

Forum:[Hack Forums](#)

Thread: [I've lost my purpose](#)

FryPan - December 13, 2017, 5:19 am

I need some help HF, I feel like I'm falling into a depression because I'm not driven or motivated by anything anymore, and its making me so lazy, sad etc.

Story:

Let me start, when I was about 14, I started what became one of the biggest clans in the CoD4 community at that time, which obviously put me at an amazing level of mental health, motivation etc, even though I wasn't actually going out of my room to socialize.

Obviously staying 2-3 years in my room affected my social skills, so when my clan closed down, I basically had no scapegoat for reality, forcing me to go out and socialize, when I had always been in my "bubble" of emotions.

Fast forward 1 year and I've moved countries and now live in the UK, where pretty much everything affects my mental health... weather, things to do outside of school, friendships etc. (Note that I am STILL sociable), but there's nothing that keeps me going everyday. So I went from having a reason to wake up every day (14) to being driven by ABSOLUTELY nothing (17).

What can I do? I've tried playing Football (I'm good at it), Basketball (I'm also good at it), but sports doesn't seem to give me any motivation.

Help!

kookur - December 13, 2017, 5:21 am

Try to make money and invest it in Cryptos you will be busy whole day my bro :)

Mr Brown - December 13, 2017, 5:22 am

Read a book

study

learn a coding language

join any clubs (like intercultural clubs)

message your old real friends

theres alot you can do, but its all in your head, if you think positive youll have everything you ever dreamt off.

read about law of attraction (The secret) that should help.

FryPan - December 13, 2017, 5:23 am

(Dec 13, 2017 06:21 AM)kookur Wrote: [CITE](#) Try to make money and invest it in Cryptos you will be busy whole day my bro :)

I think I've tried every niche on HF. From eWhoring to Cryptocurrency, and nothing gives me the level of satisfaction of owning a team, editing videos and receiving feedback and shit.

I've always dreamed about making an eSports team, but all I have skills in is managing a community team, not an enterprise.

(Dec 13, 2017 06:22 AM)Mr Brown Wrote: [\[CITE\]](#) Read a book
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It's not that, it's just I've lost my drive.

When I was small I believed I could do ANYTHING if I put my mind to it. And even if it didn't work, I would scrap it and start again. Now I've lost that.

For example, I would start an idea with a friend of making a website, I would do it. Now all that happens is people deny my ideas or ignore me when I offer a cool idea.

Mint - December 14, 2017, 7:23 am

Hey, I've sent you a PM! I'd love to talk to you on Discord. I can relate a lot!

Jester Race - December 14, 2017, 9:58 am

What the fuck lmao "cod made me lose my purpose"

device - December 14, 2017, 10:00 am

Sorry to hear that. Can't you just join another clan buddy ?

Sooty - December 14, 2017, 10:19 pm

Are you an active individual? I'd suggest either the gym or some other sport.

Shedim - December 14, 2017, 10:23 pm

Just give everyday your best and focus on being the best you. Everything else will fall into place my friend. Cheers

Deany - December 14, 2017, 10:24 pm

Unfortunately this is one major side effect/downside to gaming.

solononforeverreborn - December 14, 2017, 11:16 pm

(Dec 13, 2017 06:19 AM)FryPan Wrote: [\[CITE\]](#) I need some help HF, I feel like I'm falling into a depression because I'm not driven or motivated by anything anymore, and its making me so lazy, sad etc.

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Help!

Hello op, I was in the same situation as you at 16. And when i'm low I feel the same way to this day, life is scary - you hear about kids your age who have accomplished their dreams, understand things you want to know and have the skills you always try to motivate yourself to get.

I am still stuck, in a kinda of depressed, mainly lazy state - HOWEVER, my plan and system I created when I was motivated keeps me on the rails, and allows me to slowly push myself to enough financial freedom to afford a mentor. I feel like a real life mentor, some weekly therapy and a couple online coaches to teach me programming skills will save me.

