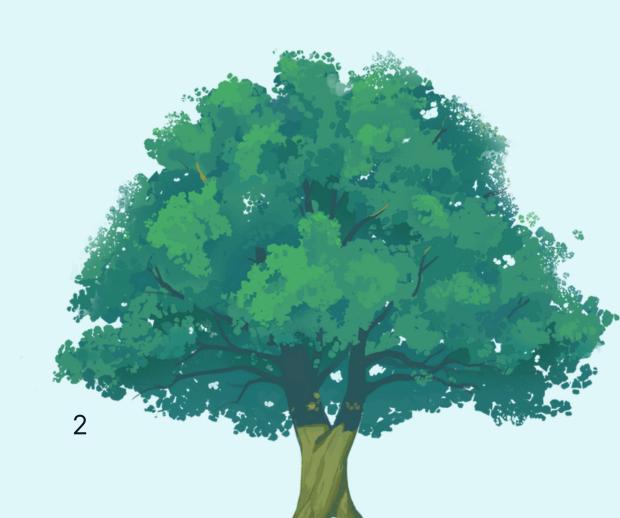
11 STEPS TO HAPPINESS



by Rohas Nagpal

HERE'S YOUR 11 STEP JOURNEY TO A HAPPIER YOU...

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1. Fix Your Overthinking

What if I mess up?
What if they hate me?
What if I made the wrong choice 3 years ago?

Welcome to the Overthinking Loop.

It starts with one small worry and ends with you reliving that embarrassing thing you said or did years ago.

Here's the thing: overthinking feels like solving a problem, but it's actually just marinating in fear.

You end up exhausting yourself without making any decisions, taking any action, or getting any peace.

It's like running on a treadmill and wondering why you're not arriving anywhere.



You are overthinking if you are ...

...replaying conversations in your head for hours

...imagining every possible worst-case scenario

...obsessing over tiny details

...being mentally exhausted but doing nothing

...asking everyone for advice and still not deciding

Here's how to break the overthinking loop

Action 1

Write the question below in a paper diary. Not on your phone. Not on your laptop. Use an actual pen. Write on actual paper.

What's one thing I've been mentally circling that I haven't actually taken action on?

Now set a timer for 2 minutes, close your eyes, and think about this question.

Back in college I met this intelligent, beautiful, super rich girl. She was majoring in Physics and I was studying Commerce. Let's call her **SS**.



She was way out of my league. But lack of confidence has never been a problem for me.

I wanted to ask her out for a movie but I kept overthinking which movie would make me seem intelligent and cool.

Action 2

Now write these questions and the first answers that pop in your head.

- 1. What am I afraid will happen if I make the wrong choice?
- 2. What's the actual worst case... and could I handle it if it happened?
- 3. What's one imperfect action I could take today?



Let's head back to **SS**. Yes, she's going to show up a lot. I figured: What's the worst that could happen? She'd say no? Big deal.

Action 3

Now take that imperfect action today!

Do **NOT** continue with this book till you take that action.

I finally asked **SS** out to watch Cliffhanger. It turned out that she was a Stallone fan and had been wanting to see the movie.

It also turned out that she was going to watch it that weekend with her boyfriend!

Action 4

The next time you notice that you are overthinking, say this aloud: "I am overthinking."

If that does not break the loop, write down what you're assuming versus what you actually know. As before, do not type this in. Write it down.

Action 5

Replace "what ifs" with "even ifs."

Example: Instead of "What if it goes wrong?" say, "Even if it goes wrong, I'll handle it."

Action 6

The next time you notice that you are overthinking, go for a short walk. This can reset mental patterns.

Action 7

On the first Sunday of every month, ask yourself these questions:

- **1.** When something small goes wrong, do I instantly imagine the worst outcome.
- 2. Do I replay old mistakes even when nothing can change them.
- **3.** Is it hard for me to stop a worry once it starts.

If you answered Yes to even one of these questions, re-read this chapter.

Here's what you have accomplished so far:

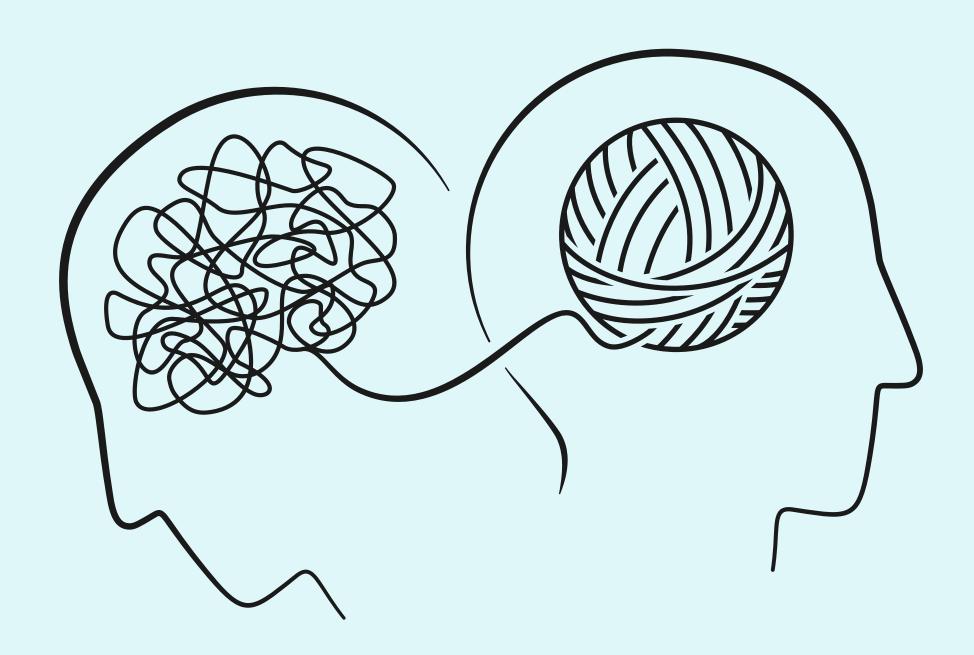
- **1.** You identified the overthinking loop and gave it a name instead of letting it run the show.
- 2. You wrote with an actual pen on paper, which, let's face it, is a major 90s throwback and very therapeutic.
- **3.** You learned to spot the signs when your brain is doing that "let me imagine every worst-case scenario in 5 seconds" thing.
- **4.** You practiced interrupting thought spirals with movement, and bold statements.

