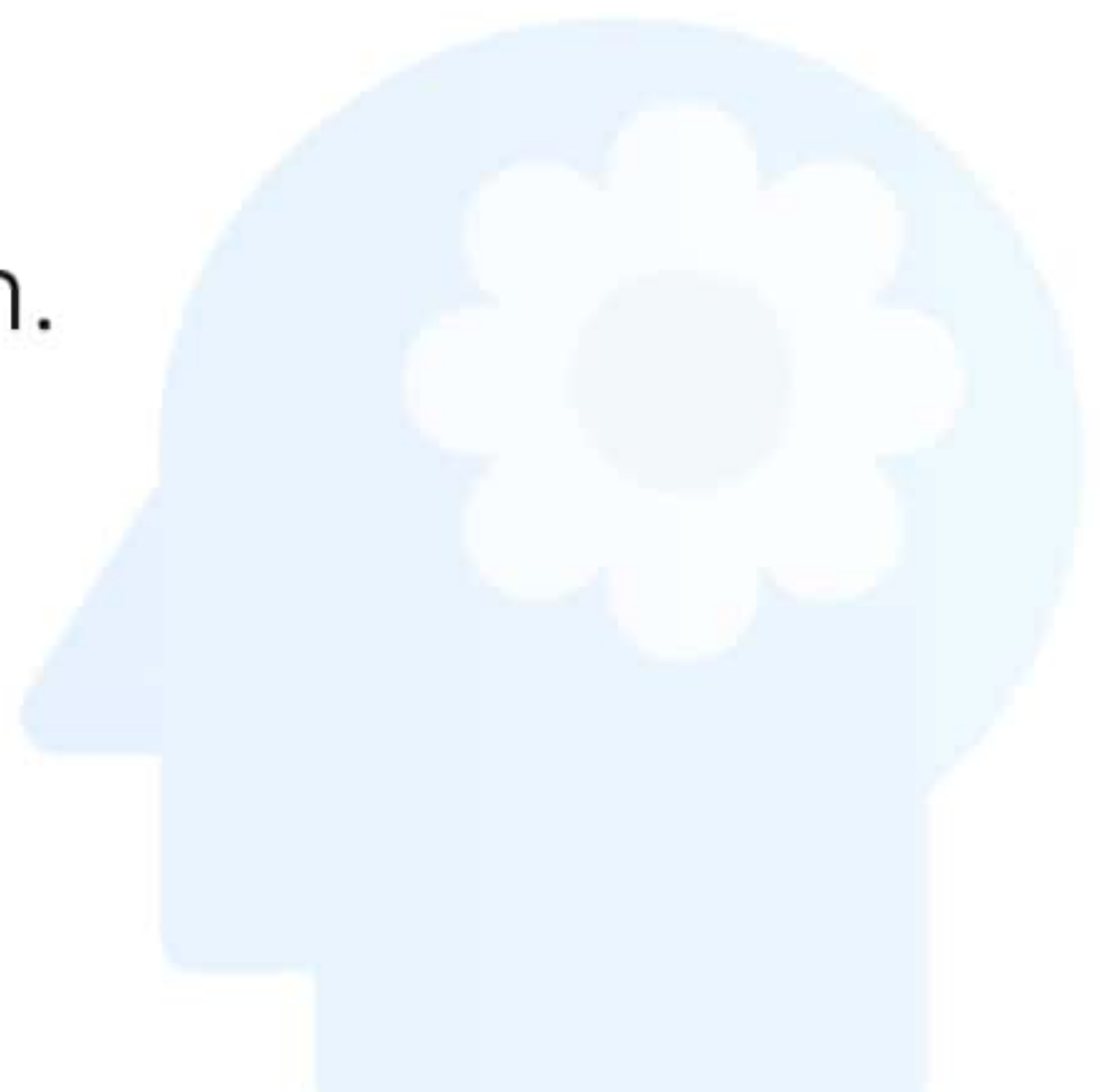
Do you distract yourself from real life?

Not including sleep - is there ever a time when you're not watching, listening, or consuming some kind of information?

### Try this:

Schedule two 15-minute blocks each day to do NOTHING.

No inputs. No distraction.





