

Forum:[Hack Forums](#)

Thread: [Habits that changed your daily life](#)

Yanix - October 2, 2025, 6:39 am

Sometimes, it's the small habits that make the biggest difference. Waking up earlier, journaling your thoughts, going for a short walk, or even just drinking more water can completely transform your energy, mood, and focus.

It's amazing how a few simple routines can turn ordinary days into something more productive and fulfilling.

What are the habits that changed your daily life for the better?

Laughing Man - October 2, 2025, 6:40 am

(Oct 2, 2025 06:39 AM)Yanix Wrote: [\[CITE\]](#) Sometimes, it's the small habits that make the biggest difference. Waking up earlier, journaling your thoughts, going for a short walk, or even just drinking more water can completely transform your energy, mood, and focus.

It's amazing how a few simple routines can turn ordinary days into something more productive and fulfilling.

What are the habits that changed your daily life for the better?

Counting calories, I went from 315lbs to 180.

Yanix - October 2, 2025, 6:42 am

(Oct 2, 2025 06:40 AM)Laughing Man Wrote: [\[CITE\]](#) Counting calories, I went from 315lbs to 180. Wow brother, that's an amazing achievement! Your dedication really paid off. Losing that much weight takes serious discipline and commitment. ?

Laughing Man - October 2, 2025, 6:42 am

(Oct 2, 2025 06:42 AM)Yanix Wrote: [\[CITE\]](#) Wow brother, that's an amazing achievement! Your dedication really paid off. Losing that much weight takes serious discipline and commitment. ? 20 months, I slipped every once in a while, but it's okay. The real achievement is keeping it off now for over 3 years.

Yanix - October 2, 2025, 6:44 am

(Oct 2, 2025 06:42 AM)Laughing Man Wrote: [\[CITE\]](#) 20 months, I slipped every once in a while, but it's okay. The real achievement is keeping it off now for over 3 years. That's incredible! Consistency over the long term is what really matters. What's motivates you to do this?

Laughing Man - October 2, 2025, 6:46 am

(Oct 2, 2025 06:44 AM)Yanix Wrote: [\[CITE\]](#) That's incredible! Consistency over the long term is what really matters. What's motivates you to do this? My father had health problems: A-Fib, Diabetes, Etc.

He went into anaphylaxis, was on a vent in the ICU. A 50 year old nurse asked how old I was, and was honest if I didn't change something in ten years, I'd be in the bed like my father. My dad also went on a weight loss bet with him. If after 60 days, I beat him. I got \$1500.

Yanix - October 2, 2025, 6:49 am

(Oct 2, 2025 06:46 AM)Laughing Man Wrote: [\[CITE\]](#) My father had health problems: A-Fib, Diabetes, Etc.

He went into anaphylaxis, was on a vent in the ICU. A 50 year old nurse asked how old I was, and was honest if I didn't change something in ten years, I'd be in the bed like my father. My dad also went on a weight loss bet with him. If after 60 days, I beat him. I got \$1500.

Oh that's scary! That's a powerful wake-up call. It's great that you turned it into motivation and even made a bet out of it. Nice move on taking your health seriously brother.

Laughing Man - October 2, 2025, 6:50 am

(Oct 2, 2025 06:49 AM)Yanix Wrote: [\[CITE\]](#) Oh that's scary! That's a powerful wake-up call. It's great that you turned it into motivation and even made a bet out of it. Nice move on taking your health seriously brother.

I feel much better having lost the weight of an entire person off my body.

onlineuser | D3RFER - October 2, 2025, 6:51 am

Waking up early & always making the bed.

Also, worrying about the food you eat. It's crazy how much your food affects your mental health.

Laughing Man - October 2, 2025, 6:55 am

(Oct 2, 2025 06:51 AM)onlineuser Wrote: [\[CITE\]](#) Waking up early & always making the bed.

Also, worrying about the food you eat. It's crazy how much your food affects your mental health. Careful with that, you can create awful habits around bad relationships with food.

Anything is healthy if done in moderation, and if not done to excess.

P??son!af - October 2, 2025, 6:55 am

That it's okay to block people/drama from your life. No matter who they are. That really increased my QoL.

Sometimes it's not you. It's not that your mean. They are just unnecessary.

Yanix - October 2, 2025, 6:55 am

(Oct 2, 2025 06:50 AM)Laughing Man Wrote: [\[CITE\]](#) I feel much better having lost the weight of an entire person off my body.

How's your daily diet? Do you have any program you follow daily?

Laughing Man - October 2, 2025, 6:56 am

(Oct 2, 2025 06:55 AM)Yanix Wrote: [\[CITE\]](#) How's your daily diet? Do you have any program you follow daily?

When I want to lose weight, consume no more than 1,400 calories.

Maintaining 2000.

Drink a shit ton of water.

Yanix - October 2, 2025, 6:59 am

(Oct 2, 2025 06:56 AM)Laughing Man Wrote: [\[CITE\]](#) When I want to lose weight, consume no more than 1,400 calories.

Maintaining 2000.

Drink a shit ton of water.

