Twitter Thread by Library Mindset

Library Mindset
@librarymindset

If you're still in your 20s, read this:

1)

4. How would you rate the quality of your life, at this very moment, on a scale of 1 to 10 (10 being extraordinary)? What made you come up with this number?

5 Best Practices to Live your Best Life

1. Get up at 5:00 a.m. every morning and take 60 minutes to work on yourself.
2. Surround yourself with people who are living the life you want to live.
3. Be the kindest person you know.
4. Read from the wisdom literature for at least 30 minutes every day.
5. Run towards your fears and do what you are afraid to do.

2)

6 Ways to Fill Your Life with Prosperity

1. Make a personal commitment to add more value than you are paid for in your business relationships.

2. Live out of your imagination rather than out of your memory by constantly envisioning yourself having all you want.

3. Get in the habit of blessing your money and silently hoping that it helps the person you give it to.

4. Spend one hour this week journaling about your beliefs around money so that you heighten your awareness as to any blocks and resistance to having more.

5. In your journal make a collage of images showing others living the life you want.

6. Become the most giving person you know.

3)

8 WAYS TO RESTORE BALANCE IN YOUR LIFE

1. Take a 60 minute Holy Hour at the beginning of each day and nourish your mind, body, emotions and spirit.
2. Spend some time in nature on a weekly basis.
3. Write "love letters" to those who need to be appreciated.
4. Experience silence, solitude and stillness for at least 10 minutes each day.
5. Do the things that made you happy as a kid.
6. Get serious about exercise because nothing is more important than your health.
7. Write in a journal to promote clarity of thought and deepen your insight.
8. Find a cause larger than yourself and give back to others.

QUESTIONS TO JOURNAL ON

4)

4. Of all your relationships, which one would benefit by you being more caring, compassionate and thoughtful?

5. What daily act could you do to make the world a better place?

5 Ways to Beat the Stress Habit

1. Ask yourself: "will this crisis really matter one year from now?"

2. Press the pause button on your life for 5 minutes and go for a walk in fresh air

3. Drink more water (science confirms that drinking more water improves brain function)

4. Pour out what is worrying you into your journal. The very act of letting go onto paper will help you release the worries' hold on you.

5. Express how you are feeling to a trusted colleague

5)

MY PERSONAL PRACTICES FOR HIGH-ENERGY AND PEAK HEALTH

As you move through your days to create your best year yet, it is essential that you have the energy, vitality and good health to play your highest game. Here are some of the rituals I generally follow to keep healthy:

1. Do not eat after 7 pm.
2. Drink plenty of water throughout the day.
3. Drink freshly squeezed fruit juice daily.
4. Take vitamins and minerals daily.
5. Eat less.
6. Exercise 4-5 times a week (weight and cardio).
7. Hire a personal trainer (money well spent).

6)

Aristotle

6 Ways to be a Better Parent

1. Have a weekly "private date" with each one of your children so that you connect with them at a deeper level.

2. Develop a nightly practice of encouraging your children to write in a journal while you do the same.

3. Be silly with your children. Make the time to laugh, play and be spontaneous.

4. While you are driving your children to activities, have powerful conversations on meaningful topics such as character strength, goal-setting, standing for excellence and living your truth.

7 WAYS TO BOOST YOUR ENERGY

1. Exercise for 30 minutes 4 times a week.
2. Spend time in nature on a weekly basis.
3. Don't eat after 8:00 pm.
4. Get a massage every week.
5. Eat an elite performance diet, completely cutting out junk food.
6. Read something inspiring for 30 minutes first thing every morning (it will energize you).
7. Drink lots of water.

QUESTIONS TO JOURNAL ON

Work on Mental Models:

- learn big ideas
- practice critical thinking

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