Twitter Thread by Eduphile

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12 secrets that will make you a calmer person when life getting tough than 98% of people.

1. Walking helps clear your mind. It offers you different perspective.

2. Take a day off to spend a whole day doing exactly what you want. Eat what you want. Watch series. Go wild.

3. Be generous. Give something to a total stranger. Acts of giving make us feel warm and fuzzy inside.

4. Sit in a coffee shop or a busy street and soak up your surroundings. You don't have to talk to people.

5. Educate yourself. Reasearch what it is you are experiencing. Arm yourself with knowledge and the resources to tackle the problems head on.

6. Keep going forward. Keep taking small steps, no matter what. Being stagnant doesn't serve you.

7. Prioritize. Decide what's important right know. Say NO to extra obligations.

8. Be silly. Do something that you did as a child. Don't take life too seriously.

9. Develop the habit of journling. This will help free your mind.

10. Relax. Lie in an open field and stare at the clouds.

11. Check your self talk. Negative self talk does not serve you.

12. Remind yourself that life is journey. Remember that what you're going through is temporary, It will pass.

Are you feeling stuck and need extra push to achieve your goals?

Read the book "Live Intentionally" to change your

- Habits,
- -Daily routine,
- Mindset,
- - Become strong and
- Disciplined.
- Live life on your own terms. Get your copy ■
- https://t.co/X8FcYzRZkn

That's a wrap, thanks for reading!

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Have a good day :)

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