

Fix your shit

Jasmin Hajro



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I have most of these problems, this shit

I am in door to door sales

laziness is the wordst there

Take a coffee

take 4 more coffees

get ready

pack your bag

eat

it's already 16:00 o'clock

takes a half an hour to get to work

work a few hours

get home

and wonder why ain't I getting ahead

and having so little money

Problem, right

If you have kids

be sure to always be there for them, no matter what

That's what my mother did

Always be talking to them, always

That's what my father did

And because of that I turned out very well

I have old friends that are in jail for many years, so I really turned out well

Also do these things :

1. Establish clear expectations and boundaries.
2. Build a positive and supportive relationship with the child.
3. Use positive reinforcement to reward good behavior.
4. Provide consistent consequences for negative behavior.
5. Create a structured and predictable environment.
6. Use visual aids and cues to help the child understand expectations.

7. Encourage open and honest communication.
8. Foster a sense of belonging through inclusion and acceptance.
9. Offer opportunities for the child to make choices and take responsibility.
10. Break tasks into smaller, manageable steps.
11. Use a variety of teaching techniques to cater to different learning styles.
12. Seek professional support and guidance, such as counseling or therapy.
13. Encourage the child to express their emotions and validate their feelings.
14. Establish a routine to help the child feel safe and secure.
15. Provide opportunities for the child to engage in physical activity and release energy.
16. Teach and model problem-solving skills.
17. Implement a reward system to motivate positive behavior.
18. Involve the child in setting goals and tracking progress.
19. Provide consistent and clear consequences for negative behavior.
20. Collaborate with the child's parents or caregivers to maintain consistency.
21. Practice active listening to show empathy and understanding.
22. Incorporate sensory activities to help the child regulate their emotions.
23. Offer regular breaks and opportunities for relaxation.
24. Teach and encourage the use of coping skills.
25. Seek support from other professionals, such as teachers or social workers.
26. Provide a safe and quiet space for the child to calm down and reflect.
27. Offer opportunities for the child to build self-esteem and confidence.
28. Use positive language and avoid negative labels or stereotypes.
29. Teach appropriate social skills, including empathy and respect.
30. Use visual schedules and timers to help the child with transitions.

31. Encourage the child to express their creativity through various outlets.
32. Offer praise and recognition for effort, not just outcomes.
33. Model and teach relaxation techniques, such as deep breathing or mindfulness.
34. Provide opportunities for the child to engage in cooperative activities with peers.
35. Use technology and educational apps to reinforce learning.
36. Set clear consequences for inappropriate behavior and consistently follow through.
37. Offer choices within appropriate limits to promote autonomy.
38. Develop an individualized behavior plan tailored to the child's needs and strengths.
39. Keep communication channels open with other professionals involved in the child's life.
40. Involve the child in problem-solving and decision-making processes.
41. Provide positive role models for the child to learn from.
42. Encourage the child to develop and pursue their interests.
43. Offer consistent support and guidance, even during challenging moments.
44. Provide clear explanations and instructions to help the child understand expectations.
45. Use visual cues, such as charts or diagrams, to reinforce learning.
46. Offer opportunities for the child to reflect on their behavior and learn from mistakes.
47. Celebrate small victories and progress made by the child.
48. Encourage the child to engage in hobbies or activities they enjoy.
49. Provide positive and constructive feedback to help the child grow and develop.
50. Be patient, understanding, and adaptable as the child works through their challenges.

They can say that, but the fact is that tv is a great timesuck
It makes you lose reality

and think that the lives in the tv shows are normal and how you should live, creating drama, in your house, where there should be peace and harmony...

While television can be a great source of entertainment and information, it also has some disadvantages. Here are a few:

1. Sedentary lifestyle: Watching TV often involves sitting or lying down for extended periods, leading to a sedentary lifestyle. This lack of physical activity can contribute to health issues like obesity and cardiovascular problems.

2. Reduced physical and social interactions: Spending excessive time watching TV can limit opportunities for physical exercise and social interactions with family, friends, and peers. This can impact social skills and overall wellbeing.

3. Negative impact on mental health: Certain TV programs, especially those with violence or distressing content, can negatively impact mental health, particularly in sensitive individuals. Excessive TV watching can also lead to feelings of loneliness, depression, and anxiety.

4. Influence on behavior and values: TV programs can influence behavior and shape attitudes, especially in children and adolescents. Exposure to violence, negative stereotypes, and inappropriate content can lead to the adoption of aggressive behaviors or unhealthy beliefs.

5. Disruption of sleep patterns: Late-night TV watching can disrupt sleep patterns, leading to insufficient sleep and potential sleep disorders. The blue light emitted by screens can also interfere with the natural sleep-wake cycle.

6. Reduced academic performance: Excessive TV viewing can divert time and attention away from important activities such as homework, studying, or reading. This can negatively impact academic performance and intellectual development.

7. Commercialization and consumerism: Television is often filled with advertisements promoting products and consumerism. Constant exposure to advertisements can create materialistic attitudes and influence unhealthy consumption patterns.

8. Unrealistic portrayal of reality: TV shows often present an idealized and fictional version of reality. This can lead to distorted perceptions and unrealistic expectations about relationships, body image, and success.

9. Addiction and time wasting: TV watching can become addictive, leading to excessive time spent in front of screens. This can negatively affect productivity, personal relationships, and overall life balance.

10. Loss of creativity and imagination: Passive TV consumption can hinder the development of creativity and imagination, as it limits opportunities for active engagement and self-expression.

It's important to practice moderation and make conscious choices about the content and amount of time spent watching TV to mitigate these disadvantages.

Get out there and meet people, have real conversations !!!

Social media platforms have become an integral part of our lives, providing numerous benefits, but they also have some disadvantages. Here are a few:

1. Impact on mental health: Excessive use of social media can contribute to feelings of loneliness, depression, and anxiety. Continuous exposure to curated and often idealized versions of others' lives can lead to negative self-comparisons and a distorted perception of reality.

