Twitter Thread by The Growing Village

The Growing Village
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How to become a beast in your 20's

// A THREAD //



1) Meditate

Meditation helps you by releasing you from the control of your own thoughts.

It helps you to:

1) Connect better
2) Reduce stress hormone
3) Know thyself
4) Control your emotions

Do it every 5 minutes and you will see a drastic change.

2) Eating Healthy

A healthy body is a key to a healthy mind and a healthy mind is a key to peace.

What will you do with all the money if you have poor health?

Leave that cheap dopamine that junk food produces and start eating healthy.

3) Start Reading

Reading helps a person to know thyself.
Reading allows you to write better and the most important thing is it increases your IQ.
Readings also improve your thoughts.

How to develop a reading habit?
Read what you love until you love reading.

4) Workout

If you need a healthy body, a healthy mind
Lift some weights

It will help you in many ways:
Gives you energy
Build Confidence
Remove your stress

Once you start doing a workout, you will feel better yourself.

5) Learn a Skill

"Be the jack of all and master of one"

If you need to live a better, fulfilling life keep learning.
If you want to escape the rat race, learn a skill
If you want to open a business, learn a skill

Learn something daily.

Know something about everything.

6) Start A Side Business

Don't just rely on one source of Income because if you do so you will be just one step away from poverty.

Start a different side business.
Let the money come to you in abundance.

The early you start a side hustle, the early you will be free.

7) Fail Often

Failure either build s you or break you.
A failure is just a person you met before success.

Try out different things and never fear failure because it is the best teacher.

A failed person knows better than a beginner.

8) Follow Your Passion

There is nothing more important than you
Give yourself some time.

Do the things you love
Eat the food you love.

Get to the place you want to go.

9) Build A Character

"A man without Character is a body without soul"

Build a good character

Be fearless
Be intelligent
Be virtuous
Be humble
Be respectful

10) Value your time

Time is the thing which you cannot defeat.
It never waits for you.

Don't look to the work of others, do your own shit.

Know that you don't have enough time.

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https://t.co/W2FjsV70Ve

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— The Growing Village (@VillageGrowing) January 30, 2021