

# *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

**William Winston, Douglas H Ruben**



## **Psychology Of Success Tips:**

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