## 5. Your phone

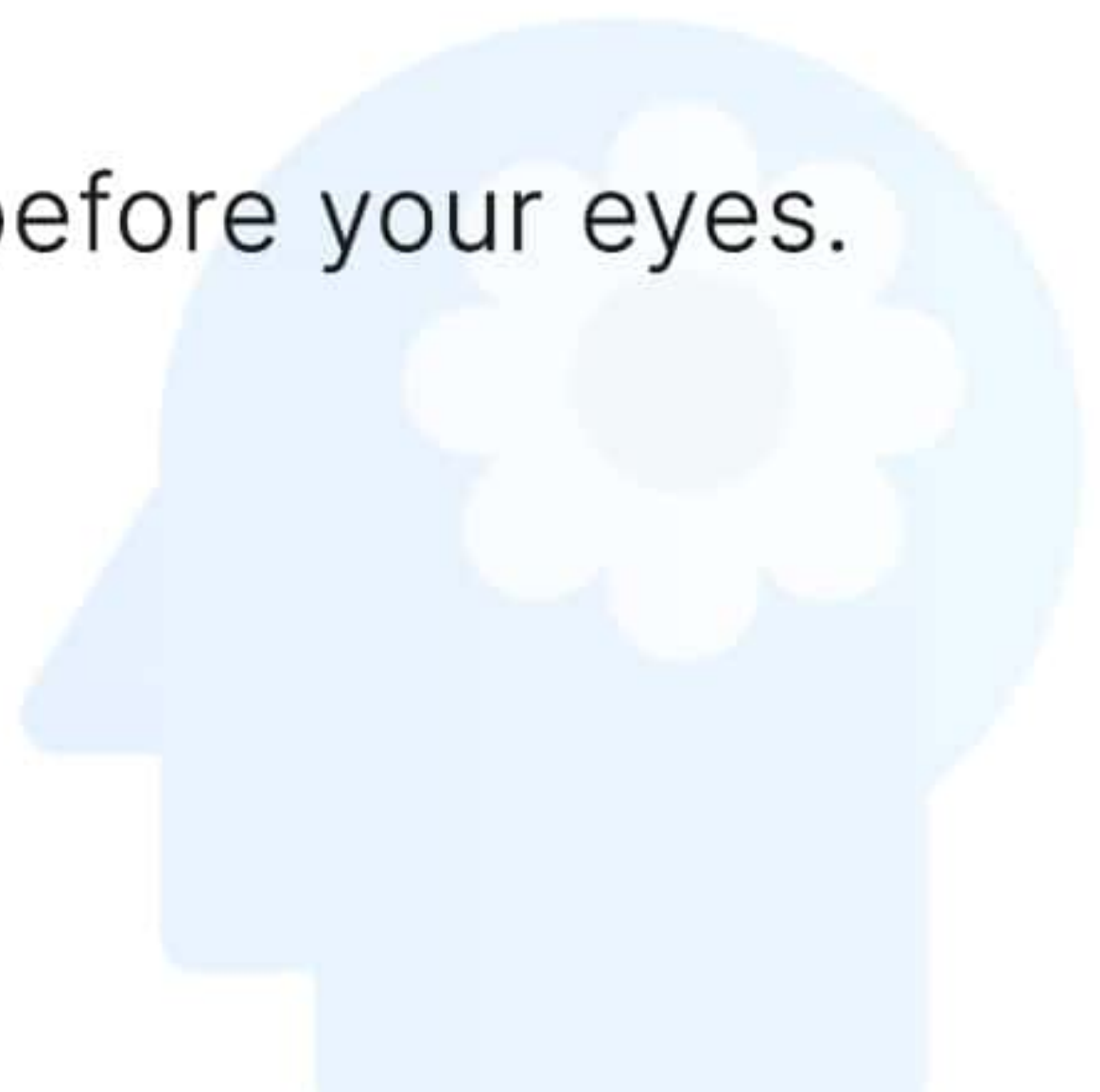
You knew it was coming.

Phone addiction is real, and dangerous.

### Try this:

1. Turn your phone off 1 hour before bed
2. Don't turn it on for 1 hour after you wake.

Your life will transform before your eyes.



