

Twitter Thread by Lewin | Wealth Pill ■



Lewin | Wealth Pill ■

@Wealth Pill



In JUST 6 months, you can transform yourself to a superhuman, here how...

1. Fix your schedule and sleep at 9:00 PM to be awake at 4:00 AM
2. Quit your excuses and work out for 30 minutes daily
3. Include 2 eggs plus fresh fruits in your daily dieting to optimize your health.
4. Prioritize 2 cold showers a day with no excuses. I promise your self discipline will be boosted.
5. Listen more than you talk and be teachable.
6. Learn to say "NO" unapologetically and get busy minding your own business.
7. Make attempt and read 50+ pages to sharpen your mind
8. Learn a new skill every 3 months and spend another 90 days developing it
9. Set on a morning walk after having 2 glasses of water immediately after sleep.
10. Sleep a quarter of your day to reset your focus and boost your mood
11. Put your phone away or uninstall your social network to save yourself Ai manipulation.
12. Avoid sex especially at the initial stages of your personal growth.
13. Please no one, atleast do something for yourself for 6 months
14. Go for 1000 hours without watching the news or talk politics and use the time to rest

15. Make more money, invest widely to buy yourself anything without looking at the price.

16. Prioritize 4-hours of deep work a day over 8+ hours of busyness and make time to improve yourself

17. Make time for your close friends and family during your weekend.

HAPPY MONDAY TO YOU'LL

Follow [@Wealth_Pill](#) and learn more on;

- Making money online
- Persuasive writing
- Business ideas
- Creativity
- Life