2. Cyberbullying and harassment: Social media platforms can be breeding grounds for cyberbullying, harassment, and online abuse. People may feel emboldened to engage in hurtful behavior when shielded by anonymity or distance, causing significant emotional distress to the victims.

3. Addiction and time-wasting: Social media can be addictive, leading to excessive time spent scrolling through feeds and consuming content. This can result in decreased productivity, neglect of real-life responsibilities, and a decreased focus on meaningful activities.

4. Privacy concerns: Social media platforms often collect and store user data, which can raise privacy concerns. Personal information

may be vulnerable to misuse, hacking, or unauthorized access, compromising individuals' privacy and security.

5. Distraction and decreased attention span: Frequent use of social media can contribute to decreased attention spans and difficulties in focusing on tasks. Constant notifications and the urge to check social media can disrupt concentration and productivity.

6. Spread of misinformation: Social media enables the rapid spread of misinformation and fake news. False or misleading information can easily go viral, leading to the perpetuation of rumors, conspiracy theories, and even harm to individuals or communities.

7. Impacts on self-esteem and body image: Social media often presents a distorted version of beauty ideals and can contribute to body dissatisfaction and low self-esteem. The pressure to conform to unrealistic beauty standards can lead to poor body image and unhealthy behaviors.

8. Reduced face-to-face interactions: Excessive reliance on social media for communication can lead to a decline in face-to-face interactions and real-life social connections. This can result in feelings of isolation, social disconnection, and a decrease in social skills.

9. Fear of missing out (FOMO): Social media can create a fear of missing out on events or experiences showcased by others. Constant exposure to others' highlights can lead to feelings of inadequacy and a sense of being left out.

10. Virtual validation and self-worth: Seeking validation from others through likes, comments, and followers on social media can negatively impact self-esteem and self-worth. Relying on external validation can hinder personal growth and authentic self-expression. It is important for individuals to be mindful of their social media usage, set boundaries, and prioritize their mental and emotional well-being in order to mitigate these disadvantages.

This will fuck you up and your life, beware

Get shit done, that you started!!!

Not completing tasks can have several disadvantages, both personally and professionally. Here are a few:

1. Missed deadlines: Failing to complete tasks within the designated timeframe can lead to missed deadlines. This can cause delays in projects, affect teamwork, and damage professional reputation.
2. Increased stress and anxiety: When tasks are left unfinished, they can accumulate and create a sense of overwhelm. Procrastination and the accompanying stress and anxiety can negatively impact mental and emotional well-being.
3. Poor time management: Not completing tasks reflects a lack of effective time management skills. It can hinder productivity, lead to disorganization, and contribute to a cycle of unfinished projects piling up.
4. Damaged professional relationships: Consistently not completing tasks can strain relationships with colleagues, superiors, or clients who rely on timely completion of work. It may be perceived as unprofessional and show a lack of commitment.
5. Missed opportunities: Incomplete tasks can result in missed opportunities for growth, advancement, or new projects. It may also prevent the realization of personal or professional goals.
6. Loss of trust and credibility: Not completing tasks can erode trust and credibility. Others may question reliability and perceive a lack of commitment, leading to diminished trust in one's abilities.
7. Lack of personal fulfillment: Completing tasks provides a sense of accomplishment, satisfaction, and personal fulfillment. Not finishing tasks can deprive individuals of experiencing these positive emotions and hinder personal growth.
8. Unfulfilled commitments: Failing to complete tasks means not fulfilling commitments made to oneself or others. This can erode trust and integrity, and damage personal relationships.
9. Inefficient use of resources: Incomplete tasks can result in wasted time, effort, and resources invested in starting but not finishing a project. It can lead to unnecessary expenses or duplication of work.
10. Hindered personal growth: Not completing tasks can prevent individuals from gaining new skills, knowledge, or experiences that come with successfully finishing projects. It may hinder personal and professional growth and limit future opportunities.

It is important to develop strategies for task management, such as setting clear goals, prioritizing tasks, breaking them down into manageable steps, and maintaining focus to avoid the potential disadvantages of not completing tasks.

This will ruin your life

fix it !!!

Being lazy, or consistently lacking motivation or effort, can lead to several disadvantages. Here are a few:

1. Missed opportunities: Laziness can prevent individuals from pursuing new opportunities and experiences that could lead to personal or professional growth. It limits one's ability to seize chances for advancement, learning, or personal development.
2. Impaired productivity: Laziness often results in procrastination and a lack of focus. This can lead to decreased productivity and efficiency in completing tasks, resulting in missed deadlines and incomplete projects.
3. Damaged reputation: Consistently being lazy can harm one's reputation both personally and professionally. It may be perceived as a lack of responsibility, reliability, and commitment, which can negatively affect relationships and future opportunities.
4. Limited achievements: Laziness can hinder achievements and goals. Without the drive and effort to work towards desired outcomes, one may struggle to accomplish personal or professional milestones.
5. Reduced self-confidence: Chronic laziness can erode self-confidence and self-esteem. When individuals consistently fail to take action or meet their own expectations, it can lead to feelings of inadequacy and a lack of belief in one's abilities.
6. Stagnation: Laziness often leads to a state of stagnation or complacency. It discourages personal growth, learning, and the acquisition of new skills or knowledge.
7. Financial repercussions: Laziness can have financial consequences, such as missed career advancement opportunities, job loss, or decreased earning potential. It can impede individuals from taking action to improve their financial situation.

8. Strained relationships: Laziness can strain personal relationships, as it may be perceived as a lack of effort or investment in maintaining those connections. It can lead to frustration, resentment, and a lack of trust from loved ones or colleagues.

