

Forum:[Hack Forums](#)

Thread: [What's something you're determined to do before the end of the year?](#)

SuseGD - October 3, 2024, 4:03 pm

I've always enjoyed reading books and novels, but lately it feels like I've been slowing down in my reading because I just don't have enough time in my day to fit it in. I want to try and finish at least 4 more books before the end of the year, and I'll try to make time for it whenever I can. What's something you want to get done before the year is over?

Prawnster - October 3, 2024, 4:08 pm

I'm currently focused on launching 2 new sites with relatively good budgets and marketing all planned out for them - I want them launched by early December at the latest I reckon.

Outside of business goals, I've also been looking to improve my general fitness and have started going to the gym to try boost that too.

Charlie Sheen - October 3, 2024, 4:09 pm

I'd like to finish unpacking my house. I moved at the end of June and I still have so much in boxes, and I'm still trying to decide where I want to put everything. I've just been so busy or lazy.

SuseGD - October 3, 2024, 4:12 pm

(Oct 3, 2024 04:08 PM)Prawnster Wrote: [\[CITE\]](#) I'm currently focused on launching 2 new sites with relatively good budgets and marketing all planned out for them - I want them launched by early December at the latest I reckon.

Outside of business goals, I've also been looking to improve my general fitness and have started going to the gym to try boost that too.

Good luck on your sites, hope that goes well for you! I've been going to the gym now for a while, and I can say that it has definitely improved both my mental and physical state of being. It's a great way to boost your energy, and release some of the stress you may have built up over the day.

(Oct 3, 2024 04:09 PM)Charlie Sheen Wrote: [\[CITE\]](#) I'd like to finish unpacking my house. I moved at the end of June and I still have so much in boxes, and I'm still trying to decide where I want to put everything. I've just been so busy or lazy.

Yeah, unpacking and getting settled in can be pretty difficult and oftentimes quite time-consuming. Did you just recently move into a new house?

Prawnster - October 3, 2024, 4:13 pm

(Oct 3, 2024 04:12 PM)SuseGD Wrote: [\[CITE\]](#) Good luck on your sites, hope that goes well for you! I've been going to the gym now for a while, and I can say that it has definitely improved both my mental and physical state of being. It's a great way to boost your energy, and release some of the stress you may have built up over the day.

Yeah I normally go either on my way home from working on my stuff or really late at night if I can't sleep or am in a period of high stress.

Helps a bunch honestly :D

SuseGD - October 3, 2024, 4:15 pm

(Oct 3, 2024 04:13 PM)Prawnster Wrote: [\[CITE\]](#) Yeah I normally go either on my way home from

working on my stuff or really late at night if I can't sleep or am in a period of high stress.

Helps a bunch honestly :D

It really does help a lot. How often have you been going to the gym, and do you take any supplements? I personally don't, because it feels "unnatural" to me, but I know a lot of other people do.

Prawnster - October 3, 2024, 4:17 pm

(Oct 3, 2024 04:15 PM)SuseGD Wrote: [\[CITE\]](#) It really does help a lot. How often have you been going to the gym, and do you take any supplements? I personally don't, because it feels "unnatural" to me, but I know a lot of other people do.

Currently no supplements as it's mostly just something I do like every other day at the minute.

I'm not hitting the gym like super "hard" or anything, I just go when I get the chance and don't do anything unnecessarily intense.

Mostly just training cardio and endurance as oppose to strength - Even then, not LOADS of training at the minute.

SuseGD - October 3, 2024, 4:20 pm

(Oct 3, 2024 04:17 PM)Prawnster Wrote: [\[CITE\]](#) Currently no supplements as it's mostly just something I do like every other day at the minute.

I'm not hitting the gym like super "hard" or anything, I just go when I get the chance and don't do anything unnecessarily intense.

Mostly just training cardio and endurance as oppose to strength - Even then, not LOADS of training at the minute.

That's pretty nice, I try to go as often as I can, aiming to go everyday, but it usually ends up at around 5-6 days per week. Do you have a specific workout type that you follow, for example, PPL?

Prawnster - October 3, 2024, 4:21 pm

(Oct 3, 2024 04:20 PM)SuseGD Wrote: [\[CITE\]](#) That's pretty nice, I try to go as often as I can, aiming to go everyday, but it usually ends up at around 5-6 days per week. Do you have a specific workout type that you follow, for example, PPL?

I was doing HIIT for a bit and that's what I'm doing at the minute, keeps it short and sweet whilst also being effective - Or at least, it's been effective on my general stamina and day to day energy so far.

