

#017 Motivation Corner

Dear boys,

Today it's all about **motivation** and **real words of wisdom**

What to do when you feel:

- Tired – Go to bed.
- Uninspired – Take a nice cold shower.
- Anxious – Be thoughtful and relax.
- Irritated – Don't react.
- Envious – Maintain your focus.
- Angry – Go exercise, hit the gym.
- Doubt yourself – Engage in self-reflection.

From Adonis himself:

As a man you need to have high expectations of yourself. You need not to have time and room for shortcuts and mediocrity. No soul on earth will push you to your limits, only you can do so since it is your responsibility. So work hard towards the best version of yourself till you drop dead. No more, no less.

You do something:

- Once, it's an action.
- Twice, it's a repetition.
- A few times, it's a behavior.
- Multiple months, it's a habit.
- A year plus, it's a lifestyle.

It's not what we do once in a while that shapes our lives; it's what we do consistently.

Simple tips to a more fulfilling life:

- Drink more water.
- Fix your income situation.
- Invest your money.
- Travel a lot when you can.
- Exercise regularly, hit the gym without remorse.
- Reject negativity from your life.
- Enjoy life to the fullest, it's too short.