9. Health issues: A sedentary lifestyle that often accompanies laziness can lead to health problems like obesity, weakened muscles, and a decline in overall well-being. Lack of motivation for physical activity and self-care can negatively impact mental and physical health.

10. Missed personal fulfillment: Laziness can prevent individuals from experiencing a sense of accomplishment, personal fulfillment, and satisfaction that comes from setting goals, working towards them, and achieving desired outcomes.

It's important to recognize the disadvantages of being lazy and make conscious efforts to overcome this habit. Developing self-discipline, setting realistic goals, and finding intrinsic motivation can help combat laziness and lead to a more fulfilling and productive life.

Solutions :

Certainly! Here are 30 strategies that can help overcome laziness:

1. Set clear and achievable goals.
2. Break tasks into smaller, manageable steps.
3. Create a schedule or daily routine to stay organized.
4. Prioritize tasks based on importance and urgency.
5. Practice time management techniques, such as the Pomodoro Technique.
6. Use positive affirmations and visualization to boost motivation.
7. Set deadlines for tasks to create a sense of urgency.
8. Eliminate distractions, such as social media or TV, while working.
9. Start small and gradually increase the amount of time spent on tasks.
10. Practice self-discipline and hold yourself accountable.
11. Find an accountability partner or join a study/group to stay motivated.
12. Focus on the benefits and rewards that come from accomplishing tasks.
13. Take regular breaks to avoid burnout and maintain productivity.

14. Practice self-care and ensure you're getting enough sleep and rest.
15. Surround yourself with motivated and proactive individuals.
16. Practice visualization techniques to imagine successful task completion.
17. Use productivity apps or tools for task tracking and time management.
18. Practice positive self-talk and eliminate negative thinking patterns.
19. Create a conducive work environment free from clutter and distractions.
20. Use the "two-minute rule" to tackle small, quick tasks immediately.
21. Experiment with different productivity techniques to find what works for you.
22. Seek support and guidance from mentors or coaches.
23. Incorporate regular exercise and physical activity into your routine.
24. Celebrate small victories and reward yourself for accomplishing tasks.
25. Find inspiration and motivation from success stories or role models.
26. Set realistic expectations and avoid overwhelming yourself with too many tasks at once.
27. Seek out challenging tasks or projects that ignite your passion and interest.
28. Practice mindfulness and focus on the present moment while working.
29. Reflect on the consequences of remaining in a state of laziness.
30. Cultivate a growth mindset, embracing challenges and seeing failures as opportunities to learn and improve.

Remember, overcoming laziness requires consistent effort and commitment. Start implementing these strategies gradually, and be patient with yourself as you work towards developing a more proactive and motivated mindset.

Here are 30 strategies that can help you start completing tasks:

1. Make a to-do list or use a task-tracking tool to plan and prioritize your tasks.
2. Set specific and realistic goals for each task.
3. Break down larger tasks into smaller, more manageable subtasks.
4. Start with the tasks you find most challenging or important.
5. Set deadlines for each task to create a sense of urgency.
6. Use a timer or the Pomodoro Technique (working in focused bursts with short breaks) to stay focused and motivated.
7. Eliminate distractions, such as social media or notifications, while working on tasks.
8. Create a productive work environment free from clutter and distractions.
9. Use positive affirmations and visualization techniques to boost motivation and confidence.
10. Create a routine or schedule to establish a habit of consistently working on tasks.
11. Hold yourself accountable by sharing your goals or progress with someone else.
12. Practice the "two-minute rule" - if a task takes less than two minutes, do it immediately.
13. Set realistic expectations to avoid overwhelm and procrastination.
14. Celebrate small victories and reward yourself for completing tasks.
15. Find a study/group or accountability partner who can support and motivate you.
16. Practice self-discipline and avoid giving in to excuses or distractions.
17. Break down complex tasks into smaller, more manageable steps.
18. Use visualization techniques to imagine successful task completion.
19. Focus on the positive outcomes and benefits you will gain from completing the tasks.
20. Start your day with a productive morning routine to set a proactive tone for the rest of the day.

21. Practice self-care, ensuring you get enough sleep, exercise, and nourishing meals for increased focus and energy.
22. Set aside dedicated time for work and minimize multitasking to maintain focus.
23. Prioritize tasks based on the Pareto Principle (80/20 rule) - focus on the tasks that will have the biggest impact.
24. Delegate tasks whenever possible to reduce your workload.
25. Seek inspiration from success stories or role models who are known for their productivity.
26. Use productivity apps or tools to track your progress and stay organized.
27. Reflect on the consequences of not completing tasks to motivate yourself.
28. Practice self-reflection to identify any underlying reasons for procrastination and address them.
29. Surround yourself with motivated and productive individuals who inspire and encourage you.
30. Remember to take breaks and avoid burnout - allow yourself time to rest and recharge.

Implementing these strategies consistently and adapting them to your own preferences will help you build the habit of completing tasks effectively. Start with a few techniques that resonate with you and gradually incorporate more as you see progress.

Here are 30 strategies that can help you reduce or stop using social media:

1. Set clear goals and reasons for reducing your social media usage.
2. Track and monitor your social media usage to become more aware of how much time you spend on it.
3. Delete social media apps from your phone to reduce easy access.
4. Use website blockers or time management apps to limit your social media use.
5. Designate specific times or days of the week as "social media-free" time.
6. Replace social media browsing with healthier alternatives, such as reading a book or engaging in a hobby.

