

How to be happy in life and achieve everything you want - Personal Life

This is not tutorial about how to make millions of dollars. This is the text that talks about it how to stay motivated, how to be happy in all situations and how to implement every plan that you want in your life.

Work's in India

The most important things that you need to understand is that you DON'T have to try everything in life. You should already know that it's impossible. It's only an excuse to eat trash-food, watch porn, do drugs etc. These things only artificially increase dopamine, so it makes you think that you are doing well and everything is fine. Most of the people who are looking for motivation are watching motivational movies, reading motivational quotes and similar. It's good, but it only keeps them motivated for 20-30 minutes after watching. So "How to be motivated?"

It's simple but it's actually hard. You need to keep your diet healthy and **CUT** all the things that you are addicted to. For example, if you are addicted from porn and fapping - try nofap. "pff I'm not addicted, I just like to do it, I can stop when I want" - if you think like this, try to not looking for porn and even lurking instagram female models which shows off their body for at least 15 days. Do it without a moment of hesitation.

You have limited time, we don't live forever. Sort the things you want to do. Think about where you are now, it's just a collection of your choices from the future.

Personally I'm on nofap, I stopped with sugar and caffeine. I

relapsed in nofap more than 10 times. Yes it's hard if you are addicted. I prefer low carbon diet because it keeps your mind fresh. These things made my willpower as strong as it never been before. Now I started with learning French and improving my English at the same time. Sometimes I don't know what to do with my excess energy and I'm doing push ups for no reason.

If you are already strong and you have steel willpower. You now need to find happiness in your life. You must first determine what your life should look like. I assume you've already done it. Now, there are few things that are very important:

NEVER get carried away by emotions. It's one of the worst things that can happen (unless someone is chasing you with a knife). Be aware of that anger will never help. It is very difficult to master but possible. For example, if you play games like league of legends or CS:GO and you are going full rage mode, try to catch the moment when you getting triggered and tell yourself that it's rage is self-destroyable thing and you have no benefits from that. Do it as many times as you will need to never again make decisions while being carried by emotions. Be chill. Just look at this girl from the start of the video: <https://www.youtube...v=H4Tpyb0rU40>. She knew that anger won't help. Don't let other people change your mood. You can't change the past. Why the fuck you have to be angry at the things that you can't change? I observe that most of the people who's working in jobs like cashier in walmart (I don't blame them) are complaining about weather. Being in bad mood because it's rainy outside must sucks.

You also shouldn't go crazy if your girlfriend will left you, it's her choice, you can't change it. Being crazy only can discourage her and people around you.

It's okay to be sad when your family member will pass away. But don't let it take control of your life. Think about it if your pet or

someone from your family dies, he surely don't want you to be sad all the time. So:

1. Do not get carried by emotions
2. Do not let people affect your mood
3. Do not get attached to things and/or people
4. and it's one of the hardest things to achieve: don't worry about the opinions of others. Yes, it's very hard. I don't even know how to do this, try to find it out yourself. Reading about this topic can definitely help.

Learn to distinguish information and sort it. To be honest, my english sucks and I don't know most of the phrases that I should include so sorry about that. I won't develop this topic. But it's everything about distinguishing false information and opinions from facts. I learned it in my native language so I can't help you with it rn :doh:. Keep in mind that if you will learn from fake-info and you will apply it to real life, you can change your life to nightmare.

There is a lot more things that you need to be happy 24/7 and these things can lead you achieve your goals but it's really hard to include everything in nulled's thread. I tried to choose most important things so if you have any questions, feel free to ask. If you think it's all bullshit, tell me why and maybe I'll edit whole thread

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Happy 2020