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My 19 cents on 2019.

A THREAD>

1) **SAVE.** Start with Rs.1000/- a month. More than 1000 is welcome. Put it in a separate account. Put that the first thing when you receive your salary. Do this simple thing for 6 months. You'll love the new person forming.

2) **DANCE** like no one is watching you. This activity is much easier inside your home when actually no one is there. Dancing is much more fun and energetic, in fact it is a hack to overcome inertia for workouts.

3) **WRITE** something every day: a journal, a blog post, about something that irritates you. Just sit down and write for 5 minutes. This is workout for the mind.

4) **FIRST THING IN THE MORNING,** Do anything for 30 minutes before you look at your phone.

5) **WALK** whenever you are angry, irritated and struggling to find answers. Get out and walk. Walk until your body and mind feel like meeting of two old friends. Walk and meet nature. Nature is the best therapist.

6) **TALK** to school friends over phone. Like really pick up the phone and talk to them. Text is old school.

7) **HAVE FRIEND(S)** you can say whatever you want to say, whenever you want to say.

8) **WORK HARD** on whatever that you are doing, put your best effort with a smile.

9) **TAKE PARENTS** to a place they wanna go, NOT a place you like (and you think parents would like it too)

10) **READ** a page from a book everyday. Read a page before you go to sleep.

11) **FORGIVE** all people who backstabbed you, without any hatred. Learn to let them go. But do not be naive to think they will change.

12) **GIVE BACK** to anyone who helped you, no matter how small the favor is. Do not take anyone for granted based on their social status.

13) **YOUR SPOUSE** needs your time with them. You may be seeing them everyday, yet you feel a long distance. Many problems in marriage are made up in our minds because we do not practice the art of talk.

- 14) **WHEN IN SOCIAL MEDIA**, you don't have to confront all the problems in the world. You can acknowledge when you see them, but you can move on with out adding to them. Pick your battles.
- 15) **TRAVEL** in public buses, and trains, even if you have a vehicle on your own. Make effort to take public transport at-least once a month. If you do, your inner whiner will leave you for good.
- 16) **FIND A GOOD THING** about every family member, because you cannot chose your family.
- 17) **FOCUS** on what you are good at, on what makes you feel good about your self. Schedule a time to do that every week.
- 18) **TEAM** work is everything in the new world. If you cannot be a team player and if you cannot lead a team, there's very few prospects to progress.
- 19) **TELL** me the things that worked for you in 2019. Because What is there to learn if I do not ask questions and listen. Drop your comments below.

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