

## Twitter Thread by Amanda Natividad



**Amanda Natividad**

[@amandanat](#)



**If you want to get rich and live your best life...**

**10 threads to make you healthy, wealthy, and wise:**

1/ Learn a bit of psychology to better understand yourself.

Not from me. From a doctor.

[@dremilyanhalt](#) breaks down psych concepts to help you name your feelings and behaviors.

<https://t.co/AoRleuqiSe>

PSYCHOLOGY MEGATHREAD:

40 of my favorite psychological concepts, introduced as thoroughly as I could manage in 280 characters or less.

These are core human behaviors that play out in all relationships, & are explored through therapy.

Enjoy, ask questions, & add your own!

— Dr. Emily Anhalt ([@dremilyanhalt](#)) [February 11, 2020](#)

2/ Define what self-care is to you.

Practice it. Often.

Incredible life lessons from mom, marketing executive, and CEO [@AmandaMGoetz](#).

This thread will blow your mind. ■

<https://t.co/aXDxrJK9e1>

Things I know at 35,  
I wish I had known at 25.

\U0001f9f5/

— Amanda Goetz (@AmandaMGoetz) [July 27, 2021](#)

3/ Know your worth.

Pay attention to red flags in business. Stand up for yourself when it's time.

No one knows this better than founder, executive, and influencer marketer, [@MissBeeBright](#).

<https://t.co/0ZDeExYdd0>

Emails like this where you need to "prove" your rates, while simultaneously being told you are "overpriced" are never worth the response (unless you're responding with a clapback). [pic.twitter.com/nmVmQJHV15](https://pic.twitter.com/nmVmQJHV15)

— Brittany | Influencer Marketing + Social Media (@MissBeeBright) [August 10, 2021](#)

4/ If you want to get rich, be willing to think outside the box.

Consider unsexy, cash-flowing small businesses.

[@Codie\\_Sanchez](#) is the expert in this and she writes a killer newsletter on building wealth.

<https://t.co/BkA4ti0leb>

I was burned out in finance, working on someone else's schedule, tired of having my time tied to \$.  
So I started investing in cash-flowing biz's.  
Not sexy startups, but boring businesses.

One of my fav small deals netted \$67k a year, \$100k at close... w/ quarters

A thread: [pic.twitter.com/Mv0diWoPeB](https://pic.twitter.com/Mv0diWoPeB)

— Codie Sanchez \U0001f4a5 (@Codie\_Sanchez) [April 9, 2021](#)

5/ Learn about crypto.

However you feel about crypto — it isn't leaving. So you may want to learn more.

Here, [@RealNatashaChe](#) envisions how a cryptoasset might one day become a risk-free asset.

<https://t.co/M3i2smw09b>

Ethereum will be the new government bond.

Staked ETH, or PoS asset of a dominant blockchain, will replace US Treasuries as the risk-free asset in any portfolio.

This shall be the biggest revolution in the history of financial markets.

Here's how I think it'll go down

— Tascha (@RealNatashaChe) [August 16, 2021](#)

6/ Set proper goals.

Start with visionary identity-based goals. Then measurable quarterly goals that ladder into them.

Then define practices that serve those goals.

Take it from [@mariepoulin](#). She builds systems for life management. ■

<https://t.co/7cXFngyj58>

How to get what you want: Goals, Practices, Projects.

(I'm bullish on visioning and goal-setting) <pic.twitter.com/9i6dNMzF5v>

— Marie Poulin (@mariepoulin) [July 3, 2021](#)

7/ Take charge of your career.

From tech executive [@joulee](#), surprising things to know about managing your professional relationships.

(She literally wrote the book on this. A WSJ-bestselling book.)

<https://t.co/S8dtJeBaLg>

Seven incredibly non-intuitive things about growing your career, a thread

— Julie Zhuo (@joulee) [March 12, 2021](#)

8/ Learn to navigate uncertainty.

Especially in a career pivot.

Tips for cold outreach, how to find hyper-growth startups, getting into marketing, and more.

From me, [@amandanat](#):

<https://t.co/lvmibDZSxt>

I have years of marketing experience B2B, DTC and B2C, with a focus in content, communications, events and product marketing.

But this is my second career.

Here's how I pivoted, and how others can learn too. \U0001f9f5

— Amanda Natividad (@amandanat) July 13, 2021

9/ Master copywriting.

No matter your job, function, or title, you will always benefit by being a better writer.

Instantly improve with these tools.

@julia\_saxena has spent years copywriting and teaching others.

<https://t.co/uTC9S4h2kB>

Copywriting is arguably THE most profitable skill in business.

The good news is: You can learn to write high-converting copy.

Whether you want to start writing copy professionally or for your own business, check out these 6 resources.

Links below \U0001f447 <pic.twitter.com/vKiqvviyf7>

— Julia Saxena \U0001f680\U0001f6a2 (@julia\_saxena) February 28, 2021

10/ Improve your inputs.

40+ books to master business & marketing, improve your relationships, and more.

Truly good books are hard to find. Lucky for you, @ccmarce\_writes is a writer and marketing expert who curated this list.

<https://t.co/7ScBBS7NAN>

Looking for a list of business, marketing & thought-provoking books from diverse authors?

Look no further! I've got some great suggestions for you

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— Chantelle (@ccmarce\_writes) January 29, 2021

Oops, we didn't cover physical health.

- Move more
- Lift weights
- Get some sun
- Sleep 7-8 hours
- Drink less alcohol

■ Eat more vegetables

You're worth it.

If you liked this thread...

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Follow me: [@amandanat](https://twitter.com/amandanat)

I write about marketing and doing things differently. I care about making you feel seen.