

Twitter Thread by Freedom Designer



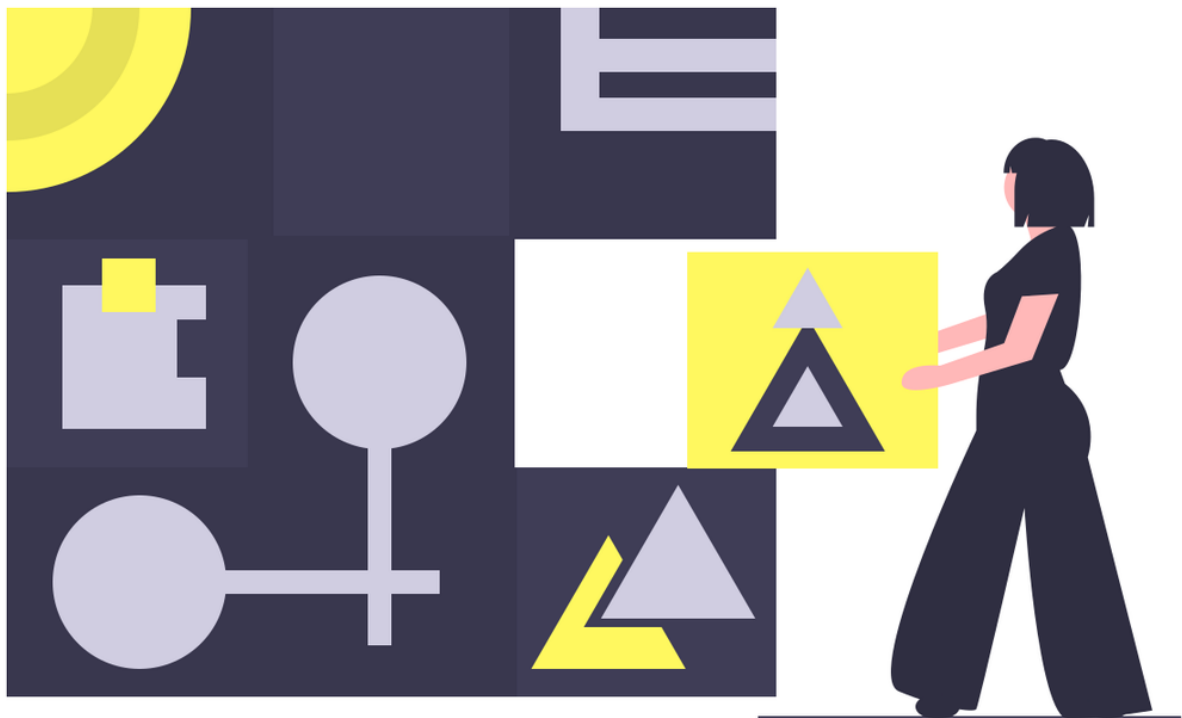
Freedom Designer

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5 Non-Bullshit January Challenges That Will Change Your Life

// A THREAD //



Many of my threads are somehow conceptual.

They have practical implications but it may not be super clear at the first spot.

This thread is different.

Let me present you with 5 super-specific, practical January challenges that will change your life (even one of them).