Are you consuming alkaline water or just any ordinary water?

Laughing Man - October 2, 2025, 7:00 am

(Oct 2, 2025 06:59 AM)Yanix Wrote: [\[CITE\]](#) Are you consuming alkaline water or just any ordinary water?

Normal water w/ flavor packets. It costs way too much \$\$ for the "designer" add-ins, you can do it yourself add a sprinkle of salt into every big water, and take multi-vitamins.

HerrWinston - October 2, 2025, 7:01 am

Going to sleep as late as i can lmao, shit habit but i get the most out of my day that way and I take every free minute I can get :)

Laughing Man - October 2, 2025, 7:02 am

(Oct 2, 2025 07:01 AM)HerrWinston Wrote: [\[CITE\]](#) Going to sleep as late as i can lmao, shit habit but i get the most out of my day that way and I take every free minute I can get :)

Careful with that, I did it in my childhood for professional E-Sports when I competed and now I'm an insomniac.

HerrWinston - October 2, 2025, 7:05 am

(Oct 2, 2025 07:02 AM)Laughing Man Wrote: [\[CITE\]](#) Careful with that, I did it in my childhood for professional E-Sports when I competed and now I'm an insomniac.

You were an Esportler? What game have you competed in?

Also yeah your right, but I just dont want to miss any second here, I hate sleeping it takes so much of my day

Laughing Man - October 2, 2025, 7:06 am

(Oct 2, 2025 07:05 AM)HerrWinston Wrote: [\[CITE\]](#) You were an Esportler? What game have you competed in?

Also yeah your right, but I just dont want to miss any second here, I hate sleeping it takes so much of my day

I was a professional CS player from 01-16

onlineuser | D3RFER - October 2, 2025, 7:08 am

(Oct 2, 2025 06:55 AM)Laughing Man Wrote: [\[CITE\]](#) Careful with that, you can create awful habits around bad relationships with food.

Anything is healthy if done in moderation, and if not done to excess.

I agree with you.

However, giving thought to your food and eating better can give you a lot more energy.

Not saying you should be extreme about it

HerrWinston - October 2, 2025, 7:09 am

(Oct 2, 2025 07:06 AM)Laughing Man Wrote: [\[CITE\]](#) I was a professional CS player from 01-16 Fascinating, have you made good money with that?

Laughing Man - October 2, 2025, 7:10 am

(Oct 2, 2025 07:09 AM)HerrWinston Wrote: [\[CITE\]](#) Fascinating, have you made good money with that?

I have none of it left, however back then prizes ranged from like 5k-100k.

HerrWinston - October 2, 2025, 7:12 am

(Oct 2, 2025 07:10 AM)Laughing Man Wrote: [\[CITE\]](#) I have none of it left, however back then prizes ranged from like 5k-100k.

Oh wow, you mustve been very good then! Something that always interested me, have you had fun playing that game after going pro? Because for me it seems like it gets that job aspect once that happens and you enjoy it way less knowing you must hit the grind to stay good

Laughing Man - October 2, 2025, 7:14 am

(Oct 2, 2025 07:12 AM)HerrWinston Wrote: [\[CITE\]](#) Oh wow, you mustve been very good then! Something that always interested me, have you had fun playing that game after going pro? Because for me it seems like it gets that job aspect once that happens and you enjoy it way less knowing you must hit the grind to stay good

I loved it, if I could go back. I'd do it all over again.

I look at the esports scene today and smile proudly, knowing myself and those I played with and competed against, made our mark.

People ask if I still play and I do, to this day.

HerrWinston - October 2, 2025, 7:17 am

(Oct 2, 2025 07:14 AM)Laughing Man Wrote: [\[CITE\]](#) I loved it, if I could go back. I'd do it all over again.

I look at the esports scene today and smile proudly, knowing myself and those I played with and competed against, made our mark.

People ask if I still play and I do, to this day.

Glad to hear :D

I only watch rocket league esports currently but i would guess CSGO would be fun to watch soon too. Speaking of that do you actively watch esports, or just play the game?

Laughing Man - October 2, 2025, 7:18 am

(Oct 2, 2025 07:17 AM)HerrWinston Wrote: [\[CITE\]](#) Glad to hear :D

I only watch rocket league esports currently but i would guess CSGO would be fun to watch soon too. Speaking of that do you actively watch esports, or just play the game?

I play mostly, when I watch e-sports rarely. I get super invested and critical of people's mistakes as I was for myself when I played.

HerrWinston - October 2, 2025, 7:18 am

(Oct 2, 2025 07:18 AM)Laughing Man Wrote: [\[CITE\]](#) I play mostly, when I watch e-sports rarely. I get super invested and critical of people's mistakes as I was for myself when I played.

Lmao, i think it would be fun to watch an esports match with you, seeing you shout at the monitor on how he shouldn't have peaked that far! xD

Laughing Man - October 2, 2025, 7:19 am

(Oct 2, 2025 07:18 AM)HerrWinston Wrote: [\[CITE\]](#) Lmao, i think it would be fun to watch an esports match with you, seeing you shout at the monitor on how he shouldn't have peaked that far! xD

"Don't swing that... DON'T SWING THAT... GOD DAMNIT WHAT DID I SAY!!!"

