

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



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### By age 30, you should 100% avoid these...

#### 1. Getting easily distracted

Observe and learn but avoid;

- People's ideas
- Crowd mentality
- Opinion from anyone
- Social media influence

Be picky on;

- Who you talk to
- What you watch
- What you engage with

Attention is energy exchange

Conserve your energy

#### 2. Instant gratification

Do a dopamine detox

Take some time away from;

- Alcohol
- Fast food
- Your phone
- Video games
- Social media

This will get you enough time to;

- Focus

- Do hard tasks
- Achieve your goals
- Control your impulses

### 3. Limiting beliefs

There's a battle you can always win .

You just need to;

- Think
- Write it
- Visualize
- Take actions

Don't compare, we all have different journeys to make.

Track your progress after 100 days and adjust.

### 4. Toxic people.

These people never see the good side of life

They mainly;

- Complain
- Have zero ambitions
- Rigid to their beliefs
- Always claim for pleasure

Have a circle of friends who pushes you to become your better self.

### 5. Your phone in the morning

This kills your day's momentum by;

- Raising your cortisol level
- Hit you with cheap dopamine

This will leave you feeling sluggish for the rest of the day.

Do this;

Keep your phone off for 2 hours after you wake.

### 6. Talk less

Only talk when you have something to say

Compose yourself, people will trust you more.

Talking too much shows;

- Insecurities
- low confidence
- Poor social skills
- Self unawareness

Be different from 98% of people around you.

## 7. Being attached to anything

Fear to let go will never leave you when you hold on to things too much

You need to let go;

- Personal beliefs
- Your past self
- Toxic family friends
- Unpleasant workplaces

Having options will set you free more than anyone would.

## 8. People pleasing

Be ready to lose people who don't help you grow

Keep distance from your;

- Friends
- Parents
- Partner

If they drag you down

Adversities will shape you.

Embrace being alone, conquer all your possibilities.

Stay strong.

## 9. Wasting time

Be mean with your time

Start your day at 4 AM with;

- 100 pushups
- A Cold shower
- 15 mins meditation

Then;

- 6 hours of deep work
- Spend your evening reading
- Schedule to sleep 9 PM

Occupy your day with meaningful activities.

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