To get out of it, you have to build your motivation up enough by starting a goal something indirect such as self improvement or learning a new skill is good, but you also need something more direct such as:

Make \$10k a month [in direct goal] > Start my [niche] shopify store [more direct goal] > get 250 organic daily traffic [tasks] > [research] what is seo and what are all the methods I need to succeed > how to setup a pbn [Researched Sub Tasks]

If your lazy Organisation + Research is KEY. It keeps you motivated, it shows your progress and puts structure into your life.

If you need money to invest into legitimate income, I would advise going blackhat. Keep trying and testing methods.

Tools that helped me move forward:

Monthly LSD session (I don't need to explain, it teaches you)

Modafinil + coffee/energy drink on Mondays and Tuesdays for that weekly boost of motivation

Weekly weed smoking session to get deep into my mind

Waking up 5 - 7am and meditating every day

Creating goals, and tasks for goals

Thinking about my problems with life, my mind and who/where I wanted to be

Drink 2L of water a day + take a multivitamin + don't eat a lot of oil/dairy/meats + take omega 3/6/9 supplements + jog for 15 mins a day

Other information that will help you:

Tony Robbins - Personal Power - Very good self help course, I know he sounds like a big salesman. But he's got good clear advice.

Changing the Habit - Learn about habits

Use a lot of Quora

Learn Python

Learn Entrepreneurialism

Learn about habits

Refresh your mind

Learn about the benefits and purposes of meditating

Learn about nutrition and brain nutrition

Learn marketing

Learn how to plan effectively

Be ambitious and confident in yourself and your goals

Research a lot

Use your brain and figure out a way, rather than just asking questions and hoping for an answer

Watch a lot of steve jobs / elon musk / other entrepreneur "how they started" videos for motivation

Good luck OP - We can all reach millions before 30

By the way a bit about me, 7 months ago for 6 months I was making \$10k a month, I blew all my money by having terrible money management (Like I said, i'm not who I want to be YET.) until I got very sick travelling the world (I didn't buy insurance), and lost all my money... and my key client.

I chose to reinvest my final \$600 in a new blackhat method, and i'm just working on that slowly. I pulled \$300 in investments from people I recently met and invested it into cryptos and made 160% profit.

My new method will make me enough to invest into my software business that will make me \$50k a month legally and work on my self improvement plan. I might try regain my client and work with him again, might not, it was considered black hat, so probably not.

I plan to be a millionaire before 25 and a billionaire one day, money should be spent on getting yourself (intelligence, skills, knowledge, abilities , brain) to be the best.

Don't plan on doing anything blackhat until you have something whitehat figured out. Don't do anything blackhat for longer than 8 months. I didn't follow my own advice, I was manipulated by my laziness the experience , and I am regretting it so very much.

FryPan - December 15, 2017, 8:14 am

(Dec 15, 2017 12:16 AM)solononforeverreborn Wrote: [\[CITE\]](#) Hello op, I was in the same situation as you at 16. And when i'm low I feel the same way to this day, life is scary - you hear about kids your age who have accomplished their dreams, understand things you want to know and have the skills you always try to motivate yourself to get.

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Damn, just spent a few minutes reading and I can only say thanks.

All the tips you gave me are shit I'm going to work on, thank you so so much for all the insight.

?

xShadowAlk - December 17, 2017, 7:14 pm

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I feel sorry for you man. I personally understand your feelings. I used to play league of legends a lot, but I eventually stopped due to loads of parental harassment saying that video games are a waste of life and being constantly belittled by my whole family for playing video games, because I was supposed to grow up and do more productive stuff to benefit society (my parents told me this shit on a daily basis). I eventually quit league and then realized I had nothing else to do and felt depressed for quite a while. I literally barely got my homework finished because I constantly questioned why I even cared about doing anything anymore. Then I found one piece. I now stay in my room and binge watch one piece all day. I'm now on episode 481. So basically just find something you will enjoy all day and you won't be so depressed.

Vigor - December 18, 2017, 12:04 am

Maybe try dedicating yourself to making the world a better place or something. That may work.

Cyclone007 - December 18, 2017, 9:28 pm

Pretty normal honestly. Due to the isolation involved with gaming, its actually pretty common. Perhaps join another community and or surf around reddit. Become an information sponge and learn new things that can benefit you in your life. Once you get busy, everything will start to fall into place.