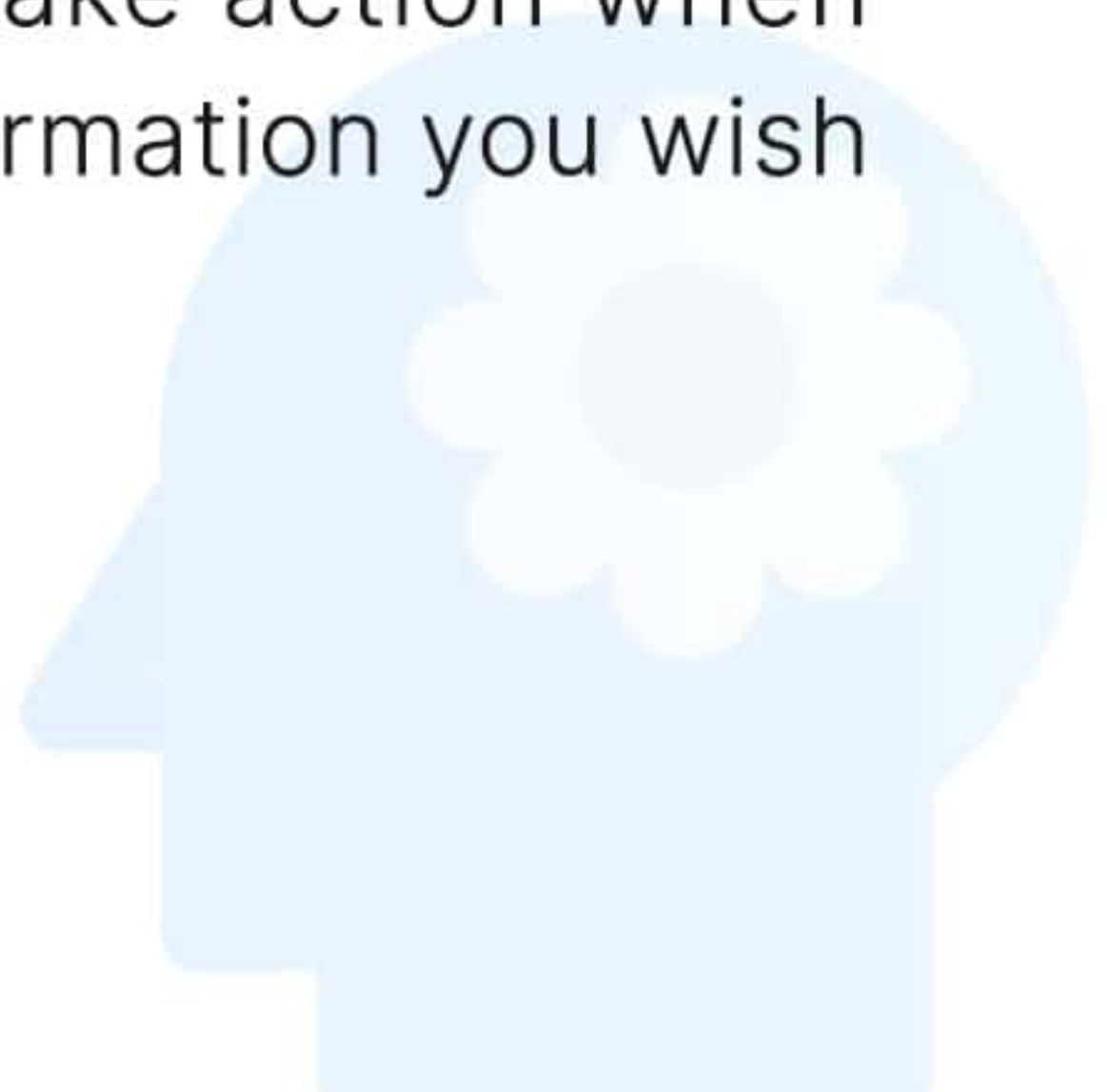
## 6. Waiting for perfect conditions to start

There's someone out there who's way less qualified than you and is living the life you want.

Simply because they took action.

### Try this:

Jeff Bezos' 70% Rule - take action when you have 70% of the information you wish you had



## 7. Multitasking

Whether it be writing, reading, or even watching a movie.

Half-focusing leads to half-assing.

### **Try this:**

Commit your full focus to whatever you're doing.