7. Unfollow or mute accounts that don't add value or negatively impact your well-being.
8. Turn off notifications for social media apps to minimize distractions.
9. Find accountability by sharing your intentions to reduce social media use with a friend or family member.
10. Engage in physical activities or exercise to distract yourself from social media.
11. Find social support from offline communities or groups with similar interests.
12. Use screen time limits or app restrictions provided by your phone's operating system.
13. Practice mindfulness techniques to become aware of and resist the urge to check social media.
14. Implement a "30-day social media detox" to break the habit and reevaluate your relationship with social media.
15. Journal about your feelings and experiences when reducing social media usage.
16. Limit social media use to certain devices or specific times of the day.
17. Find alternative sources for news and information to decrease reliance on social media for updates.
18. Organize social outings or activities with friends and family to create meaningful offline connections.
19. Engage in self-reflection and identify triggers that lead to excessive social

If you're looking to stop watching TV altogether, here are some steps you can take:

1. Set a clear intention: Determine why you want to stop watching TV and remind yourself of your goals regularly.
2. Assess your current TV consumption: Take note of how much time you currently spend watching TV each day or week.
3. Create a plan: Set specific guidelines for yourself, such as gradually reducing TV time or setting designated TV-free days.
4. Set boundaries: Establish specific times or situations when you will not watch TV, such as during mealtime or before bed.

5. Remove temptations: Consider canceling or downsizing your cable subscription, removing TVs from bedrooms, or unplugging the TV altogether.

6. Find alternative activities: Engage in hobbies, exercise, read books, learn new skills, or spend time with loved ones to fill the void left by TV.

7. Set realistic goals: Start by reducing your TV time gradually rather than quitting cold turkey, especially if you are accustomed to heavy TV watching.

8. Replace TV with other forms of media

If you're interested in stopping or reducing your alcohol consumption, here are 20 strategies that can help you:

1. Set a specific goal: Define why you want to quit or reduce your alcohol intake and establish clear objectives for yourself.

2. Seek support: Share your intentions with trusted friends, family, or a support group who can provide encouragement and understanding.

3. Remove triggers: Identify situations, locations, or people that often lead to drinking and find ways to avoid or minimize exposure to them.

4. Find healthier coping mechanisms: Explore alternative ways to deal with stress, emotions, or social situations that don't involve alcohol, such as exercise, meditation, or hobbies.

5. Educate yourself: Learn about the risks and negative effects of excessive alcohol consumption to reinforce your decision to quit or reduce.

6. Set limits: Establish specific rules for yourself, such as committing to "no drinking" days each week or limiting the number of drinks per occasion.

7. Find accountability: Utilize tracking apps, journaling, or a sober buddy to monitor your progress and hold yourself accountable.

8. Seek professional help: Consider reaching out to a healthcare professional, therapist, or counselor who specializes in substance abuse if you need additional guidance.

9. Build a support network: Surround yourself with people who support your decision and provide positive influences on your

alcohol-free lifestyle.

10. Replace drinking habits: Find non-alcoholic alternatives that you enjoy, such as mocktails, flavored sparkling water, or herbal teas.

11. Practice self-care: Focus on activities that promote well-being, such as getting enough sleep, eating balanced meals, and engaging in regular physical exercise.

12. Stay mindful: Practice being present and aware of your thoughts, feelings, and triggers associated with alcohol consumption.

13. Avoid temptation: Keep alcohol out of your home and refrain from visiting places where drinking is the primary focus.

14. Celebrate milestones: Acknowledge and reward yourself for achieving milestones and reaching alcohol-free goals.

15. Find healthy distractions: Engage in activities that keep your mind and body occupied, such as pursuing hobbies or exploring new interests.

16. Practice stress management: Find healthy ways to cope with stress

Stopping drug use can be a challenging process, but here are 20 strategies that can help you on your journey:

1. Recognize the problem: Admit to yourself that you have a drug-related issue and acknowledge the need for change.

2. Seek professional help: Reach out to a healthcare professional, counselor, or addiction specialist for guidance and support.

3. Build a support network: Surround yourself with individuals who support your decision to quit drugs and who can provide positive influences.

4. Join a support group: Consider attending meetings with groups like Narcotics Anonymous (NA) or seeking other recovery support groups.

5. Remove triggers and temptations: Get rid of drug-related paraphernalia, avoid places associated with drug use, and cut ties with individuals who enable your drug use.

6. Create a relapse prevention plan: Develop strategies to cope with cravings or triggers that may lead to drug use.

7. Practice self-care: Prioritize your physical and mental well-being by maintaining a healthy lifestyle, including regular exercise, healthy

eating, and enough sleep.

8. Replace drug use with healthy habits: Engage in activities or hobbies that bring you joy or provide a sense of accomplishment.

9. Set realistic goals: Break your recovery journey into small achievable steps rather than expecting immediate results.

10. Educate yourself: Learn about the risks, consequences, and negative effects of continued drug use to reinforce your decision to quit.

11. Utilize therapy or counseling: Seek professional therapy or counseling to address any underlying issues that contributed to your drug use.

12. Establish a routine: Create a structured daily routine that allows for healthy habits and minimizes idle time.

13. Practice stress management techniques: Explore healthy coping mechanisms like meditation, deep breathing exercises, or stress-reduction strategies.

14. Practice mindfulness: Learn to be present and connect with your thoughts and emotions without turning to drugs.

15. Practice self-reflection: Understand the reasons behind your drug use and work on personal growth and self-improvement.

16. Find alternative ways to have fun: Seek out sober activities, explore new hobbies, or engage in social events that don't involve drug use.

17. Celebrate milestones: Acknowledge and reward yourself for milestones in your recovery journey.

18. Set boundaries: Establish clear boundaries with friends, family, or others who may still be using drugs.

19. Communicate your intentions: Inform those close to you about your decision to stop drug use, seeking their understanding and support.

20. Be patient and persistent: Recognize that recovery is a process that takes time. Stay committed to your decision and don't give up, even if you experience setbacks.