HerrWinston - October 2, 2025, 7:21 am

(Oct 2, 2025 07:19 AM)Laughing Man Wrote: [\[CITE\]](#) "Don't swing that... DON'T SWING THAT..."

GOD DAMNIT WHAT DID I SAY!!!"

Hahahaha exactly!!! I think it would be very fun to watch with you xD

Laughing Man - October 2, 2025, 7:22 am

(Oct 2, 2025 07:21 AM)HerrWinston Wrote: [\[CITE\]](#) Hahahaha exactly!!! I think it would be very fun to watch with you xD

Oh I get loud, I also am one of the founding members of my rage clan myg0t. Still quite a few videos of me out there.

HerrWinston - October 2, 2025, 7:29 am

(Oct 2, 2025 07:22 AM)Laughing Man Wrote: [\[CITE\]](#) Oh I get loud, I also am one of the founding members of my rage clan myg0t. Still quite a few videos of me out there.

I would say screaming is part of the gaming culture lmao, do you only play CSGO or also other games?

Laughing Man - October 2, 2025, 7:31 am

(Oct 2, 2025 07:29 AM)HerrWinston Wrote: [\[CITE\]](#) I would say screaming is part of the gaming culture lmao, do you only play CSGO or also other games?

CS2, KOTOR 1-2, Dead by Daylight (rarely now), WC3 Reforged.

www.youtube.com/shorts/43R25OUSYdw?si=ydkQ1zVz0i8ksl18

JoshAllen - October 2, 2025, 8:34 am

Water. Helps your whole body out in multiple ways.

Laughing Man - October 2, 2025, 9:25 am

(Oct 2, 2025 08:34 AM)Tyler™ Wrote: [\[CITE\]](#) Water. Helps your whole body out in multiple ways.

This, most people don't understand how much water has an effect on your mood, health and overall concentration.

plops - October 2, 2025, 10:40 am

Working out is extremely important to me. I could work all day, play with my kids, bang my wife, work on my projects and go to bed on time. But I just wont rest as well if don't get in at least a small workout. I'll feel guilty.

Laughing Man - October 2, 2025, 10:41 am

(Oct 2, 2025 10:40 AM)plops Wrote: [\[CITE\]](#) Working out is extremely important to me. I could work all day, play with my kids, bang my wife, work on my projects and go to bed on time. But I just wont rest as well if don't get in at least a small workout. I'll feel guilty.

I got to get my ass back into a gym.

Yanix - October 3, 2025, 1:04 am

(Oct 2, 2025 09:25 AM)Laughing Man Wrote: [\[CITE\]](#) This, most people don't understand how much water has an effect on your mood, health and overall concentration.

That's so true. Staying hydrated really makes a huge difference in how you feel and think. Sometimes water is the simplest fix we overlook.

sharn - October 26, 2025, 11:38 am

I walk instead of taking short car rides.

It clears my mind.

DAL-SHA - October 26, 2025, 12:31 pm

Well that's an interesting thread :

1st :

I'm a smoker , I've been smoking for 18 years , I used to smoke ALOT , now i ONLY smoke between 3 pm and 7 pm .. Whether i smoke 100 cigs or 2 cigs , JUST between 3 am or 7 pm .. I built discipline through months of hard training for myself , now I only smoke 2-5 cigs .. That made me eat better and breath while asleep better even Sexual performance will be better !!

2nd :

Waking Up at 5:30 everyday and drinking a big glass of room temperature water , even if its my day off or I've just slept like 5 minutes before 5:30 , I've been like this for 5 years now ..

3rd :

Going for a run 2-3 times a week AT LEAST , even if I'm sick like a dog in bed , or there is a snow storm outside or its hot as a dragons ass outside , I go for a run early in the morning for 17-20 minutes everyday before work and ESCPECIALLY on Sundays ..

4th :

I used to drink A LOT of added-sugar drinks like Pepsi / Coca-Cola / Redbull / artificial juices , it just cures the thirst , but not good for the blood and kidneys , so i stopped drinking those for four years now ..

5th :

After I come from my morning Run or if I didn't go to run in the morning , before i wear my clothes and have my breakfast and go to work , i do 2-3 set of : Squats / push-up / Sit-ups or 25-30 seconds x2 of plank , it just helps me activate my body lol and go to work refreshed !!

(Oct 26, 2025 11:38 AM)sharn Wrote: [\[CITE\]](#) I walk instead of taking short car rides.

It clears my mind.

There is a wise saying that is : If you're mind is cluttered or you wanna work something out in your brain and you cant find a solution , go for a long walk or short sprints , it has always worked for me bro ..

Ieste - October 26, 2025, 3:48 pm

read a book for half an hour every day

Yanix - October 27, 2025, 3:31 am

(Oct 26, 2025 03:48 PM)Ieste Wrote: [\[CITE\]](#) read a book for half an hour every day

That's cool brother. You're feeding yourself more knowledge.