Twitter Thread by The Giver ■



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Become Unrecognizable in 2021.

(9 Steps to Transforming your Life in One Year)

>>THREAD<<

Before we get started, understand these 3 things:

1.) You will not achieve your goals overnight

2.) Some of these steps will make you uncomfortable

3.) There will be times where you struggle

Not okay with this?
Stop reading.

Ready to make shit happen?
Then let's begin ■

#1: Remove all sources of negativity.

- Toxic friends
- Bad relationships
- Disrespectful family

Most people have no interest in growth..

No interest in getting better..

But that's not you.

NEVER let these people into your life.

And if they are…

GET THEM OUT

Find positive people.

Find people who want to get better.

Find those who are genuinely happy seeing you succeed and SURROUND yourself with them..

They exist, but you have to find them.

“3 great friends is better than 20 ‘eh’ friends.”

#2: Lift weights and eat right.

Imagine going from:

~ Fat
~ Acne
~ Skinny
~ Little arms
~ & Swimming in your clothes..

To:

~ Toned
~ Muscular
~ Clear skin
~ Having a jawline
~ & Filling your clothes

Your confidence skyrockets, you feel amazing, the rest of your life improves

Here’s my advice to making this happen:

1. Lift weights 3-4x per week
2. Eliminate all sugar (fruits are an exception)
3. Eliminate snacking
4. Intermittent fast (4-6 hour eating period)

(cont..)

5. Get tons of protein & vegetables
6. Keep it simple

(Find YOUR routine, something YOU can stick to, consistency is all that matters here)

#3: Buy clothes that fit.

$500 oversized Supreme shirts make you look like a child.

Put on some muscle & buy clothes that fit.

You'll save money, you'll look more mature, and you'll be 1000x more attractive

@WellBuiltStyle has an amazing account for this.

#4: Fix your attitude

One of the quickest ways to have someone thinking "Damn… you've CHANGED!"

is by changing your attitude towards everything:

• How you control emotions
• Your reaction to bad news
• Your outlook on the future

(Here are a few attitude-fixing habits)

A) If someone disagrees with you, ask questions instead of getting defensive.

B) Avoid gossip at all costs.

C) Eliminate ALL complaining. No one likes somebody who bitches all the time.

D) Take blame for everything. There is always SOMETHING you could've done better.

E) Talk less & listen more. You'll appear more mature, respectable, and interested.

F) No matter what it is, you'll get it figured out. (If someone else has done it, you can too)

G) You can have whatever you want if you work for it. Engrain this in your mind.

#5: Be smart with your money

We all know someone who is god-awful with their money.

If one day, that person told you they made $10,000 last month and they're building a business..

YOU'D BE SHOCKED!

So get your money right.

(Here's my advice) ■

A) Get a better job. Waiting at a high-end restaurant or car sales at a well-known dealership can have you earning $60,000 your first year.

B) Quit buying dumb shit. Gucci shoes, $500 bottle service, multiple $60 video games.. YOU DON'T NEED IT.

C) Build something that'll pay you while you sleep. You can't work 24 hours/day, but your twitter account can.

D) Learn a skill that you can charge $1000s for (Facebook Ads, Web Design, Email Marketing)

This is the quickest way to transform your financial status

(cont..)

Your New Year's Resolution:

- Find businesses
- Help them get more customers
- Charge $2000/mth to do so

With no experience required, you can learn it all here: https://t.co/8kX8O8bRxM

5 Clients = $10,000 per MONTH ■

The #1 Resource to help you get there ■

#6: Surround yourself with greatness

Want to get in shape?
- Surround yourself with fit people

Want to become wealthy?
- Surround yourself with wealthy people

Want to become a failure?
- Surround yourself with people that have no future

It's that simple.

#7: Be confident

• Eye contact in conversations
• Say less than necessary
• Speak loud & clear
• Walk with authority
• Firm handshakes

Practice each of these points.

People find this attractive, and if you weren't doing this before, they will surely notice.

#8: Read

No.

Reading isn't going to make you "look" different..

But depending what you read,

It will transform the way you think, write, & behave.

(Here are some of my Top Book Recommendations■) ■

■ When I Stop Talking You'll Know I'm Dead - Weintraub

■ How to Win Friends & Influence People - Carnegie

■ The Millionaire Next Door - Stanley

■ The One Thing - Keller

■ Atomic Habits - Clear

These books will put the right information in your head.

#9: Have an open mind

If you're completely closed off to new ideas,

You'll never grow.

~ Consider other options
~ Put yourself in their position
~ Believe that you CAN be wrong

Open-minded people see opportunities where most people do not.

And finally, we are done.

2020 was a trainwreck for most people, and those same people will say the same thing about 2021..

Following these 9 steps will give you everything you need to go from a:

"2020 SUCKED!" person..

To a:

“2020 WAS AMAZING!” person.

(cont..)

I hope you make the best of this new year.

But ultimately:

—> Things are what you make of them.

Be patient when working on the steps on this thread.

I genuinely thank you for reading.

Much love,

and Happy New Year

- TG