

## Twitter Thread by [Lewin | Wealth Pill](#) ■



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**Men from age 18-35, disappear for 180 days and do this...**

**( I used the exact framework to change my life)**

**{P a r t 7}**

1. Start reading good books

Exercise your mind everyday

Spare your morning and evening doing this;

- A 50 mins reading
- Grab a pen and a paper
- Simplify the main idea
- Apply the knowledge

Books will help you boost many aspects of your life, like;

- Enhanced sleep
- Improved memory
- Improved general knowledge
- Reduced anxiety & depression

Don't underestimate the power of reading books.

2. Audit your inner circle.

80% of your decisions are influenced by your peers

Choose few friends who can push you

Your inner circle need to be discussing more on;

- Business ideas
- Investments
- Success

You don't need those friends whose conversation revolves around;

- Politics
- Gossiping
- Complaining

Energy is contagious, so protect your vibe.

### 3. Plan your day

Separate your day into 4 quarters.

You have:

- Mornings (5-9 am)
- Late morning (10am-1pm)
- Afternoon (2-7 pm)
- Nights (7 pm +)

This will help you to;

- Track your day
- Improve productivity
- Create habits

Remember; what can't be measured, can never be improved.

### 4. Focus on your health.

Your health is your ultimate wealth

Balance your fitness on;

- physical
- mental
- emotional

Here's how;

- Fix your diet
- Exercise daily
- Avoid toxic people

## 5. Reduce screen time

AI hacks your brain, and starts manipulating you

It's a trap

You'll never realize this until you opt to;

- Uninstall social media networks
- Use your phone 4hrs a day (constructively)
- Sleep with your phone in another room

Here's what you'll achieve;

- lengthened attention span
- Less distracted
- Boosted creativity

Learn a high income skill.

Skills will make you rich.

So, invest in;

- Courses
- Mentorship
- Growing an online brand

Here's how to learn;

- Select a skill on demand (copywriting, coding...)
- Divide the skill up into smaller, manageable tasks
- Reflect on what you've learned
- Note on what you want to accomplish
- Share what you learn on your established brand

(Dm, I'll help you)

It's masculinity Saturday.

Here's where we learn;

- Social skills
- Business ideas
- Wealth creation strategies
- Building and breaking habits