

Forum:[Hack Forums](#)

Thread: [How Keeping A Good Outlook/Maintained Work Ethic Can Change Your Life.](#)

usd - April 18, 2018, 2:01 pm

How Keeping A Good Outlook/Maintained Work Ethic Can Change Your Life.

Written by [Efficiency](#)

Why its important, and how I learned my lesson.

First off, having a positive outlook on life, and maintaining a good work ethic has a lot to do with what you eat, when you sleep, and mental upkeep. It can also have a lot to do with substance abuse, or the way you are using your free time. These things differ from person to person, but its absolutely crucial to figure out what works for you. For the longest time I would wake up, and just create negative thoughts and images in my head, because of school or just anything bothering me. That eventually takes a toll on a person, and I'm thankful I got out of the habit. When I wake up, I just push through the tiredness, and get through the morning. When I get home, I work on my business, and keep a good attitude. No matter what situation or mood you are in, keep positive. Work on things that you want or need. Do it for you, not anyone else. You will see success.

Why you should give it a try.

[+] Believe me when I say this can literally change your life.

[+] If you are already in a rut, what can you lose?

[+] Life is so short, and anything can happen at anytime. Live it happy, please.

[+] If you ever dream to be successful, this is needed. Someone who succeeds is someone who is motivated and positive.

How this could turn your life around.

[+] It is likely you see a change in grades, money, or anything else you strive for.

[+] You will in return become a better person, by putting the effort forward.

[+] You will be able to overcome and strive for anything you desire.

[+] Improvement of social life, or even sexual life.

Thanks for reading my first contribution to The Samaritans Social Division. Please enjoy!

Eccy - April 18, 2018, 2:07 pm

(Apr 18, 2018 02:01 PM)Efficiency Wrote: [\[CITE\]](#) or even sexual life.Can think of a few members who should definitely give this a read.

Jokes aside, good thread man, hope it gets the recognition it deserves!

usd - April 18, 2018, 2:36 pm

(Apr 18, 2018 02:07 PM)Eccy Wrote: [\[CITE\]](#) Can think of a few members who should definitely give this a read.

Jokes aside, good thread man, hope it gets the recognition it deserves!

Thanks Eccy!

[BLANK] - April 19, 2018, 7:44 am

I think good book that goes in depth on what you are referring to is "Feeling Good" by David D. Burns. Talks about how to use proper mental positive reinforcement and other tricks to stop feeling depressed or angry or overwhelmed.

Jester Race - April 20, 2018, 11:35 pm

The images and sub titles are 2/3 of this thread, you should focus on actual content

workingboy - April 21, 2018, 4:23 am

Living a healthier life, training etc really makes a big difference in your life overall making it better

usd - April 21, 2018, 5:46 am

(Apr 20, 2018 11:35 PM)Jester Race Wrote: [\[CITE\]](#) The images and sub titles are 2/3 of this thread, you should focus on actual content

I said all that there was to say, and this was approved by Enterpriser.

Cunt - May 8, 2018, 11:54 am

(Apr 20, 2018 11:35 PM)Jester Race Wrote: [\[CITE\]](#) The images and sub titles are 2/3 of this thread, you should focus on actual contentI'd rather read a short text that has the same information as a long text. It contains the information it needs to have.