Twitter Thread by Legacy Builder



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if you need more energy, read this thread:

1) Sleep: Not having enough sleep is the root cause of feeling low throughout the day.

Our body is programmed in such a way that it needs at least 6-8 hours of sleep daily.

2) Get some sun: Sunlight is a natural mood booster, so getting outdoors for even just a few minutes can (ideal 20 mins)

3) Make a healthy breakfast: Eating a nutritious breakfast helps to jump-start your metabolism and provides you with the energy you need to get through the day.

4) Exercise: Exercise releases endorphins, which have mood-boosting properties.

5) Connect with friends and family: Talking to someone you care about can help you feel connected and supported, which can, in turn, boost your mood.

6) Do something you enjoy: Taking the time to do something you enjoy, whether it’s reading, listening to music, or spending time in nature, can help to lift your spirits.

7) Be mindful of your negativity bias: Our brains are wired to pay more attention to negative experiences than positive ones. This means that we can sometimes dwell on negative thoughts and feelings more than we’d like.

8) Practice gratitude: When we focus on the things we’re grateful for, it can help us to see the good in our lives and feel more positive overall.

9) Give yourself some time: If you’re feeling low, it’s important to give yourself time to process these emotions. Don’t try to push them away or bottle them up. Accepting how you feel is an important part of moving through difficult times.

10) Digital Detox: Disconnecting from your electronic devices and social media can help you to focus on the present moment and find some peace and quiet.

11) Get organized: Having a tidy space can help you to feel more in control of your life and can boost your mood.

12) Take a break: It's easy to get caught up in a never-ending cycle of work, obligations, and stress. Dedicate some time each day to do something that relaxes you and gives you a chance to recharge.

13) Stimulate your senses: Aromatherapy, listening to music, or eating certain foods can help to stimulate your senses and improve your mood.

14) Set realistic goals: When we set unrealistic goals for ourselves, it can lead to frustration and disappointment.

But when we set realistic goals, we're more likely to achieve them, which can give us a sense of accomplishment and boost our mood.

15) Be patient with yourself: It's important to be patient with yourself when you're feeling low. These emotions are temporary, and they will eventually pass. Give yourself time to heal, and don't be too hard on yourself during this process.

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- Build a legacy through family
- Build a legacy through wealth
- Build a legacy through mindset

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