SuseGD - October 3, 2024, 4:24 pm

(Oct 3, 2024 04:21 PM)Prawnster Wrote: [\[CITE\]](#) I was doing HIIT for a bit and that's what I'm doing at the minute, keeps it short and sweet whilst also being effective - Or at least, it's been effective on my general stamina and day to day energy so far.

Oh ok, so you're focusing more on cardio, that's nice. How much time do you usually spend at the gym working out?

Prawnster - October 3, 2024, 4:27 pm

(Oct 3, 2024 04:24 PM)SuseGD Wrote: [\[CITE\]](#) Oh ok, so you're focusing more on cardio, that's nice. How much time do you usually spend at the gym working out?

Probably around 45 minutes to an hour.

Don't have a LOT of free time at the minute since I work full time, run my own businesses and also have a relationship which takes a decent chunk of time but I still try to find the time haha.

But yeah it's mostly cardio with some weights in there too because I'm not too focused on building more muscle but I'd like to maintain what I have at the moment hahaah.

SuseGD - October 3, 2024, 4:30 pm

(Oct 3, 2024 04:27 PM)Prawnster Wrote: [\[CITE\]](#) Probably around 45 minutes to an hour.

Don't have a LOT of free time at the minute since I work full time, run my own businesses and also have a relationship which takes a decent chunk of time but I still try to find the time haha.

But yeah it's mostly cardio with some weights in there too because I'm not too focused on building more muscle but I'd like to maintain what I have at the moment hahaah.

Yeah, managing other things while still going to the gym to get a workout in can definitely be a bit tough sometimes. Maintaining your body's physique is always great, and I oftentimes do a little bit of stretching as well, just to improve my flexibility.

Prawnster - October 3, 2024, 4:33 pm

(Oct 3, 2024 04:30 PM)SuseGD Wrote: [\[CITE\]](#) Yeah, managing other things while still going to the gym to get a workout in can definitely be a bit tough sometimes. Maintaining your body's physique is always great, and I oftentimes do a little bit of stretching as well, just to improve my flexibility.

Yeah I make sure to include stretches in the warm up and the cool down too.

I wanna workout but I also don't wanna ache for days ?

sharn - October 6, 2024, 7:10 am

I want to finish a certification course I started earlier this year.

Jamika - October 7, 2024, 12:29 am

Repair my car and buy myself a new phone, those are on top of list

Jake Johnson - October 19, 2024, 4:51 pm

If I could have I would have said graduate... but I still needed two more design classes in order to graduate this coming spring which I can't wait for!

Otherwise, I would say keep achieving my fitness goals which I am on a very good track to do so at the moment.

SuseGD - October 20, 2024, 1:14 pm

(Oct 19, 2024 04:51 PM)Jake Johnson Wrote: [\[CITE\]](#) If I could have I would have said graduate... but I still needed two more design classes in order to graduate this coming spring which I can't wait for!

Otherwise, I would say keep achieving my fitness goals which I am on a very good track to do so at the moment.

Reaching your fitness goals is a great thing to try and achieve! Do you work out regularly at the gym?

Graduation is a pretty cool thing to look forward to as well, and you're nearly there!

Jake Johnson - October 20, 2024, 2:58 pm

(Oct 20, 2024 01:14 PM)SuseGD Wrote: [\[CITE\]](#) Reaching your fitness goals is a great thing to try and achieve! Do you work out regularly at the gym?

Graduation is a pretty cool thing to look forward to as well, and you're nearly there!

I work out every morning first thing when I wake up.

Nettspend - October 20, 2024, 3:12 pm

I want to try and be more active less depressed

plops - October 20, 2024, 3:44 pm

(Oct 7, 2024 12:29 AM)Jamika Wrote: [\[CITE\]](#) Repair my car and buy myself a new phone, those are on top of list

Man I feel that, I need to repair my wife's car, mostly cosmetic

Deany - October 20, 2024, 4:20 pm

Eh more money would be very nice !

SuseGD - October 23, 2024, 6:32 pm

(Oct 20, 2024 02:58 PM)Jake Johnson Wrote: [\[CITE\]](#) I work out every morning first thing when I wake up.

That's cool! I do the same thing, working out early in the morning helps me feel energized and ready for the rest of the day. Do you do any warmups before starting your full workout?

Pimping - October 23, 2024, 6:33 pm

Start by building at least one more side hustle before the winter is over