

Twitter Thread by Alex • Copywriting Dad.



Alex • Copywriting Dad.

@Copywriting_Dad



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.

Make more of it.

6. Have your best dish

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.

You need it most.

How're you enjoying your weekend?

Let me know.

Follow [@Copywriting_Dad](#) for more lessons on;

- Making Money Online
- Audience building
- Persuasive writing
- Copywriting
- Productivity
- Creativity
- Writing
- Life

ILYSM ■