

Improving yourself

February 16, 2020 | 8 upvotes | by [NoMoreUncontrollable](#)

I always here improve yourself. So what are some hobbies i could do to fill my time? I listen to some audio books here and there or listen to some psychology lectures. I have gotten interested in social dynamics and the such. Any good hobbies?

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Comments

DerekMorganBAU • 45 points • 16 February, 2020 10:19 AM

Lift lil nigga LIFT.

If you have a car then LYFT. Easy money.

Then you LIFT a real fuckin book and read it.

Everything comes back to LIFTING

superdrolic • 9 points • 16 February, 2020 10:41 AM

Bars

DigitalDragonSlayer • 7 points • 16 February, 2020 03:37 PM

And delivery

DeepNuttet • 8 points • 16 February, 2020 01:25 PM

Lifting you to the top comment

Nighthawk_Black_ • 9 points • 16 February, 2020 11:41 AM

Your comment has lifted my spirits.

NoMoreUncontrollable[S] • 2 points • 17 February, 2020 10:43 PM

I wish i could just lift my life. Everything would become easy.

Jessor69 • 9 points • 16 February, 2020 10:51 AM*

Hobbies cost money, so depends what your budget is.

Low entry cost hobbies that have high roi but take years to build - art, writing, calisthenics, mma, surfing, language learning, brand building, gardening, plate spinning, creating a website/blog, coding, practicing conversation skills, learning an instrument, weight lifting.

Low entry cost hobbies that take minimum effort but yield a good roi - hiking, fishing, meditation, reading, cleaning, cooking, more reading, finance planning.

Envision yourself 10 years from now and what kind of person he is and align yourself correctly.

NoMoreUncontrollable[S] • 1 point • 17 February, 2020 10:31 PM

Most of these seem useless to me but i am tired of reading. :(As for exercise whenever i feel like it i use my dumbbells and do some exercises from the Internet. Do you have any good books to suggest. Something useful?

SatansLawya • 5 points • 16 February, 2020 10:45 AM

Martial arts. Learn to protect yourself with your bare hands. Git gud. Become a trainer. Meditation. Try different types until you find one that is good for you, start with mindfulness meditation.

NoMoreUncontrollable[S] • 1 point • 17 February, 2020 10:40 PM

I have come up with a routine. Every day when i wake up i try to drag myself out of the bed as soon as

possible (takes couple of hours) take the dog for a walk while listening to podcasts and such while also trying to maintain a very good posture (i have heard it helps with serotonin). And when i come back make my bed and lift a bit or push ups. To me that's something kind of meditation because i have to be extremely in control in order for me to do all of that. I am extremely lazy and i try to come up with ways to force myself out of bed.

DeepNuttred • 3 points • 16 February, 2020 01:26 PM

Piano is fun. Learning a new language. Self learning physiology or biology could be great. Drawing. Creating. Building things, learning things or sporty things are my go to.

NoMoreUncontrollable[S] • 1 point • 17 February, 2020 10:34 PM

I tried piano for a while. Borrowed the mini version and practiced a bit. I was following a dude from YouTube. He was really good but gayness was insufferable. Like i would infected or something. Lol. I liked because i could eventually start playing my favorite songs. Long story sort i had to return it. But damn my fingers felt like having a stroke every time I played. Lolol