If you're looking to stop wasting time and become more productive, here are 20 strategies that can help:

1. Set specific goals: Define what you want to achieve and break it down into actionable steps.
2. Prioritize tasks: Determine which tasks are most important and focus on those first.
3. Create a schedule: Plan your day or week in advance to allocate time for specific activities.
4. Use productivity techniques: Explore methods like the Pomodoro Technique or time-blocking to manage your time effectively.
5. Eliminate distractions: Minimize interruptions from social media, notifications, or unnecessary noise.
6. Set specific time limits for activities: Give yourself a designated amount of time for each task to avoid spending excessive hours on unproductive activities.
7. Develop self-discipline: Practice delaying gratification and sticking to your planned activities.
8. Track your time: Use time-tracking apps or tools to monitor how you spend your time and identify areas for improvement.
9. Delegate tasks: If possible, assign tasks to others to free up your own time.
10. Outsource when appropriate: Consider outsourcing tasks or seeking assistance to save time and focus on what matters most.
11. Break tasks into smaller steps: Make large tasks more manageable by breaking them down into smaller, actionable subtasks.
12. Set realistic expectations: Avoid overloading your schedule with unrealistic goals that can lead to feeling overwhelmed and wasting time.
13. Find your peak productivity times: Identify when you are most focused and productive, and schedule important tasks during those periods.
14. Take regular breaks: Allow yourself short breaks to recharge and avoid burnout, but set a timer to keep them from becoming excessive.
15. Practice saying no: Learn to politely decline requests or activities that do not align with your priorities or goals.

16. Avoid multitasking: Focus on one task at a time to maximize efficiency and prevent distractions.

17. Automate routine tasks: Use technology or tools to automate repetitive or time-consuming tasks.

18. Learn to manage procrastination: Identify the underlying reasons for procrastination and find ways to overcome it, such as setting clear deadlines or breaking tasks into smaller, manageable parts.

19. Engage in continuous learning: Invest time in personal growth and skills development to increase your proficiency and efficiency in various areas.

Minding your own business means focusing on your own life and avoiding unnecessary involvement in other people's affairs. Here are 20 ways to practice minding your own business:

1. Understand boundaries: Recognize that everyone has their own personal space and respect those boundaries.

2. Stay focused on your goals: Maintain clarity about your own aspirations and work towards achieving them without being distracted by others.

3. Avoid gossip and rumors: Refrain from spreading or engaging in gossip or discussing others' personal matters.

4. Practice active listening: Pay attention to what others say, but avoid prying into their personal lives or offering unsolicited advice.

5. Refrain from unsolicited opinions: Unless someone specifically asks for your input, avoid offering unsolicited advice or opinions.

6. Be self-aware: Understand your own emotions and reactions, and focus on managing them instead of getting involved in others' issues.

7. Practice empathy: While minding your own business, still show kindness and understanding towards others.

8. Respect privacy: Keep private information confidential and avoid prying into others' personal matters.

9. Avoid comparisons: Instead of comparing yourself to others, focus on your own growth and progress.

10. Redirect conversations: If someone attempts to involve you in their affairs, politely redirect the conversation to a more neutral topic.

11. Set personal boundaries: Clearly define what you are comfortable discussing or engaging in, and communicate those boundaries to others.

12. Cultivate self-confidence: Build your self-esteem and sense of self-worth so you can focus on your own life without being influenced by others.

13. Mind your own reactions: Be mindful of how you respond to situations and avoid getting caught up in unnecessary drama or conflict.

14. Focus on personal development: Invest time and energy in improving yourself rather than worrying about others' actions or decisions.

15. Let go of judgments: Avoid making assumptions or judgments about others and accept that everyone has their own journey.

16. Surround yourself with positive influences: Choose to be around people who contribute positively to your life and support your personal growth.

17. Practice gratitude: Focus on appreciating your own blessings and accomplishments rather than comparing them to others.

18. Avoid excessive social media engagement: Limit the time you spend scrolling through social media to avoid getting caught up in other people's lives.

19. Foster healthy relationships: Invest in meaningful connections with others without getting overly involved in their personal affairs.

20. Focus on what brings you joy: Fill your life with activities and passions that make you happy and fulfilled, shifting the focus away from other people's business.

If you find yourself wasting time at work and want to overcome this habit, here are some strategies you can try:

1. Identify time-wasting activities: Take note of the specific tasks or behaviors that consume your time without contributing to your productivity.

2. Set clear goals and priorities: Establish specific goals for each day or week, and prioritize your tasks accordingly to stay focused.

3. Create a schedule or to-do list: Plan out your day and allocate specific time slots for each task to ensure better time management.

4. Break down tasks: Divide larger projects into smaller, more manageable tasks that are easier to approach and complete.
5. Eliminate distractions: Minimize or remove any distractions that may tempt you to waste time, such as social media or irrelevant notifications.
6. Practice the two-minute rule: If a task takes less than two minutes to complete, do it immediately rather than putting it off.
7. Use time management techniques: Explore techniques like the Pomodoro Technique (working in focused bursts with short breaks) or time blocking (allocating specific time periods for specific tasks) to enhance your productivity.
8. Delegate or outsource tasks: If possible, delegate tasks that can be handled by others or consider outsourcing non-essential activities to free up your time.
9. Take frequent breaks: Allow yourself short breaks throughout the day to recharge and rejuvenate, but ensure they are time-limited to avoid excessive downtime.
10. Set realistic deadlines: Give yourself specific deadlines for each task and hold yourself accountable to complete them on time.
11. Practice self-discipline: Stay committed to your goals and avoid giving in to distractions or procrastination.
12. Automate or streamline processes: Look for ways to automate repetitive tasks or streamline processes, such as using productivity tools or templates.
13. Stay organized: Maintain a tidy workspace and organize your digital files and documents to save time when searching for information.
14. Prioritize quality over quantity: Focus on delivering high-quality work rather than rushing through tasks just to get them done.
15. Seek support and guidance: Reach out to colleagues, supervisors, or mentors for assistance or advice when needed to avoid wasting time on tasks beyond your expertise.
16. Use technology wisely: Utilize productivity apps or tools that can help you track time, manage tasks, and stay focused.
17. Monitor and analyze your time usage: Use time-tracking apps or keep a journal to identify patterns of time wastage and find ways to

improve.

