8

Habits that will transform your life within 90 day's.

1. Waking up early

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 side hustle
- Be more productive

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

2. Spend 1 hour a day Exercising

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

Exercises that have the best results;
- Running
- Swimming
- Lifting weights

These will strengthen and tone your body fast.

3. Sit in silence 10 min. a day

Your mind is racing with hundreds of thoughts every minute.

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.

4. 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 1 hours before bed**
- **No eating 2 hours before bed**
- **Make your room cooler**
- **Read or Write something**

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5. 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.

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6. Learning any skill 30 minutes a day

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

Here are a few skills recommended:
- Coding
- Youtube
- Copywriting
- Digital Marketing
- Content Creation

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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.

Nature walk can connect you with your inner peace.

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8. Read 10 pages a day

Reading will strengthen your mind and also:

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

Just 10 pages a day will give you a huge return in life.

Reading everyday will help you to become your best version and your growth never stop.
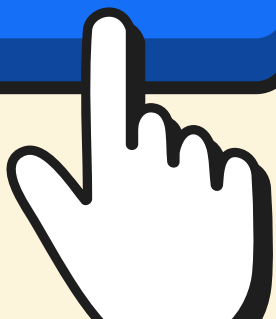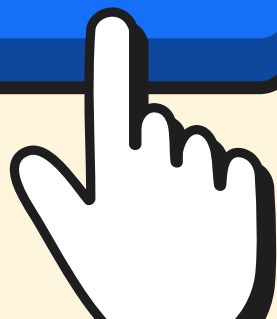
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