

**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 mentally- exercising 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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