

# Forum:[Hack Forums](#)

Thread: [Sources of positivity](#)

**hayesh** - December 6, 2022, 10:29 am

What are some of your go to sources of positivity or motivation. Its hard to stay positive in a negative world

**Gilbo** - December 6, 2022, 12:57 pm

Set small, achievable goals for yourself and celebrate your successes, no matter how small. This can help to boost your confidence and keep you moving forward.

Engage in activities that bring you joy and fulfillment. Whether it's a hobby, a sport, or a creative outlet, doing something that you love can provide a sense of accomplishment and well-being.

Take care of your physical health. Eating well, exercising regularly, and getting enough sleep can all improve your mood and help you feel more positive and energized.

-edit

Remember that everyone has bad days, and it's okay to allow yourself to feel negative emotions from time to time.

**Nakedood** - December 6, 2022, 1:08 pm

Hello

Music is a great source of positivity for me.

I really enjoy listening to The Dave Matthews Band.

**Frاند** - December 6, 2022, 1:33 pm

[twitter.com/evolverofworlds/](#) - This hackers Twitter.

He is serving a 'home prison sentence' being hacked by the government and put on display to celebrities, and more.

It's terrible what they've done to him. He's actually the best person I know. And the 'crimes' he committed were down to the royal families manipulation.

Princess Diana wanted to make him a nose job gay prophet, to support Michael Jackson, that's why she faked her death.

It's really actually quite sad what this world is -- be careful though, if you speak out against the powers in this world, they will come on you like a ton of bricks.

Stay safe folks.

**????** - December 6, 2022, 2:55 pm

I used to listen to Anthony Robbins a lot back in the day. That self-help shit is marinated in my brain.

**uwosgg** - December 6, 2022, 4:24 pm

face to face socializing is underrated by many clinically online people, it really does help bad days or general bad mood

**Nostre** - December 6, 2022, 4:26 pm

I guess YouTube would be the best place. TikTok as well if your algorithm shows you those types of content.

**uwosgg** - December 6, 2022, 4:33 pm

(Dec 6, 2022 05:26 PM)Genuine Wrote: [\[CITE\]](#) I guess YouTube would be the best place. TikTok as well if your algorithm shows you those types of content.

To be direct i think tiktok is a horrible idea, youtube is better but still not a good habit to get into. Mindless entertainment for the most part, but you can definitely learn a looooot on youtube.

**Nostre** - December 6, 2022, 4:49 pm

(Dec 6, 2022 05:33 PM)uwosgg Wrote: [\[CITE\]](#) To be direct i think tiktok is a horrible idea, youtube is better but still not a good habit to get into. Mindless entertainment for the most part, but you can definitely learn a looooot on youtube.

I would say anything can be mindless entertainment, it depends on what you're watching I suppose. A few positive videos won't hurt. One could also make the argument expressing TikTok is better than YT in that aspect since it's much shorter videos but then the opposing argument is that TT decreases attention span. I could also say you learn a lot from TT in a much shorter timeframe compared to a YT video.

**Koyote** - December 8, 2022, 12:29 pm

I do woodworking as a hobby and it's incredibly relaxing. You can focus on what you're doing, take out frustrations while cutting or knocking things apart, and you get lost in the beauty of the grain sometimes. Finishing off a little project is so satisfying too, there's few things like it for me.

**Koyote** - December 8, 2022, 12:42 pm

(Dec 8, 2022 01:38 PM)phantomman55 Wrote: [\[CITE\]](#) what kind of wood work do you do?

Quite honestly anything! I've made a couple small tables (one console table and one drinks table), a mallet for my father, a pencil holder for my mother as she always misplaces hers when drawing, wind chimes, little carvings of birds, toilet roll holders and storage units, garden planters, and snack trays. I try to do anything that pops into my head as long as it'll serve a purpose or make a nice gift, and it's very satisfying to do. I really love it!

**vovilux** - December 8, 2022, 1:38 pm

Working out and playing with my pets are great sources of positive energy for me. I also love talking with my girlfriend.

**datamask** - December 8, 2022, 1:49 pm

Eat more candies, make ur relationships more comfortable

**Koyote** - December 9, 2022, 1:01 am

(Dec 8, 2022 02:35 PM)phantomman55 Wrote: [\[CITE\]](#) Or that's pretty cool. Have you ever made a wooden computer case??

I haven't yet but my plan is to build a kind of casing for my new Mac when it arrives, mostly just to protect it from things falling as I have a lot of stuff in my office space to arrange still. I don't think it'd be too hard to do though, and you could make some really unique cases depending on the wood you use!

**Rahul007rhp** - December 9, 2022, 2:19 am

Music is good source of positivity for me , i may also go for a normal drinking session with friends if

im over depressed.

I also prefer instgram shorts if you can change the algorithm to get some motivating content