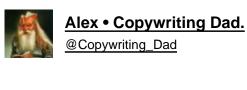
Twitter Thread by Alex • Copywriting Dad.



Make more of it.



Give me 2 minutes and I'll show you how to boost your mood by 99%.
1. Have great sex
Especially hot steamy sex with someone you love.
This'll boost your mood by 99%.
2. Dance and sing in the shower
Sing your favourite song and dance to it.
You'll feel great and way happier.
3. Wear your best outfit
When you look nice, you feel great.
4. Have a lukewarm shower
Some people prefer cold showers, others hot.
It's all great.
A cold, hot or warm shower helps you reset.
(Try warm lavender bath)
5. Make money
There's a lot that money can help you accomplish.

Take yourself out,
Buy that dish
Enjoy the feeling.
7. Meditate
Sit in silence for at least 10 minutes
Take note of your breath and surrounding.
This instantly boosts your mood.
8. Clean your space
A clean space by default makes you feel good.
9. Walk in nature
Listen to birds chirping
Watch the sky
Nature is therapeutic.
10. Learn something new
Knowing something new is equivalent to winning
The process itself is thrilling.
11. Travel to new places
Meeting new people and new experiences will make you appreciate a lot about life.
12. Go out with family and friends.
Watching your loved ones smile and have fun is amazing by itself.
Listen to their wins and encourage their dreams.

6. Have your best dish

How're you enjoying your weekend	?

Let me know.

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- Life

ILYSM ■