

Forum:[Hack Forums](#)

Thread: [Whats a small Habit That made a Big Difference in your Life?](#)

Jinu - October 18, 2024, 3:48 am

What's a small Habit That made a Big Difference in your Life?

Sometimes it's the little changes that have the biggest impact. I'd love to hear about small habits or routines that you've incorporated into your daily life that have made a significant difference. Whether it's a morning ritual, a way to stay organized, or even something related to mindfulness, let's share our tips and inspire each other!

Morphh - October 18, 2024, 6:52 am

I stopped playing games and stopped watching YouTube/TV shows—anything that wastes my time and gives me dopamine. For most people, this isn't a small habit to change, really, but I wanted to include it because if you really stick to it, it WILL change your life. Hours are wasted on games that get you nowhere in life and just give you temporary, unhealthy dopamine fixes.

Jinu - October 18, 2024, 7:14 am

(Oct 18, 2024 06:52 AM)Morphh Wrote: [\[CITE\]](#) I stopped playing games and stopped watching YouTube/TV shows—anything that wastes my time and gives me dopamine. For most people, this isn't a small habit to change, really, but I wanted to include it because if you really stick to it, it WILL change your life. Hours are wasted on games that get you nowhere in life and just give you temporary, unhealthy dopamine fixes.

Wow, that's a huge shift! I can imagine cutting out those dopamine-driven activities must have freed up a ton of time and energy for more meaningful pursuits. It's definitely not easy, but it sounds like it's made a big difference for you. What have you been focusing on instead with all that extra time? Any new hobbies or habits that have replaced gaming and TV?

Morphh - October 18, 2024, 7:26 am

(Oct 18, 2024 07:14 AM)Jinu Wrote: [\[CITE\]](#) Wow, that's a huge shift! I can imagine cutting out those dopamine-driven activities must have freed up a ton of time and energy for more meaningful pursuits. It's definitely not easy, but it sounds like it's made a big difference for you. What have you been focusing on instead with all that extra time? Any new hobbies or habits that have replaced gaming and TV?

Yeah, not only does it help with improved energy, but it really helps with focusing. I replaced gaming with studying, and YouTube was mainly the problem because anytime I would do something in between being productive, like making a coffee or eating lunch, or literally anything (even when I went to the toilet), I would have YouTube on with my AirPods in like a little child. I also used to have a true crime channel on while sleeping, and it's just super unhealthy. I made these changes mainly because of my mental health and how I was living my life. If you haven't already looked into dopamine detoxing, I'd highly recommend you do. But yeah, mostly at the moment, it's just studying and training—running/weightlifting. Before I made a change in my life, my day would consist of gaming, comfort eating, drinking, and a ton of YouTube.

ahw9n2io8wd9h - October 18, 2024, 7:41 am

Back around S6 in League of Legends, I noticed I started getting much better after I started doing VOD reviews. So I decided to apply it IRL. Every time I go to sleep, I go over my day and judge my actions/inactions. I note down everything I did wrong or bad, or when I wasted time doing nothing. Then in the morning I'd go over them and try to find ways to break my bad habits or to find solutions

to the problems I was facing and to shut down the excuses I was making for myself.

Had insane impact on my life and on myself, most of what I've learned was after that point.

Jake Johnson - October 18, 2024, 8:10 am

I have been on a health kick recently and have gotten back into a workout routine. I aim to try and workout right after I wake up in the morning. It helps me get my day started on a very good note!

Truth - October 18, 2024, 8:23 am

no fap

no social media endless feeds or social media recommendation sidebars/popups

tried to catch any lies to myself

Consumed philosophy and kept the Truth > all

Epic - October 18, 2024, 8:31 am

I think going for a walk, even if it is a short walk, everyday really does a lot of positive things for your mental and physical health, especially if you have been in a habit of not being very active. I try to get out everyday and go for a walk.

Eran - October 18, 2024, 10:09 am

Preparing clothes, food, keys and all my essentials in one spot for work the next morning, I do that before bed. Makes the morning easier.

Jinu - October 18, 2024, 11:18 am

(Oct 18, 2024 07:26 AM)Morphh Wrote: [\[CITE\]](#) Yeah, not only does it help with improved energy, but it really helps with focusing. I replaced gaming with studying, and YouTube was mainly the problem because anytime I would do something in between being productive, like making a coffee or eating lunch, or literally anything (even when I went to the toilet), I would have YouTube on with my AirPods in like a little child. I also used to have a true crime channel on while sleeping, and it's just super unhealthy. I made these changes mainly because of my mental health and how I was living my life. If you haven't already looked into dopamine detoxing, I'd highly recommend you do. But yeah, mostly at the moment, it's just studying and training—running/weightlifting. Before I made a change in my life, my day would consist of gaming, comfort eating, drinking, and a ton of YouTube.

That's really impressive! It sounds like cutting out those habits has had a huge positive impact on your focus and overall well-being. I can definitely see how YouTube could be a sneaky distraction, especially when it becomes such a constant part of the day. Switching over to studying and training is a massive shift. Do you have specific goals you're working toward with your studying or fitness? I've heard about dopamine detoxing but haven't looked too deeply into it yet. Did you notice any immediate changes when you started?

SIM-1349466 - October 18, 2024, 11:24 am

I quit drinking alcohol entirely and cut down on fast food. I feel a lot better.

Morphh - October 18, 2024, 11:46 am

(Oct 18, 2024 11:18 AM)Jinu Wrote: [\[CITE\]](#) That's really impressive! It sounds like cutting out those habits has had a huge positive impact on your focus and overall well-being. I can definitely see how YouTube could be a sneaky distraction, especially when it becomes such a constant part of the day. Switching over to studying and training is a massive shift. Do you have specific goals you're working toward with your studying or fitness? I've heard about dopamine detoxing but haven't looked too deeply into it yet. Did you notice any immediate changes when you started?

At the moment, I'm really just studying towards CompTIA Net+, as well as working on a project related to grey hat. The training is mainly for discipline and, at the same time, obviously to have an

attractive and healthy body. Immediately, I noticed more energy, both physically and mentally, weight dropping, and my face fat trimming down super fast. I also saw a big boost in the growth of my facial hair, believe it or not. I think that's also related to my testosterone levels improving. Obviously, I'm still young, so I'll be seeing more facial growth, but overall, everything in my life has improved because of these changes. Main focus is getting my network+ and making money through my project/projects.

Is there anything you did and are currently doing that helped in a big way, or even just made a slight difference?

cleggycracks - October 18, 2024, 1:50 pm

only drinking water, huge change

plops - October 18, 2024, 2:02 pm

(Oct 18, 2024 06:52 AM)Morphh Wrote: [\[CITE\]](#) I stopped playing games and stopped watching YouTube/TV shows—anything that wastes my time and gives me dopamine. For most people, this isn't a small habit to change, really, but I wanted to include it because if you really stick to it, it WILL change your life. Hours are wasted on games that get you nowhere in life and just give you temporary, unhealthy dopamine fixes.

I completely agree with you on this. Now I never went cold turkey. But my days of playing video games sun up to sundown are long behind and I do regret the time I took from my self.

But I am a productive person now, so thats great

Jinu - October 19, 2024, 10:14 am

(Oct 18, 2024 01:50 PM)cleggycracks Wrote: [\[CITE\]](#) only drinking water, huge change

This is really a good habit that everyone must follow.