Twitter Thread by Lewin | Wealth Pill ■



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@Wealth_Pill



From today up to January 1st 2023, prioritize on these and you'll be unrecognizable in the next 120 days...

1. Turn off notifications when doing focused work, avoid being caught in action fallacy.

2. Take 2 cold showers a day to reset your mood.

3. Prioritize spending 30 minutes of your day alone, meditating and journaling to gain mental clarity.

4. Practice delayed gratification. Temporary pleasure calls for long term misery.

5. Befriend nature, walk for 30 minutes with no phone or music.

6. Take 10 minutes breaks between work sessions to boost your focus 5x better and stay productive.

7. Keep distance from people who only prioritize their needs over yours. They're your first enemies to progress.

8. Do what scares you most daily, you'll boost confidence in the performance of your tasks.

9. Water yourself with good books 1-hour a day.

10. Fix your sleeping schedule, sleep 7 hours a day and be awake at 4:00 AM.

11. Disappear atleast 100 minutes a day learn, build and learn how to sell.

12. Spend at least 50 minutes in the gym to boost your confidence and health.

13. Invest in long term relationships, life's boring without 3+ dark hour friends.

14. Take zero credit on anything, you'll build better relationship with anyone.

15. Build consistency until you embody the new habits to create a new self version.

Let's better together

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