18. Practice self-reflection: Regularly evaluate your work habits, identify areas for improvement, and make adjustments accordingly.

19. Continuous learning and skill development: Invest time in improving your skills and knowledge, which can make your work more efficient and satisfying.

20. Celebrate milestones and achievements: Recognize and reward yourself for completing tasks or reaching milestones on time, creating motivation to continue being productive.

Remember, developing new habits takes time and effort. Be patient with yourself as you work towards overcoming time wastage at work and consistently apply these strategies to see positive results.

Here are 20 strategies to help you become more productive:

1. Set clear goals: Define specific, actionable goals to direct your efforts.

2. Prioritize tasks: Determine which tasks are most important and tackle them first.

3. Break tasks into smaller steps: Divide larger tasks into manageable, actionable chunks.

4. Create a daily or weekly schedule: Plan your time in advance to allocate specific periods for different tasks.

5. Minimize distractions: Turn off notifications, block distracting websites, and create a conducive work environment.

6. Use productivity tools: Utilize task management apps, time-tracking tools, or project management software to stay organized.

7. Practice time blocking: Allocate specific time slots for different activities to enhance focus and accountability.

8. Take regular breaks: Schedule short breaks to rest and rejuvenate between intensive work sessions.

9. Harness your peak energy: Identify the times of day when you are most productive and allocate important tasks to those periods.

10. Focus on one task at a time: Avoid multitasking and concentrate on completing one task before moving on to the next.

11. Learn to delegate: If possible, assign or outsource tasks that can be accomplished by others.

12. Say no to non-essential commitments: Learn to decline requests or commitments that do not align with your priorities.

13. Practice effective communication: Clearly convey expectations, delegate tasks, and seek clarification to avoid misunderstandings.

14. Optimize your workspace: Keep your physical and digital workspaces organized to minimize clutter and increase efficiency.

15. Take care of your well-being: Prioritize self-care by getting enough sleep, eating well, and maintaining a healthy work-life balance.

16. Develop a routine: Establish consistent daily habits and rituals to streamline decision-making processes.

17. Cultivate healthy habits: Regular exercise, meditation, and mindfulness practices can boost productivity and focus.

18. Continuous learning: Continuously upgrade your skills and knowledge to stay relevant and efficient in your work.

19. Manage perfectionism: Strive for excellence, but avoid getting stuck in endless revisions or getting overwhelmed by details.

20. Celebrate milestones and progress: Acknowledge your achievements and reward yourself when you reach important milestones.

Each person's optimal productivity strategies may vary, so experiment with different techniques to find what works best for you. Remember to be patient with yourself and focus on making incremental improvements over time.

Here are 11 strategies to help you become more disciplined:

1. Set clear and specific goals: Define what you want to achieve and break it down into actionable steps.

2. Develop a routine: Establish a daily routine that includes specific times for tasks and activities.

3. Prioritize tasks: Determine which tasks are most important and tackle them first.

4. Create a schedule or to-do list: Plan your day or week in advance to stay organized and focused.

5. Set deadlines: Give yourself specific timelines to complete tasks and hold yourself accountable.

6. Break tasks into smaller steps: Divide larger tasks into manageable chunks to make them less overwhelming.
7. Eliminate distractions: Minimize interruptions by turning off notifications, closing unnecessary tabs, or finding a quiet workspace.
8. Practice self-control: Learn to resist immediate gratification in favor of long-term goals.
9. Use visualization techniques: Imagine yourself successfully completing tasks and reaching your goals to enhance motivation.
10. Create a supportive environment: Surround yourself with like-minded individuals who support your efforts and goals.
11. Practice time management: Use techniques like time blocking or the Pomodoro Technique to allocate time for specific tasks.

Here are 20 ways to get in better shape easily:

1. Start with small changes: Make gradual adjustments to your lifestyle to avoid feeling overwhelmed.
2. Increase physical activity: Incorporate more movement into your daily routine, such as walking, taking the stairs, or doing household chores.
3. Find an exercise you enjoy: Choose a physical activity that you like, whether it's dancing, cycling, swimming, or playing a sport.
4. Set realistic goals: Define attainable targets for your fitness journey to stay motivated and track progress.
5. Stay hydrated: Drink plenty of water throughout the day to support overall health and fitness.
6. Eat a balanced diet: Include a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats in your meals.
7. Reduce portion sizes: Pay attention to serving sizes to avoid overeating and maintain a healthy weight.
8. Limit processed foods: Minimize your intake of processed and sugary foods, opting for whole, nutrient-dense options instead.
9. Incorporate strength training: Perform resistance exercises like squats, lunges, push-ups, or using resistance bands to build strength and tone muscles.
10. Include cardiovascular exercises: Engage in activities that increase your heart rate, such as jogging, cycling, or swimming, to improve cardiovascular health.

11. Get enough sleep: Aim for 7-8 hours of quality sleep each night to support recovery and overall well-being.
12. Reduce stress: Find stress-reducing activities like yoga, meditation, or deep breathing exercises to promote both mental and physical well-being.
13. Mix up your workouts: Try different types of exercises to keep your routine interesting and challenge different muscle groups.
14. Track your progress: Keep a record of your workouts or use a fitness app to monitor your progress and stay motivated.
15. Have workout buddies: Exercise with friends or join group fitness classes to add a social element to your workouts and stay motivated.
16. Take breaks from prolonged sitting: Incorporate short movement breaks throughout the day, especially if you have a sedentary job.
17. Gradually increase intensity: Challenge yourself by gradually increasing the intensity of your workouts, whether it's by lifting heavier weights or pushing your cardio limits.
18. Stay consistent: Make exercise and healthy eating habits a regular part of your lifestyle rather than relying on bursts of motivation.
19. Listen to your body: Pay attention to how your body feels during exercise and adjust accordingly to prevent injury and maintain balance.
20. Celebrate your achievements: Reward yourself for reaching milestones and achieving fitness goals to stay positive and motivated.