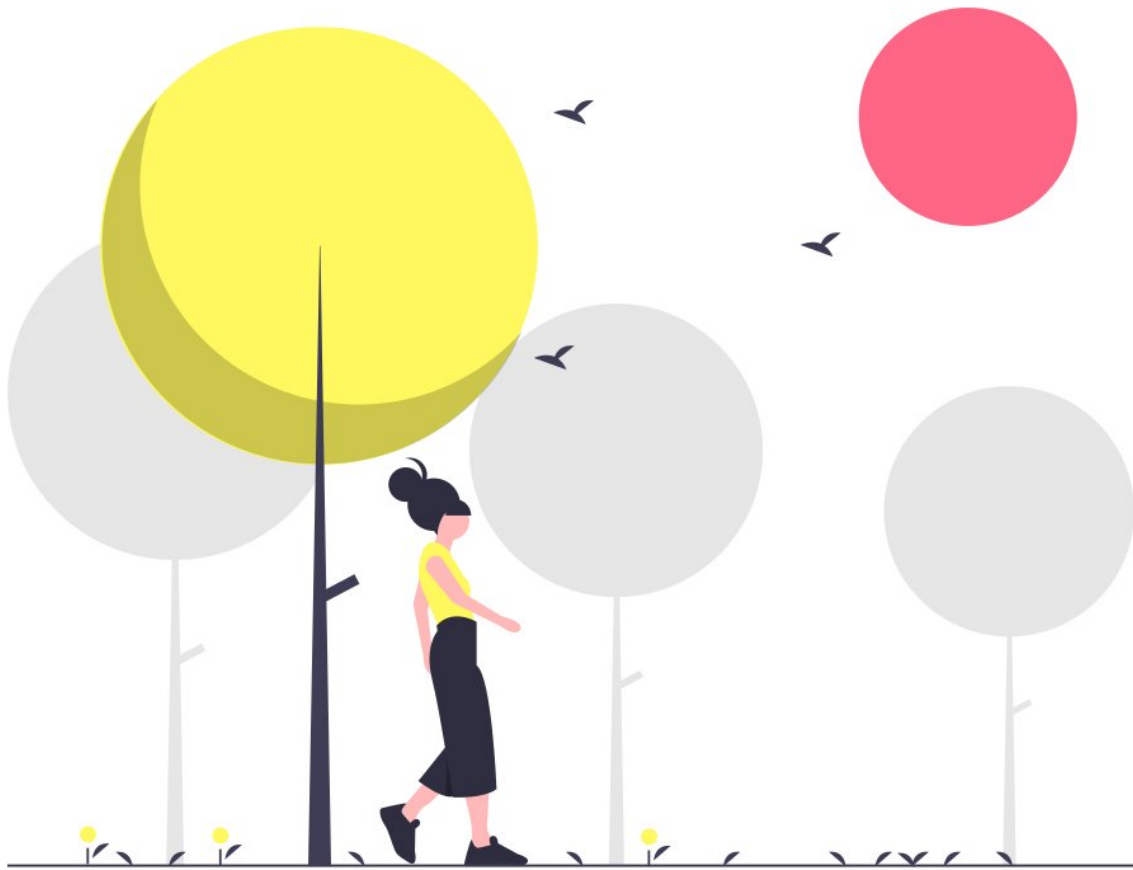


All of those challenges are brutal - especially at the beginning.

How to prepare?

- Write down your motivation, speak about the benefits they will bring to you.
- Tell your close friends (or even make a bet with them)
- Think about the activities you will do instead

LFG.



1. Uninstall All PC Games

The more thrilled player you are the harder it will be, and the bigger benefits it may have.

Be prepared for being hitten hard by them cold-turkey.

And have some great books ready... you will need them.



2. Go no-fap

I promised it's brutal!

So why?

- You may funnel the stored sexual energy toward some productive activity
- Girls near you will start to look MUCH more appealing
- You will have much more real sex than ever before (trust me on this one)

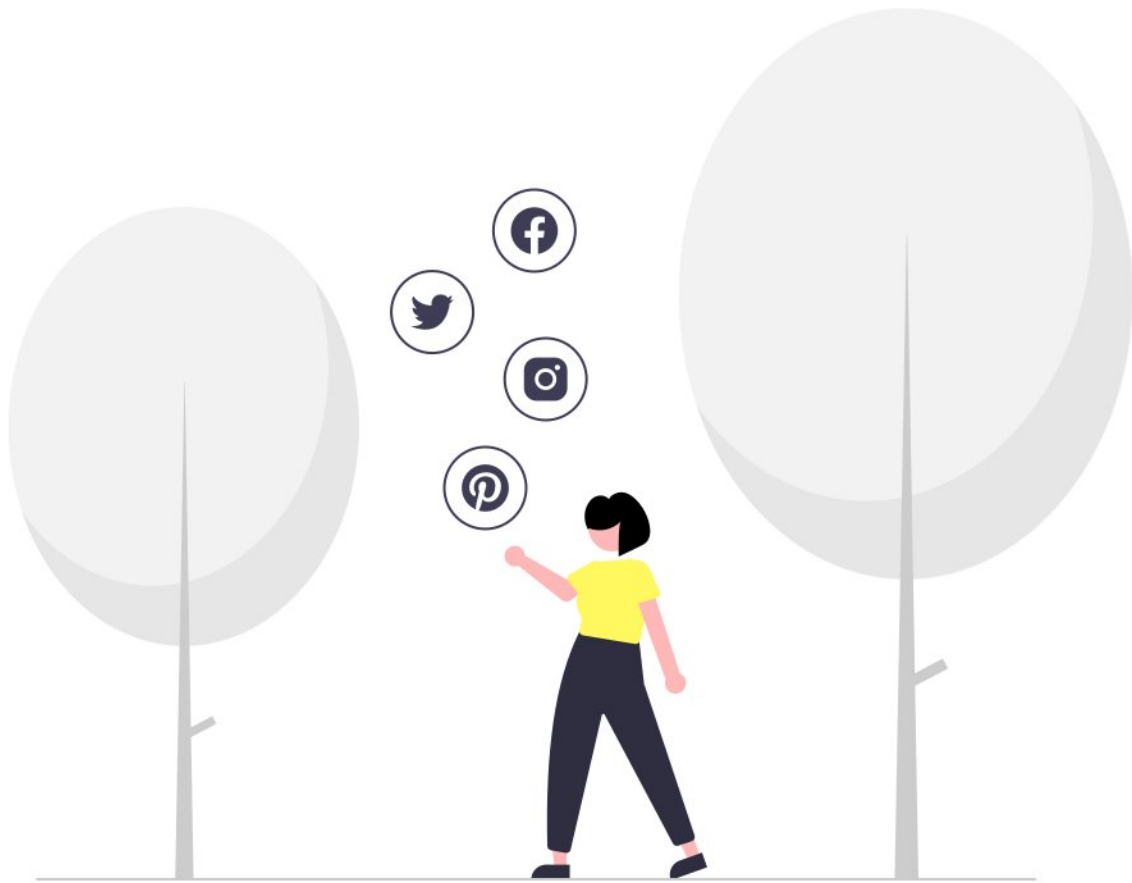


3. Quit social media

If you need it for work purposes at least:

- Block the Facebook wall with AdBlock
- Delete ALL OF THEM from your smartphone
- Turn off notifications

If you're a content creator at least don't visit them without creating content there/engaging.



