

Twitter Thread by [Lewin | Wealth Pill](#) ■



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Disappear for 6 months, do this and you'll return unrecognizable next year...

1. Spend at least 10 minutes a day visualising your life

Life gets overwhelming.

Spend time alone and;

- Go back in time
- Evaluate progress
- Create new plans and strategies

Life gets better this way.

2. Spend at least 100 minutes reading daily

It doesn't have to be educational or business related.

Read books on;

- History
- Philosophy
- Group dynamics

You'll be smarter than 99% of people around you.

3. Go out in nature

Quiet environment is great for creativity.

Do this;

- Have a notebook
- Sit still or walk around
- Write down your thoughts

You'll avoid brain fog and find answers to most of your problems.

4. Eat clean

Take in a lot of;

- Milk
- Eggs
- Meat
- Fruits
- Water
- Vegetables

Healthy eating is simple and simple is smooth.

5. Stay fit

You don't have to overthink this,

Do basic exercises like;

- Mountain climbers
- Push ups
- Pull ups
- Sit ups
- Squats
- Bike rides
- Walk 5,000 steps

Your body weight is enough to keep you fit.

6. Avoid useless information

Connectedness is a curse

- Toxic news
- Toxic music
- Toxic books

What you consume determine who you're.

7. Avoid toxic habits, environments and people

You're a product of your habits and environment.

Leave anything or anyone who's against your main goal.

8. Have friends to support you

Be real to yourself first by knowing;

- Where you are in life
- What you want
- Who you are

Then fix your priorities.

This'll help you attract real friends.

9. Delay gratification

Your plans will work, not today, tomorrow but eventually.

Focus on action and progress.

10. Free writing

You'll need to work on yourself and ideas daily;

- Write what you've done
- What you need to do
- What's possible now

This'll make your ideas clearer.

11. Start businesses, make money and invest in assets

The more you make, the more you can invest.

The more you invest, the higher your perceived value.

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