Here are 20 ways to start implementing what you learn effectively:

1. Take notes: While learning, jot down key points and insights to retain and review later.
2. Reflect on what you've learned: Spend time thinking about how the new knowledge or skill applies to your life or work.
3. Practice active learning: Engage with the material actively by asking questions, seeking clarification, and participating in discussions.
4. Teach someone else: Share what you've learned with others to reinforce your understanding and help solidify your knowledge.

5. Start small: Begin by implementing small changes or applying a few concepts at a time to make it more manageable.
6. Set specific implementation goals: Define clear, achievable goals related to applying what you learn.
7. Create an action plan: Outline step-by-step actions that will help you put your new knowledge or skills into practice.
8. Seek feedback: Ask for feedback from mentors, colleagues, or experts to help you improve and refine your implementation efforts.
9. Find accountability partners: Share your goals with someone who can hold you accountable and provide support and encouragement.
10. Break it into manageable tasks: Divide the implementation process into smaller, actionable tasks to ensure progress and avoid overwhelm.
11. Schedule dedicated implementation time: Set aside specific time on your calendar for practicing and applying what you've learned.
12. Stay consistent: Commit to regular practice and implementation to solidify new skills and ingraining them into your routine.
13. Embrace mistakes and learn from them: Don't be discouraged by setbacks or mistakes; view them as valuable learning opportunities.
14. Seek opportunities for real-world application: Look for chances to apply your knowledge or skills in practical contexts outside of learning environments.
15. Look for ways to integrate new knowledge into existing workflows: Identify areas where you can seamlessly incorporate your new knowledge or skills into your current processes.
16. Find supportive communities or groups: Join communities, forums, or groups related to your area of learning to connect with others who share similar interests and exchange ideas.
17. Stay curious and open-minded: Continuously seek new learning opportunities and be open to different perspectives and approaches.
18. Stay motivated: Remind yourself of the reasons why you wanted to learn in the first place and the benefits you'll gain from implementing what you've learned.
19. Evaluate progress: Regularly assess your progress and adjust your implementation strategy as needed.

20. Celebrate successes: Acknowledge and celebrate your achievements along the way to stay motivated and reinforce positive habits.

Here are 20 ways to form habits easily:

1. Start with one habit at a time: Focus on building one habit before moving on to the next.
2. Set a clear and specific goal: Define the habit you want to develop and articulate what it looks like in detail.
3. Start small: Begin with a habit that is easy to accomplish, making it more achievable and less intimidating.
4. Be consistent: Do your best to perform the habit daily or at regularly scheduled intervals to reinforce the behavior.
5. Attach the habit to an existing routine: Associate the new habit with an existing habit to create a natural cue and make it easier to remember.
6. Use habit stacking: Build on an existing habit by adding the new behavior immediately after it.
7. Make it visible: Keep reminders or visual cues in your environment that prompt you to perform the habit.
8. Track your progress: Use habit tracking tools or apps to monitor your consistency and remind yourself of your commitment.
9. Create a habit trigger: Use a specific trigger or cue, such as a time of day, a location, or an event, to prompt the habit.
10. Find an accountability partner: Share your habit goals with someone and ask them to hold you accountable.
11. Celebrate milestones: Acknowledge and reward yourself for consistently practicing the habit at specific milestones.
12. Focus on the benefits: Remind yourself of the positive outcomes and benefits that come from developing the habit.
13. Visualize success: Imagine yourself successfully performing the habit and the positive impact it will have on your life.
14. Remove obstacles: Identify and eliminate any potential obstacles or distractions that could hinder your habit formation.
15. Practice self-compassion: Be patient with yourself and understand that adopting a habit takes time and effort.

16. Use positive reinforcement: Associate positive emotions or small rewards with successfully performing the habit.

17. Get support: Seek support from friends, family, or online communities who have similar habit goals for encouragement and advice.

18. Experiment with habit cues: Adjust the triggers or cues associated with the habit to find what works best for you.

19. Review and reflect: Regularly review your progress, identify any challenges, and reflect on ways to improve.

20. Have a backup plan: Prepare for unexpected disruptions by having a backup plan for continuing the habit during difficult times.

Quotes to live by :

“ Love and respects your family, even the ones you don't like

Without them you would not exist

Practice daily gratitude, say it aloud or write it down

include all the good things

Your mind will think of 30 other things to be thankful about

If you do the opposite ,thinking negative and complain,

your mind will think of other 30 things to be negative and complain about

and you will keep yourself miserable

Work out at least 3 times a week, where you sweat, you will feel better

The wisdom I got from an 80 old man is : Just work

so shut up and work

as much as possible

it never hurts to be more in motion, sleep better and have more money

Does it ?

Being a good man for a woman involves many qualities and actions that contribute to a healthy and fulfilling relationship. Here are some important aspects to consider:

1. Respect: Treat her with respect in all aspects of the relationship, including her thoughts, opinions, boundaries, and autonomy.

2. Communication: Be open, honest, and attentive in your communication. Listen actively and strive for effective dialogue.