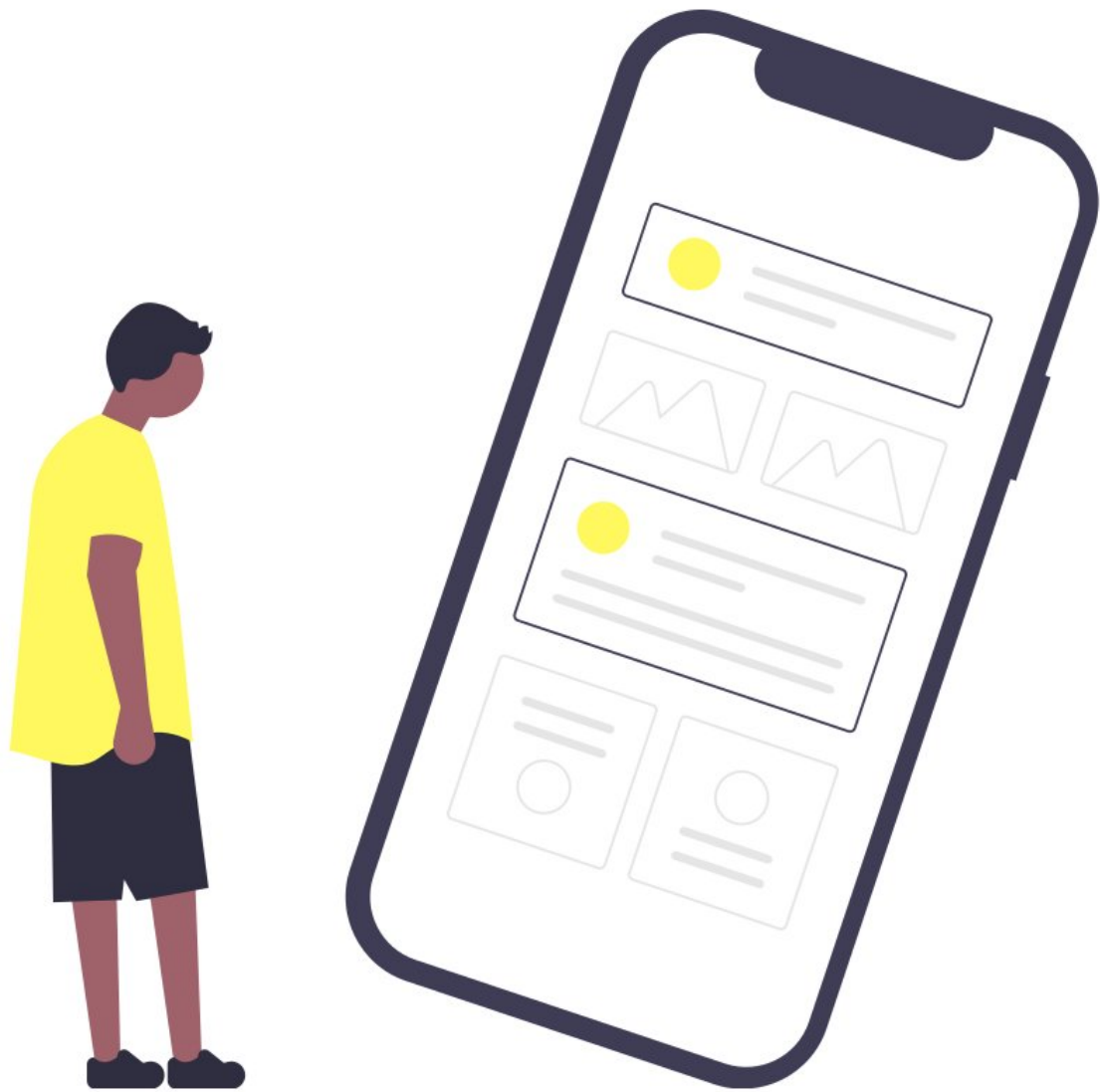
4. Get rid of smartphone

Switch to normal button phone for one month.

You still got the desktop for creating all the work and staying in touch.

But the smartphone is created to be addictive -- and you will realize this soon.

P.S. At least turn off all the notifications.



5. Quit alcohol

Quitting alcohol has no downside.

Nothing to add.

And everyone can make one month without it.

Bets with your friends tend to work particularly well with this one.



To sum it up:

1. Uninstall All PC Games
2. Go no-fap
3. Quit social media
4. Get rid of smartphone
5. Quit alcohol



Thanks for reading!

If you would like to have some activity to do instead of those, check my free challenge: "How to Make \$1000/month Working 90 Minutes First Thing In The Morning".

SIGN UP HERE: <https://t.co/XOiYGyZdYz>

■ Which of the challenges will you try?

