

The Science of Well-Being

6 Tips to increase your happiness, be more productive, and build healthy habits.

1. DO DEEP WORK

Have at least 3 hours of undistracted work every day. No social media, no email, no phone. Staying focused and removing distractions is key if you want to accomplish more.

2. FOLLOW A GOOD SLEEP ROUTINE

Wake up and go to bed at the same time every day. This will increase your energy levels and build discipline.

3. MASTER DELAYED GRATIFICATION

Work hard now and make short-term sacrifices for your long-term goal and for the future life you want. Too much partying, TV shows, video games, unhealthy food, etc. will ruin your motivation.

4. MOVE YOUR BODY

Work out a minimum of 3 times per week to train your body, but more importantly, to train your mind. Exercising regularly builds discipline, resilience, and increases your energy. The key is to be consistent.

5. BE CONSISTENT

How you do one thing is how you do everything. If you don't give 100% to your workouts, you're not going to give 100% to your business. Treat everything with excellence and see how your life changes.

6. PRACTICE GRATITUDE

Gratitude is currency. Take the time to give thanks every day and use gratitude to find more contentment with your existence.

Psychology Of Success Tips

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