3. Emotional support: Show empathy, understanding, and compassion towards her emotions. Be there to listen and support her during both the highs and lows.
4. Trust: Build a foundation of trust by being reliable, honest, and maintaining your commitments and promises.
5. Equality: Treat her as an equal partner, valuing her opinions, ideas, and contributions. Foster a balanced power dynamic in the relationship.
6. Appreciation and compliments: Express your appreciation for her and give genuine compliments to make her feel valued and loved.
7. Quality time: Make an effort to spend quality time together, sharing activities and creating memorable experiences.
8. Encourage personal growth: Support her goals, ambitions, and personal development, both individually and within the relationship.
9. Show affection: Engage in physical affection, such as hugs, kisses, and cuddling, to express love and connection.
10. Practice active listening: Pay attention to her when she speaks, respond with empathy, and show interest in her thoughts and feelings.
11. Be reliable and dependable: Follow through on your commitments and be there for her when she needs your support.
12. Show vulnerability: Be willing to be open and vulnerable with her, allowing for deeper emotional connection and intimacy.
13. Take responsibility: Acknowledge your mistakes, take responsibility for your actions, and work to make amends and grow from them.
14. Foster a sense of safety: Create a safe and secure environment where she feels comfortable expressing herself without fear of judgment or harm.
15. Support her independence: Encourage her personal autonomy, interests, and friendships outside of the relationship.
16. Respect her boundaries: Honor her boundaries and communicate openly about both physical and emotional boundaries.
17. Practice self-care: Take care of yourself physically, emotionally, and mentally, as it contributes to your ability to be a supportive partner.

18. Promote equality and fairness in decision-making: Involve her in important decisions and strive for a collaborative approach.

19. Be loyal: Stay committed and faithful in the relationship, demonstrating loyalty and trustworthiness.

20. Continuously work on the relationship: Relationships take effort and growth. Invest time and energy into nurturing the relationship and adapting as individuals and as a couple.

Remember, being a good partner is an ongoing process that requires active effort, communication, and mutual respect.

Being a good partner to a man involves various qualities and actions that contribute to a healthy and fulfilling relationship. Here are some important aspects to consider:

1. Respect: Treat him with respect, acknowledging his thoughts, opinions, boundaries, and autonomy.

2. Effective communication: Be open, honest, and attentive in your communication. Listen actively and strive for effective dialogue.

3. Emotional support: Show empathy, understanding, and compassion towards his emotions. Be there to listen and support him during both the highs and lows.

4. Trust: Build a foundation of trust by being reliable, honest, and maintaining your commitments and promises.

5. Equality: Treat him as an equal partner, valuing his opinions, ideas, and contributions. Foster a balanced power dynamic in the relationship.

6. Appreciation and encouragement: Express your appreciation for him and offer genuine compliments to make him feel valued and loved. Encourage and support his goals and ambitions.

7. Quality time: Make an effort to spend quality time together, engaging in activities that both of you enjoy and creating memorable experiences.

8. Show physical affection: Engage in physical affection, such as hugs, kisses, and cuddling, to express love and connection.

9. Practice active listening: Pay attention to him when he speaks, respond with empathy, and show interest in his thoughts and feelings.

10. Be reliable and dependable: Follow through on your commitments and be there for him when he needs your support.
 11. Show vulnerability: Be willing to be open and vulnerable with him, fostering deeper emotional connection and intimacy.
 12. Take responsibility: Acknowledge your mistakes, take responsibility for your actions, and work to make amends and grow from them.
 13. Foster a sense of safety: Create a safe and secure environment where he feels comfortable expressing himself without fear of judgment or harm.
 14. Respect his boundaries: Honor his boundaries and communicate openly about both physical and emotional boundaries.
 15. Support his independence: Encourage his personal autonomy, interests, and friendships outside of the relationship.
 16. Practice self-care: Take care of yourself physically, emotionally, and mentally, as it contributes to your ability to be a supportive partner.
 17. Be loyal: Stay committed and faithful in the relationship, demonstrating loyalty and trustworthiness.
 18. Promote equality and fairness in decision-making: Involve him in important decisions and strive for a collaborative approach.
 19. Be his partner in growth: Support his personal development and growth as an individual, providing encouragement and understanding.
 20. Continuously work on the relationship: Relationships require ongoing effort and growth. Invest time and energy into nurturing the relationship and adapting as individuals and as a couple.
- Remember, building a strong partnership is a two-way street. Both partners should actively contribute to creating a healthy and fulfilling relationship. Communication, respect, and mutual support are key in fostering a loving and harmonious connection.



About the Author

Imagine if you could read a book that would not only touch your heart but also change your perspective on life. A book written by an author who not only has incredible talent, but is also an inspiring go-getter in the face of challenges. Meet author Jasmin Hajro, an exceptionally talented writer who is not held back by his disability, but who turns his limitation into strength.

Jasmin Hajro's books take you on an emotional journey full of profound insights, powerful stories and incredible life lessons. Not only does he overcome the obstacles he faces, but he also shows you that there are no limits to what you can achieve if you are determined and believe in your own abilities.

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the Lifebuoy For Banks "Loyal Banking"

the Ultimate Winning Strategy, for entrepreneurs (which is for salespeople & business owners too)

Poems, jokes and book

Victory 1

Victory 2

Always employment & always money in your pocket, everyday.

Things You Don't Want To Know.

Challenges in having your own business, in real life.

how to Grow your money & Build a good retirement in 2 hours per month, for moms, dads, career women and busy people .

Overcoming tough times.

Secrets of writing and selling books.

Double your profits.

Double your profits, extended.

Triumph 1 (boxset)

Triumph 2 (boxset)

Victorious series (boxset)

Through the crisis

Victory 3

My story

My little masterpiece

Victory 4

I don't feel like writing, says the author

Hackers are scouts

Being real and true: in times of fake and pretend

100 % sales rule

Quotes for success

Entrepreneurship course

3

Last 10 years

Unknown millionaire

This is the real secret to success, forget mindset, shiny objects and the law of attraction

Zucchini, dagen van een schrijver

Suiker maakt je dik (Sugar makes you fat)

P.a.w.

Geluk in een ongeluk (Good luck in bad luck)

Nederland is super (the Netherlands is great)

How they keep you poor

Tired ?

How to make money online

Fix your shit