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**FOR THE NEXT SIX MONTHS, BECOME
ADDICTED TO THESE NINE HABITS, &
YOU'LL BE UNRECOGNIZABLE
BY DECEMBER 2023**

SWIPE FOR MORE:



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1. **WAKING UP EARLY**

"The early bird catches the worm."

Waking up at 5 am provides a **head start** and allows for activities such as:

- Exercise
- Planning
- Being productive
- Working on business

These activities can lead to **greater goal achievement.**



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2. JOURNALING BEFORE BED

"Journaling is like whispering to one's self and **listening at the same time.**"

- Mina Murray

Writing down thoughts such as:

- Tomorrow's goals
- Expressions of gratitude
- Reflections on negative thoughts
- Working on business

These can enhance sleep quality and contribute to **improved mental well-being.**



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3. LEARNING AN ONLINE SKILL 30 MINUTES A DAY

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm X

With **inflation and taxes** on the rise, developing an online skill can be a game-changer for you.

- Coding
- YouTube
- Copywriting
- Digital Marketing
- Content Creation



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4. SPEND 1 HOUR A DAY EXERCISING

"Take care of your body. It's the only place you have to live."

- Jim Rohn

Three **exercises** that yield the best results are:

- Running
- Swimming
- Lifting weights

These exercises will quickly **strengthen** and **tone** your body.



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5. SIT IN SILENCE FOR 10 MINUTES A DAY

"Silence is a source of great strength."

- Lao Tzu

Carving out time for stillness and **mindfulness** allows your mind to:

- Take a break
- Promote mental clarity
- Be present in the moment
- Reduce stress levels



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6. **CREATE A PROPER SLEEP SCHEDULE**

"Sleep is the best **meditation.**"

- Dalai Lama

Sleep is **essential** for you, as it affects:

- Performance
- Mental health
- Reducing stress
- Improving your mood

Do this for **deep** and **quality** sleep:

- Avoid screens for 2 hours before bed
- Avoid eating for 2 hours before bed
- Keep your room cooler
- Use blackout curtains



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7. TAKE A 30-MINUTE WALK IN NATURE

"In every walk with nature, one receives far more than he seeks."

- John Muir

Nature is **proven** to help you:

- Get rid of anxiety
- Increase happiness
- Improve your mood

It's one of the **best hacks** for improving your day.



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8. **READ 10 PAGES A DAY**

"Reading is to the mind what exercise is to the body."

- Joseph Addison

Reading will **strengthen** your mind and also:

- Increase your focus
- Increase your knowledge
- Increase your self-confidence

Just 10 pages a day will give you a **huge return** in life.



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9. **LIMIT SCREEN TIME**

Saying **NO** to screen time means saying **YES** to something else.

Imagine all the **time** you have spent on the phone being put to **better use**.

1. Track and measure your screen time.
2. Set a screen limit or use a timer.
3. Turn off notifications.
4. Go grayscale.