Twitter Thread by Alex • Copywriting Dad.

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

1. Limiting beliefs

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;

• Alcohol
• Fast food
• 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

Having options will set you free more than anyone would.

6. Talking too much

Only talk when you have something to say.

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.

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

Adversities will shape you.

Embrace being alone, conquer all your possibilities.

Stay strong.

It's Sharpness Thursday...

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■I adore you — a lot■