

# 8 reasons to make you smarter and stronger when you're alone

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Today, when society always motivates people to spend more time interacting, exchanging each other, even when we are alone, we regularly check email, surf Facebook, make phone calls. or skype with everyone. Most of us always want to do something or go somewhere with friends, but forget about the benefits of taking time for ourselves.

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## 1. More confident

People who lack self-confidence often rely on other people's thoughts to make decisions for themselves, but spending time alone will make you more confident in your own decisions. When you are alone, you can

eliminate the views and opinions of others, and can completely focus on your own thoughts. You will have the opportunity to make your own perceptions more weight-based, thereby making the best decisions, which will help you become more confident.

## **2. Improve work performance**

When you are around with others, you often forget about your goals and priorities. On the contrary, when you are alone, you will have the opportunity to think about what is more about yourself, from your family, career to money. This helps us make decisions about the goals that define and motivate us to work more effectively to achieve those goals.



## **3. Promoting creativity**

Everyone has different creative ways but when in the crowd, there is a tendency to follow what others do. However, when in your own space, in addition to the influence of the crowd, you can completely do what you want. Someone will paint or color, others will cook, read, write or compose music. There are many ways for people to be creative, and their own space will help discover their special interests and abilities.

## **4. Increase insight**

Society today sometimes makes you feel overwhelmed with the endless flow of information, from work, media, friends and family. There are times when we need to get rid of that flow to think about what is really going on and re-evaluate every problem that occurs around us. Private space will help you think clearly, feel relaxed and much more comfortable.



## **5. Help solve all problems better**

Most of the best solutions will come when you are alone and focus on thinking about current issues. Private space helps you think and think only about specific issues, which will quickly find a solution. You will find the cause of all problems, as well as find many different solutions. Understanding what you really want to do, all problems can be solved effectively.

## **6. Complete work quickly**

Most people have a to-do list, but it seems it will be difficult to complete one of them if you always spend time with others. When alone, there will be no more interruptions, instead only full focus for work and the list will be completed quickly. Even if you feel bored when dealing with each job, the happiness will come when you complete all the work.



## 7. Reduce stress and anxiety

Today a lot of people are overwhelmed with stress and anxiety, but if they spend time alone they can get rid of them and feel more relaxed. When we're alone we don't have to listen to other people's problems, let ourselves relax and do what we like.

## 8. And of course being alone will help you become independent

One of the greatest benefits that " *private space* " brings, is independence. When focusing on your own development, focusing on solving problems, self-feeling, it's also the spirit of self-reliance built up inside you, which will make you love more and more. Self and stronger.

Refer to some more articles:

1. 8 things only people "like to be alone" understand
2. 19 interesting things to help you "kill" time when you're alone
3. 5 reasons for new experiences create happiness, not material

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