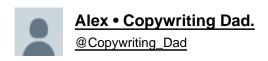
Twitter Thread by Alex • Copywriting Dad.





In the next 180 days, FREE yourself from these...

1.	Limiting	beliefs
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There's a battle you can always win .

You need to;

- Think
- Write
- Visualize
- Take actions

Don't compare, we all have different journeys to make.

Track your progress after 100 days and adjust.

2. Toxic people.

These people never see the good side of life

They;

- Complain
- Have zero ambitions
- Are rigid to their beliefs
- Always claim for pleasure

Have a circle of friends who pushes you to become your better self.

3. Instant gratification

Do a dopamine control

Take some time away from;

• Your phone • Video games • Social media This'll get you enough time to; • Focus • Do hard tasks Achieve your goals • Control your impulses 4. Wasting time Be mean with your time Start your day at 4:30 or 5 AM with; • 100 pushups • A Cold shower • 15 mins meditation Then; • 4 hours of deep work • Spend your evening reading • Schedule to sleep 9 PM Fill your day with meaningful activities. 5. Being attached to anything The more attached you're to anything, the harder it hits when you lose. You need to let go; Personal beliefs Your past self • Toxic family friends • Unpleasant workplaces

6. Talking too much

AlcoholFast food

Only talk when you have something to say.

Having options will set you free more than anyone would.

Compose yourself, people will trust you more.
Talking too much shows;
• Insecurities
Low confidence
Poor social skills
Self unawareness
Be different from 99% of people around you.
7. Getting easily distracted
Observe and learn but avoid;
People's ideas
Crowd mentality
Opinion from anyone
Social media influence
Be picky on;
Who you talk to
What you watch
What you engage with
Attention is energy exchange.
Conserve your energy.
8. Avoid your phone in the morning
This kills your day's momentum by;
Raising your cortisol level
Hit you with cheap dopamine
This will leave you feeling sluggish for the rest of the day.
Do this;
Keep your phone off for 2 hours after you wake.
9. People pleasing
Be ready to lose people who don't help you grow.

Adversities will shape you.
Embrace being alone, conquer all your possibilities.
Stay strong.
It's Sharpness Thursday

Follow <a>@Copywriting_Dad and continue learning more on;

Keep distance from friends, parents or partner if they drag you down.

- Making Money Online
- Audience building
- Persuasive writing
- Copywriting
- Productivity
- Creativity
- Writing
- Virality
- Life
- ■I adore you a lot