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/AoRIeuqiSe

> 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/nmVmQJHVI5
>
> — 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/BkA4ti0Ieb

> 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
>
> — 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\u2019s how I think it\u2019ll go down \U0001f447
>
> — 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/7cXFnqyj58

> 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 \U0001f447
>
> — 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/IvmibDZSXt

> I have years of marketing experience \u2014 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/vKigvviyf7
>
> — 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
> \U0001f447
>
> — 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...

RT the first tweet to help others find this.

Follow me: @amandanat

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