## 8. Procrastination

Pink Floyd said it best:

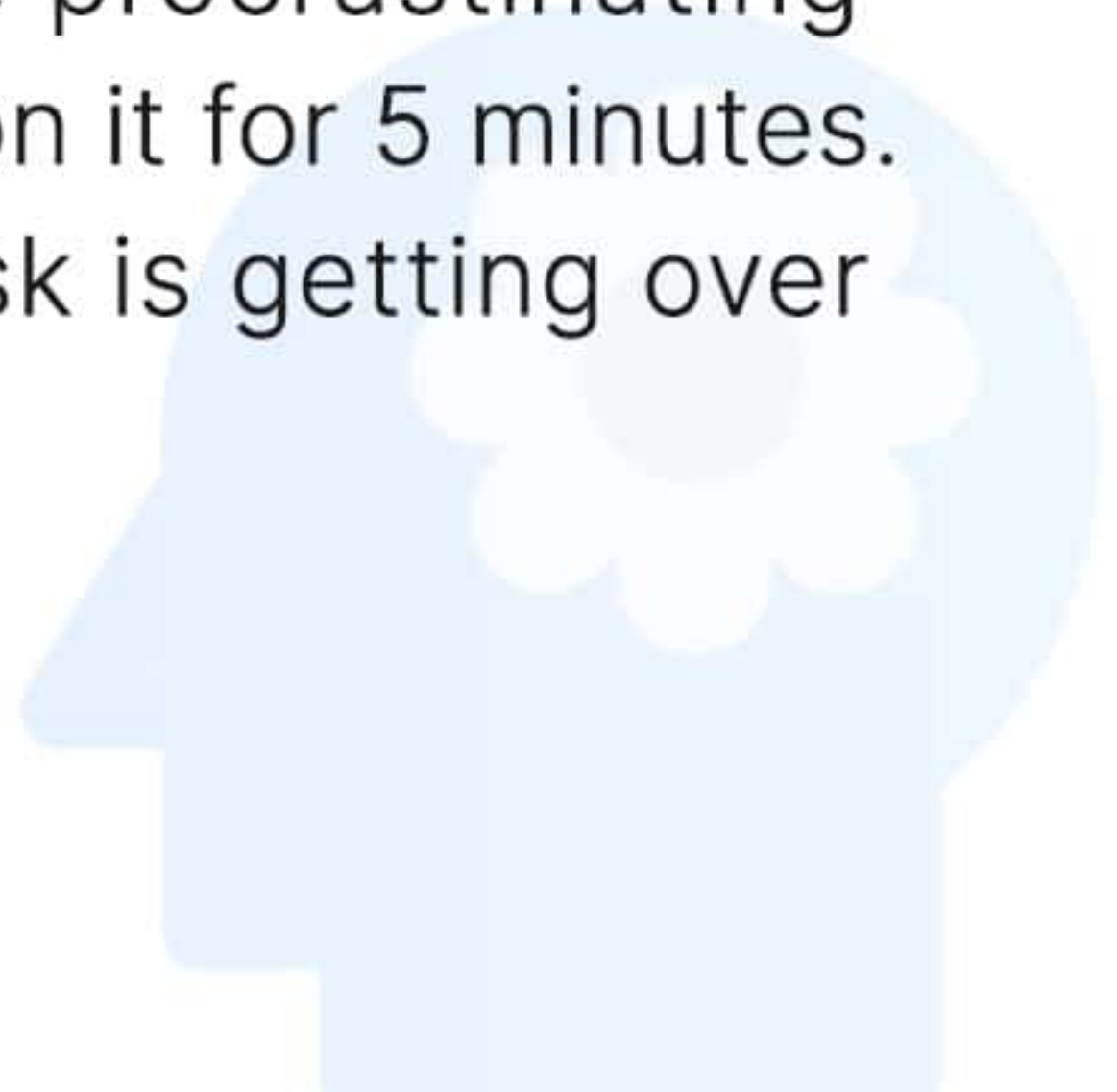
*"And then one day you find 10 years have got behind you. No one told you when to run, you missed the starting gun."*

Terrifying right?

Don't lose your life to procrastination.

### Try this:

5-Minute Rule - If you're procrastinating on something, just work on it for 5 minutes. The hardest part of a task is getting over the hump of starting it.



## 9. Complaining

Complaining may seem harmless.

But over time, it will train your brain to seek out the negative side of everything.

### Try this:

Wear a rubber band on your wrist for a week. Every time you complain-snap it.





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