Twitter Thread by ■



■
@levelsio

If you're feeling down lately, here's a quick test to figure out why:

■

■ Have you met up with your friends IRL this week?

■■■■■ Have you exercised today or yesterday?

■ Are you working on stuff that's meaningful to you?

■ Have you helped someone today with something you're good at?

■ This month, did you mostly buy:

Do you think you're eating ■ healthy this week?

■ Did you sleep 7-8 hours for most of this week?

■■■■ Have you meditated this week? (or any other type of relaxed state, e.g. hot bath/shower)

■ Have you gone outside into nature this week? (like a park or forest)

■ Did you go for any new experiences in the last month? (like traveling to a new city, or quad biking, anything new)

■ Did you drink less than 10 drinks of alcohol the last 7 days?

❤■ If you're in a relationship, are you with the right person?

■ Does your current situation give you the freedom to do what you really want to do in life?

■■■ Did you create anything in the last week? Like art, music, a website, anything purely creative?