

Forum:[Hack Forums](#)

Thread: [Little habits that changed my day](#)

Yin Yang - October 3, 2025, 9:41 pm

Been trying small tweaks instead of big resolutions. A few that stuck:

1. Writing down 3 things for tomorrow before bed.
2. Drinking a decent amount of water before my morning coffee.
3. Phone on Do Not Disturb at night.

How about you?

Deany - October 3, 2025, 9:42 pm

Lol bro I be chugging gallons of water

Mech - October 3, 2025, 9:45 pm

My phone goes into do not disturb at 2230.

I still end of watching reels until 3 AM sometimes.

Yin Yang - October 3, 2025, 9:45 pm

(Oct 3, 2025 09:42 PM)Deany Wrote: [\[CITE\]](#) Lol bro I be chugging gallons of water Same bro, same. That and Diet Coke ha

Deany - October 3, 2025, 9:46 pm

(Oct 3, 2025 09:45 PM)Yin Yang Wrote: [\[CITE\]](#) Same bro, same. That and Diet Coke ha
Diet coke good too no wonder Musk drinks it like crack

Pimping - October 3, 2025, 11:38 pm

(Oct 3, 2025 09:45 PM)Mech Wrote: [\[CITE\]](#) My phone goes into do not disturb at 2230.
I still end of watching reels until 3 AM sometimes.

Relatable hahaha i do the same some nights
Youtube and IG reels keeping me awake

Jamika - October 3, 2025, 11:53 pm

(Oct 3, 2025 09:41 PM)Yin Yang Wrote: [\[CITE\]](#) Been trying small tweaks instead of big resolutions. A few that stuck:

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Water is good for sure , for me i reduced caffeine as much , but i think i need to sleep more as next step , i think this will help me much

SecureOp - October 4, 2025, 3:57 am

Let's all fight the doom-scroll habits. In a decade your attention-span will thank you and having patience will be a super power.

P??sonl?af - October 4, 2025, 4:02 am

(Oct 4, 2025 03:57 AM)SecureOp Wrote: [\[CITE\]](#) Let's all fight the doom-scroll habits. In a decade

your attention-span will thank you and having patience will be a super power.

Doom-scrolling is a real problem for your attention span. You see it more often where people can't even focus on a single thing for more than a few minutes.

sharn - October 4, 2025, 7:24 am

Listened to music while cooking. I felt happier than usual.

The small routine became enjoyable.

Mech - October 5, 2025, 1:35 pm

(Oct 3, 2025 11:38 PM)Pimping Wrote: [\[CITE\]](#) Relatable hahaha i do the same some nights

Youtube and IG reels keeping me awake

Yeah that shit is addicting. Especially if I have limited responsibilities the next day.

RangoWorld - October 9, 2025, 5:54 am

(Oct 3, 2025 09:41 PM)Yin Yang Wrote: [\[CITE\]](#) Been trying small tweaks instead of big resolutions. A few that stuck:

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I will add these;

1. Working out.
2. Reading.
3. Taking a walk outside in morning under the Sun.
4. Working with yourself instead of being critical all the time.