

9 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.

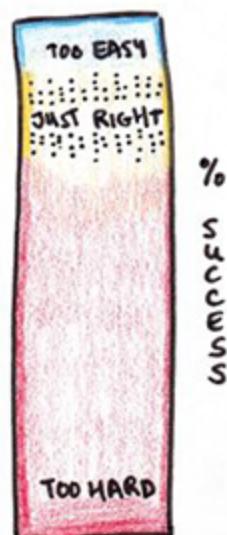
Comfort

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.



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.

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.



Multitasking

I've made a personal commitment to
single-tasking this year

—100% intention in everything I do.

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

Half-focusing leads to half-assing.

Try this:

Commit **full focus** to whatever you're doing.

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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