Twitter Thread by FI Mindset

FI Mindset
@FIMindset

You need these 8 habits if you want success in your life:

1. Read

Successful entrepreneurs consume books at an incredibly fast pace.

It seems the more successful they are, the more hours they dedicate to reading each day.

Coincidence? No.

2. Prioritize sleep

Just a couple of hours more of quality sleep could provide the edge you need to perform at your best.

Sleep impacts everything from health to how you feel as well as thinking and decision-making abilities.

Never underestimate the importance of sleep.

3. Exercise

You don’t have to look like a bodybuilder or model to be successful.

However, the truth is that a strong body fosters a strong mind.

Staying on top of your physical fitness is crucial if you want to strengthen your mental state.

4. Set big goals

Everyone knows setting goals is incredibly important.

However, most people set their long-term goals far too low.

Are you working on a small business or building an empire? You choose.

5. Maximize productivity

We all have the same number of hours in the day.

The difference is that the most successful entrepreneurs have a specific schedule that fits their needs and allows them to focus on high-value tasks.

6. Take risks

All successful entrepreneurs have failed multiple times before achieving success.

You must learn to see beyond your ideas and businesses that have failed in the past.

Instead of focusing on the negatives of failing, focus on what you can learn from them.

7. Never stop learning

Most people stop learning once they leave school or college.

You should always be open to learning about new ideas and ways of thinking.

Keeping your mind active will help you develop new mindsets and not stay childish.

8. Rest

Even though you may want to keep working 24/7, working without rest will cause you to crash and burn out.

Taking breaks and rewarding yourself for your hard work is how you can quickly refuel your energy.

Don’t feel bad about taking breaks.

If you want to be successful, you must read "100 Mental Models"

It will teach you how to

- Think better
- Achieve more
- Make rational decisions

Click here to change your life: https://t.co/fxIgfmFA1o (aff)

Thanks for reading!

If you liked this thread, please:

1. Retweet the first tweet.

2. Follow me @FIMindset__ for more valuable content. https://t.co/EkKMmdtoRe

> You need these 8 habits if you want success in your life:
>
> — FI Mindset (@FIMindset__) September 17, 2022