Twitter Thread by UpSkillYourLife



UpSkillYourLife
@UpSkillYourLife

Habits to make your life happier in 66 days.

- Thread -

1. Say "no" when you mean "no".

- Master the art of saying "no."

- Never commit yourself to something you cannot do and struggle later.

- Try something like, "I'd love to help you, but I can't give the time and effort to this task that it deserves".

2. Manage your money carefully

- Spend money on things that bring you joy and happiness

- Invest in yourself that is the best investment you could do for your future.

- Never postpone simple joys in life.

3. Set your alarm few minutes earlier

- Dont underestimate the power of waking few minutes early.

- It gives the great feeling that you are already in charge of your day.

- when you feel you are in charge, you end up feeling happier.

4. Be prepared for the next day

- write a to-do list considering your life goals, the previous night.

- Ensure every move of yours is in the direction of your goals.

- Working towards your goal on a daily basis boosts your happiness.

5. Give yourself deadlines

- No deadlines, you keep pushing the task.

- If you give yourself a deadline, you will find a way to get it done before that.

- Your brain is tuned to work that way.

- Let yourself bask in happiness for a task well done.

6. Read more and more

- The more you read, the more you learn.

- You get to expand your knowledge.

- It gives great confidence and ways to solve problems that occur in the path of your goal.

- Knowledge gives you wisdom, wisdom gives you happiness.

7.Declutter your space before bed

- It seems a tough task at the end of a tiring day.

- Declutter your space before bed you get to declutter your mind too.

- You end up sleeping well and waking up to see a tidy space gives you immense happiness.

8. Always be curious

- Curious people learnt to know more about everything including people and their surroundings.

- When you ask questions, you get to know more about people, it helps you develop a great relationships and good network.

9. Live in the moment

- Dont dwell on your past nor ponder too much about future.

- Enjoy the moment, make the most of it it carves a better future.

- Learn the lessons from the past and let it go. Plan for the future.

- Live in the present to be happiest person.

Get “Live Intentionally” - a 90 Day Self-Improvement project that will help you stop living in auto pilot.

It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

https://t.co/r9m8p3qGJl

Thanks for reading.

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