

Live better life now!

1. Improve your sleep.

Have you **slept like a log** in last 2 weeks? If not try to think what **doesn't bring you to sleep** and don't do it this night. Health sleep means sleeping 7+ at least. Also **taking a short nap** as a break is great to recover your brain.

2. Stop procrastinating.

Procrastinations is a big problem in 21's century. To avoid this problem you should begin with **resisting the temptation to** leave something for later, instead DO IT NOW! **Ensure that** you do the hardest part first, so you won't do it later.

3. Control your brain.

Our brain is a powerful machine until you know how to use it. If something is hard **opt out of** thinking it is hard and start thinking this is interesting. Solving this problem will be easier and done faster.

4. Decide faster.

Decide faster depending on the importance of any decision. If something is minor don't even think about it. Focus on decisions those affects are going to last for a long period of time. **Put off the decisions** those are not needed now.

6. FOMO into JOMO.

Fear of missing out another problem of 21's society. The receipt is simple: stop using social media. every smartphone has a timer app that blocks social media usage after time limit is reached. Instead **figure out** your passion work on it. Stage when you don't feel missing out anymore is called JOMO joy of missing out.

7. Learn!

Try out new things, skills, and set goals. You have to **bring out your best self** and achieve your goals. This is how you can **stamp out** every physical and mental barriers like anxiety.



Jakub Nawrocki
CEO of his own time

