

Keep yourself a 3-second rule to make life simpler

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There are questions that anyone in this life asks, such as "How to find a dream job", or "How to get good relationships?", Or "How to succeed in a job interview?", Or even "What do I do with my life?". The common answer of all these questions is: "You need to know what you really want!".

So there is a simple tip to enjoy this life and feel free to do what you like, which is spontaneity . We all go through a period of life that at the time, we could not shape ourselves: you wanted to ask the presenter but you did not ask for fear of losing your job, there was a stray person but you did not help out, Exciting music pops up but you don't dance for shame, a girl / boy smiles at you but you don't answer because of embarrassment. You don't really live, you're missing out on many opportunities in life.

To solve this situation, remember "**3-second rule**": **If you are ahead of a choice, decide within 3 seconds of thinking, the first answer will be the answer we want the most. . If the time is over 3 seconds, negative thoughts that prevent us from doing it will start to appear.**



Try doing it now, live, not survive, do what you are afraid to do or never do, do whatever you want. Slowly, you will know what you really want and where you will stand in this world. Someone told me that they could not do what they liked because they encountered difficulties like financial or family. However, I have advised that if you really want to do something, then you will fight to the end to overcome the difficulties that prevent your dream. Just don't be afraid to do what you want.

So I have a question for you, what do you really want right now? The answer in the first 3 seconds is your answer and do it right away!

Refer to the following articles:

1. When life is too difficult, remember these 10 sentences
1. 40 things you should do before turning 50
1. It is difficult, but if you do 10 things, your life will definitely change!

I wish you success in life!

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