

# Twitter Thread by Alex • Copywriting Dad.

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## For the next 90 days, PRIORITIZE these...

### 1. Your health

Focus on your;

- Mental health
- Physical health
- Emotional health

Do this;

- Cut toxic habits and friends
- Read great books
- Try new activities
- Eat what you want
- Take long walks
- Have great sex
- Exercise

### 2. Building a strong circle of friends

You don't need 100s of friends,

You only need a few who;

- Understand your main goal
- Working on themselves
- Got your back

Build friendships with assets not liabilities.

### 3. Learning how to talk

You never know who might come your way and turn your life around.

Know who to talk to, when, how to talk.

You'll always win.

#### 4. Learning martial arts

People around you are aggressive and always want to fight but they can't.

Learn how to fight for yourself and yours.

You'll also learn the fights to get involved in.

#### 5. Learning a skill for fun

Sometimes you don't learn something for monetary gains.

Learn;

- Cooking
- Shooting
- Painting

Some skills are fun to have.

#### 6. Self-discipline

Your habits determine the quality of your life.

The habits you focus on in your 20s and 30s form the basics of your 40s and 50s.

Self-discipline will help you;

- Build positive habits
- Quit negative habits
- Understand what you're capable of

#### 7. Starting a business

You need cashflow to be in a position of safety.

Start businesses offline and online.

The more the money you make, the easier it is to deal with unforeseen tragedies.

It's the Sunday...

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