

Replace Habits

Netflix marathons	→	Sleep
Fast food	→	Homemade food
Toxic friends	→	Mentors
TV	→	Exercise
Complaining	→	Gratitude
Overthinking	→	Action
Blame	→	Responsibility

Tired



Turn the phone off &
go to sleep

Uninspired



Take a shower,
engage all your senses

Self-doubt



Journal, allow a stream
of consciousness to flow

Depressed



Walk in nature, and
spend time with pets
and friends

Angry



Exercise, full
cardio workout

Jealous



Focus on yourself, your
qualities and uniqueness

Anxiety



Be more mindful

Irritated



Widen your perspective

Replace "Sorry" with "Thank you"

Sorry I'm late → Thank you
for waiting

Sorry,
I forgot it → Thank you for
reminding me

What an incredible way
to change your mindset And the mindset
of those you are apologizing to.

If you're in your 20s

Do this:

- ▶ Hit the gym
- ▶ Learn to sell
- ▶ Build good habits
- ▶ learn to invest
- ▶ Learn profitable skills

You'll make mistakes but no one cares because you're still young and that's your advantage.