



Lewin | Wealth Pill 

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21-09-2022

12:47

Do this for 100 days and you'll overcome these 7 types of addiction...

1. Phone addiction

90% of people can't end an hour without checking their phone.

Overcome this by;

- Make your life fun
- Turn off notifications
- Set timer when using it
- Uninstall most used apps (social media)
- Sleep with your phone in another room

2. Masturbation

Remedy to fapping;

- Take cold showers 2x a day
- Quit watching porn
- Get busy when alone
- Do 200 push ups daily
- Be outgoing

3. Watching TV

Average human spend 1/3 of the day watching TV especially in the evening

Save yourself, do this;

- Start a side-hustle
- Develop writing skill
- Set on a walk
- Learn new skills

Use your evening to feed your mind

Start by reading;

- Atomic Habits (by James Clear)
- 12 rules for life (by Dr. Jordan Peterson)

4. Comfort addiction

Most people die at 25 but buried at 75.

Resist getting tempted, do this;

- Hire a mentor
- Take risks
- Have 2+ active hobbies
- Seek challenging tasks
- Play chess or Rubik's

5. Gambling

Luck is a currency for the weak.

Save yourself by doing this;

- Work to create luck for yourself
- Chase purpose not money
- Invest in long term gains
- Learn a high income skill
- Buy courses to learn

6. Food craving

Binge eating is a mental problem.

It's a threat to focused work.

Eat only when hungry by doing this;

- Eat high protein meal
- Drink 3 litres of water a day

- Avoid sugary food
- Get busy

7. Shopping addiction

You need just little to survive

Resist the urge of buying things you don't need

Do this;

- Set monthly budget
- Create a shopping list
- Avoid credit card payments

What's your remedy for this?

Lets get better together.

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