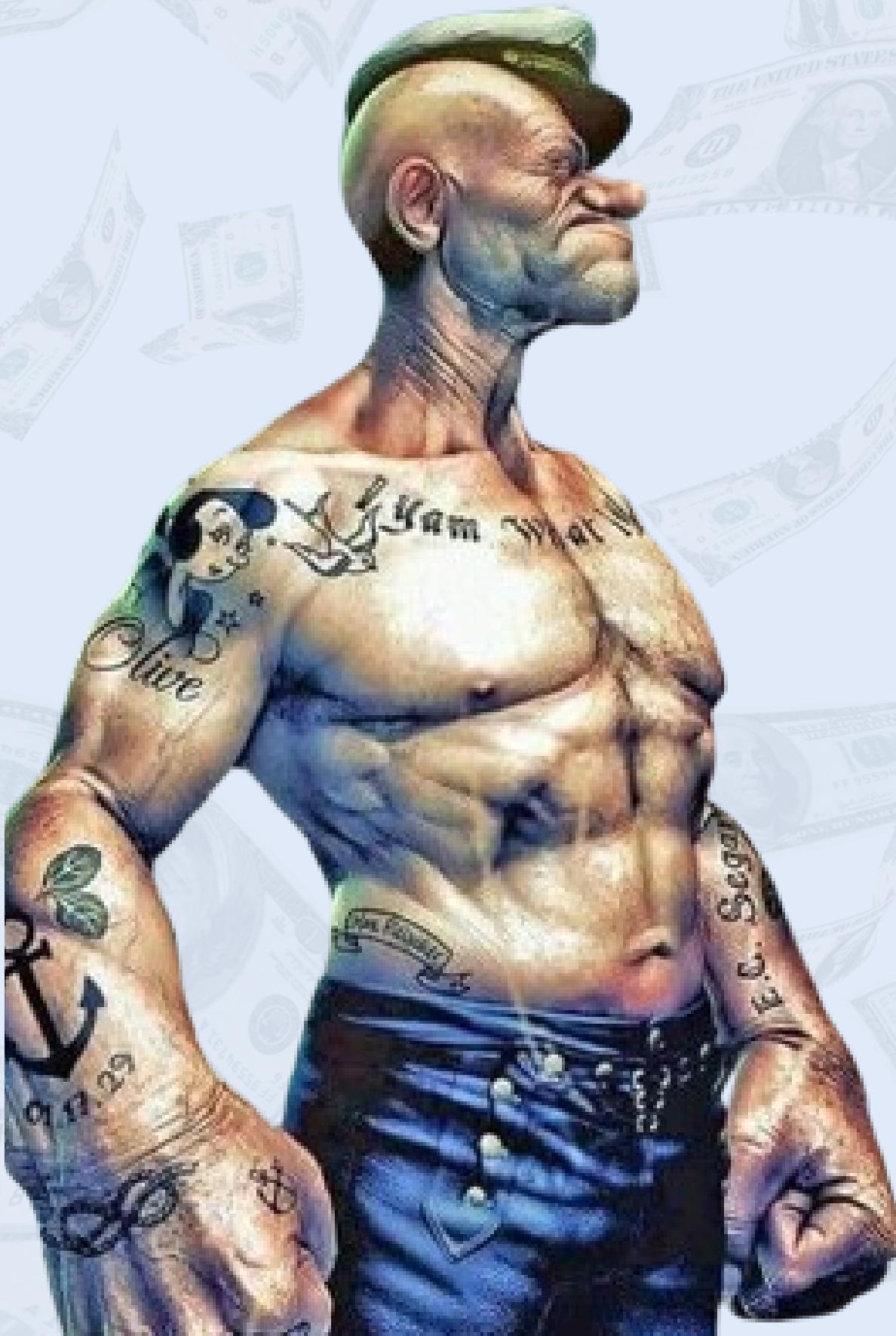


# BECOME UNRECOGNIZABLE

## BY JAN 2024



# **1. Waking up at 5 am**

Waking up early means you're already ahead of everyone else.

Waking up earlier gives you more time to;

- Workout
- Plan your day
- Work on business
- Be more productive

It's a huge life hack and gives you more time to achieve your goals.

## **2. Writing down your thoughts before bed**

Writing before bed will improve your quality of sleep

Here's what you can write down;

- Your goals for tomorrow
- What you're grateful for
- Any negative thoughts

This will improve your mental health dramatically.

### **3. Learn an online skill 30 mins a day**

With inflation rising and taxes rising, an online skill will save you financially.

Here are few skill i recommend:

- Copywriting
- Digital Marketing
- Content creation
- Youtube
- Instagram Theme page,etc.

You can earn \$50-\$250+/hours

## **4. Spend 1 hour a day exercising**

To have good mental health, you have to also have good physical health.

Exercise that have the best results ;

- Running
- Swimming
- Lifting Weights

These will strengthen and tone your body fast.

## **5. Sit in silence 10 minutes a day**

Your mind is racing with hundreds of thoughts every minutes

Take 10 minutes to:

- Sit in silence
- Practice mindfulness
- Give your mind a break
- Be present in the moment

This is an underrated habit for your mental health.

## **6. Create a proper sleep schedule**

Sleep is essential for you;

- Performance
- Mental health
- Reducing stress
- Improving your mood

**Do this for deep and quality sleep ;**

- No screen 2 hours before bed
- No eating 2 hours before bed
- Make your room cooler
- Use blackout curtains

And wake up at the same time, as your body will get use to the sleep cycle.

## **7. Take a 30 minutes walk in nature**

Nature is proven to help you:

- Get rid of anxiety
- Increase happiness
- Improve your mood

It's one of the best hacks for improving your day.

## **8. Read 20 pages a day**

- Increase your focus
- Increase your knowledge
- Increase your self-confidence

Just 20 pages a day will give you a huge return in life.

## **9. Drink 1L of water with every meal**

Staying hydrated can be hard.

Water is essentials for you;

- Mind
- Health
- Recovery

So take 1L of water to every meal and don't leave the table until you finish it.