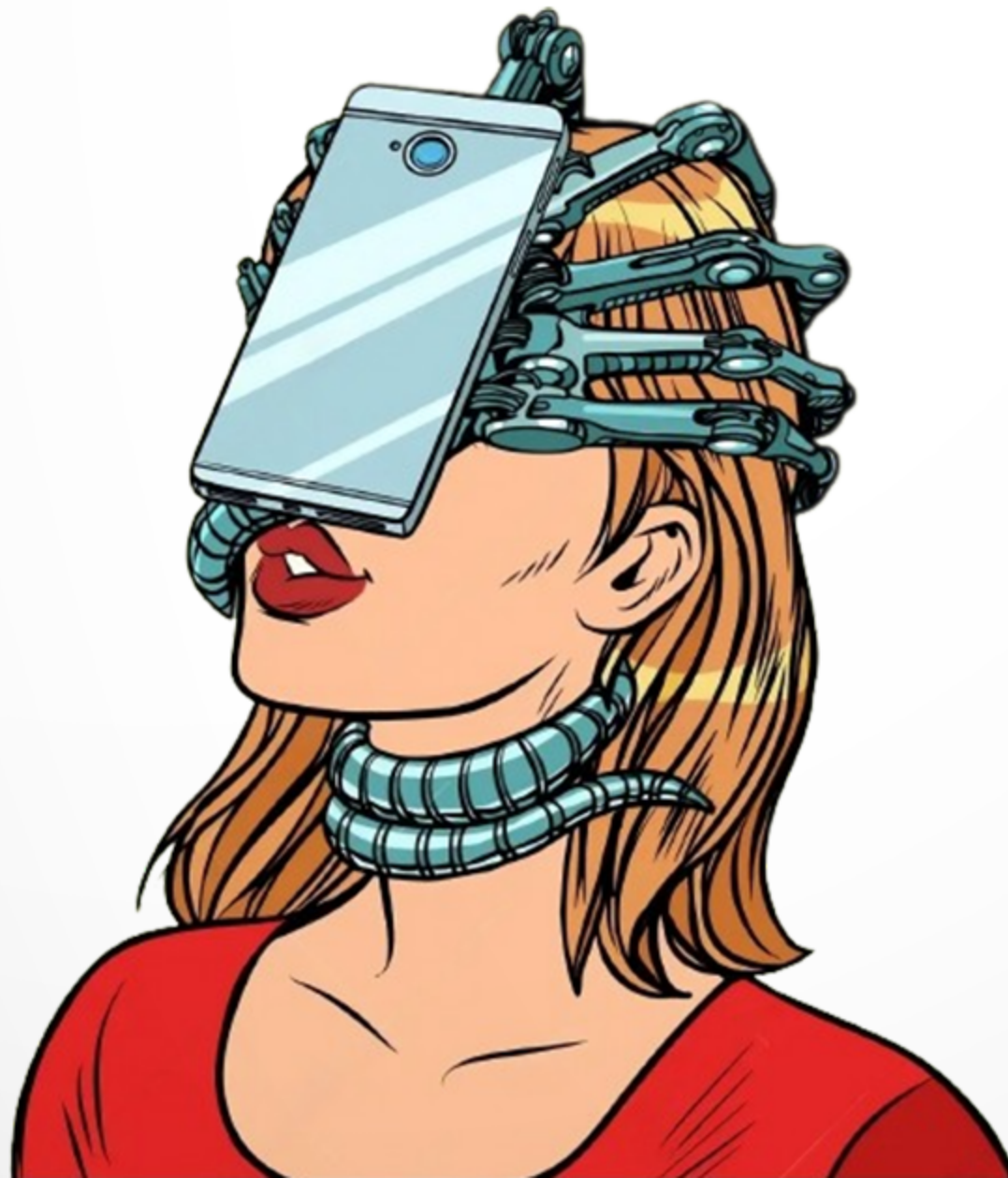


7 Addictions You Must **Break** to Become Your Best Self



Comparison

Comparison leads to:

- Rushed goals
- Dissatisfaction with life
- Feelings 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.

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.

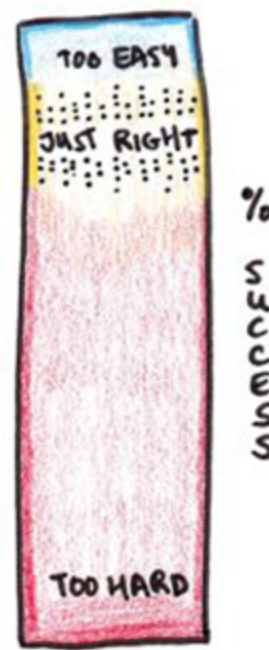


Image credit: Scott Young

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.**

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.**

Waiting for perfect conditions to start

There's someone out there who's way less qualified than you—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.

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.

Procrastination

Pink Floyd said it best:

*And then one day you find ten 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.

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