

# 6 habits to help you become a 'warrior' in your life

Building good habits will help you get a lot of great benefits.

If you are reading this article then you are probably the one who wants to have a great life like me. I want to have a healthy body, a strong will, full of energy, enthusiasm and willing to embark on any difficulty to achieve the goal. I want to feel more satisfied and conquer more things in life.

Obviously, I still haven't done so well. But a few years ago, I discovered quite a few habits that helped me get closer to my goals and here are 6 habits that I believe that if you persistently follow it, you will become a "warrior." Unbeatable soldiers "in the battlefield are life and glory that is the fullness of life that you long for.

## 1. Plan for tomorrow every evening

Every night, after I have finished the day's work and have some clear ideas about what to do for the next day, I often write them down and make clear plans. It is not simply a list of tasks to be done (to-do list) but it means a detailed plan with a specific deadline.



When you begin to practice this habit, you will get two main benefits. *First*, you will work more effectively during the day when you know exactly what to do at any given time. *Secondly*, you will enjoy the free time in the evening in a better way. You can relax, chat with your family in a relaxed manner, read books, meditate or do what you like. Even when you climb into bed, you are more likely to fall asleep and no longer have to worry about the work to do tomorrow.

## 2. Exercise is the first thing to do every morning

Every morning, the first thing you should do and need to do after waking up is to spend 5 minutes on exercise or gentle workout exercises such as squats to get physically active.

What are the benefits you get? Above all, it will help you stay awake after getting out of bed, avoid being tempted by the "sleeping" habit and activating the nervous system after a night of relaxation. As a result, you will also be able to set up a circadian rhythm and being more ready for a new sleep will begin at 16 hours later.

Early morning exercise is also very beneficial for muscle formation and burning excess fat, especially when you apply intense exercises. 5 minutes a day is not much, but after each week, you increase a little more time, gradually, your mental health will be improved significantly.



Moreover, this habit is also very flexible. If you want to lose weight, you can increase your exercise time. If you're traveling or want to stop having to go to the gym to complete an hour of workout before you go to work, make sure that right after you get out of bed, you've spent at least half an hour doing physical activity. . Once you make this activity an indispensable part of your daily life, you will definitely control your mental health no matter how deadly your life is.

## 3. Think before you eat

Before eating or drinking anything that contains calories, stop and think for a few seconds (or minutes). Is this dish or drink good for you? Do you really want to enjoy them or want to change to something else?

There are two habits that you can nurture in order to force yourself to be careful about what you want to put into your mouth and both involve your phone. First, it is to **take pictures of everything you eat** (according to research, it is much more beneficial to store food photos than to write "eating" diaries) and secondly, you can **"take a selfie". Before each meal** or look in the mirror. Don't assume that this is an odd habit because it will help you "self-reflection", making you really think about the impact of the choices made on your health.



Either way, the principle remains the same: basically, you can improve the quality of small decisions made every day, just by stopping to look at them in a matter of seconds.

#### **4. If you hate someone, ask yourself if you feel inferior to them**

Hate is often secretly motivated by a sense of cocoon, especially when the object you hate hates owns something you want, such as money, fame, wealth or something. they succeed, and you don't.

1. Do you wish you had a lot of money but hate the rich?
2. You hate people who are too attractive but in your heart want to be loved by many people?
3. You wish you were lovely, cute but very uncomfortable with you, you are too "cute"?

You will never become a person or get something that you hate. Therefore, consider the motivations behind your hatred and resentment. If there is a bit of jealousy, frankly remove it and start focusing on achieving your goals.

#### **5. Whenever jealous of someone, be jealous of things related to them**

1. If envious of one's wealth, it's best to envy their hard work.
2. If jealous with a firm body and muscular body, it is best to envy his good habits: spend an hour a week in the gym and never drink alcohol.

Often, we will stop jealous of others when we realize things that they pay for such success or wealth.



At the same time, emotions about jealousy will also be transformed into positive motivation and make them a role model for us to follow.

## **6. Whenever someone makes you angry, delay your reaction**

In the 6 habits mentioned in this article, this is the habit that I recently started and one of my favorite things.

Whenever someone makes you angry, don't rush to respond. If you are in a live conversation, this means you should stop for a few seconds before giving an answer or excuse. If you are texting on social networks, it will be much easier to do. Do not rush to "reply" them.

What are the benefits of this habit? Obviously, stopping will help you calm down, get better and more mature in each of your reactions, avoiding creating unnecessary conflicts. Moreover, the opponent also respects you more and will have to stop aggressive behavior when you find that you are not responding.

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