Celebration Time

Now celebrate by eating something you love or watching an episode of your favourite TV show.

Tiramisu and an episode of Brooklyn Nine-Nine works well for me.





OVERTHINKING IS THE ART
OF CREATING PROBLEMS THAT
WEREN'T EVEN THERE.

Sir Thinksalot

2. Fix Your Decision Fatigue

You're not lazy. You're just tired of making decisions.

From "what do I wear?" to "should I quit my job and move to another city?", your brain is constantly sorting, filtering, prioritising, and choosing.

And after a certain point, even tiny choices feel enormous.

That's decision fatigue. It's when your brain's ability to make choices runs out of fuel.

You get overwhelmed, avoidant, irritable, or frozen. You scroll instead of taking action.

You panic over small stuff.

You leave messages unread because choosing what to say feels like choosing a tattoo.



Why It Happens

Your brain doesn't separate serious choices from non-serious ones. It uses energy either way.

Choosing between 4 brands of peanut butter? Energy used.

Picking which text to reply to first? Energy used.

Deciding what to eat, wear, say, post, reply, watch? Energy used.

By mid-day, you're wiped. You start avoiding everything, or making random decisions just to be done.

You're in Decision Fatigue Mode if...

...you leave people on "read" for hours or days

...you keep asking others for advice but ignore the answers

...you feel weirdly exhausted after doing basically nothing

...you say "I don't know" even when you do.

How to reduce decision fatigue

Action 1

Pick one decision you make every day and automate it.

Breakfast? Set a time-table. For me that's pancakes on Sunday and sprout salads and cold coffee for the other 6 days.

Clothes? Create a go-to outfit formula. For me that's blue jeans and a black tshirt everyday. If there's a formal event, then a black suit. For running its black shorts and a black tshirt.

This was something **SS** could never do.

She agonized over what to wear.

Although the result was always amazing.

Action 2

Before your brain gets hijacked by the chaos of the day, write down the 3 things that matter most today.

Just 3 things that you have to do today. And then do them.

Action 3

If a decision keeps coming back like an unskippable YouTube ad, make a once-and-done rule.

Here's what works for me.

I reply to WhatsApp messages twice a day - just after lunch and on the way back from the stadium.

I check social media for 20 minutes after breakfast. And I always say no to work events on weekends.

Make the rules. Follow them.

Action 4

Too many options = brain meltdown.

If choosing between simple things (what to eat, what to listen to, what to watch) paralyzes you, there are 3 ways to solve it.

Use the "first thing that looks good" rule, or flip a coin or let a friend decide for you.

Action 5

Don't make important decisions when you're tired or in a bad mood. Schedule harder decisions for the morning or for whenever you have the most brain juice.

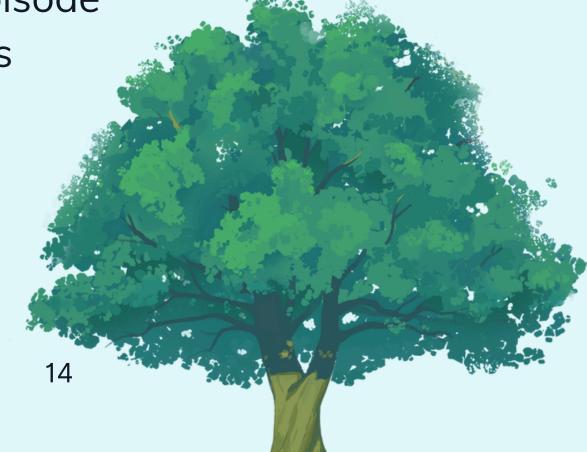
Here's what you have accomplished so far:

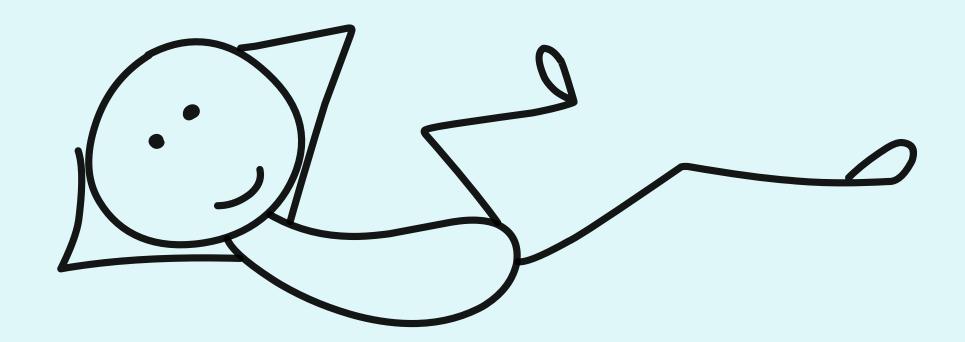
- **1.** You learned how decision fatigue sneaks in and drains your energy.
- 2. You built default routines to avoid constant re-thinking.
- **3.** You created rules and daily priorities to preserve mental space.

Celebration Time

Now celebrate by eating something you love or watching an episode of your favourite TV show.

A samosa and an episode of Friends also works well for me.





THE FEWER CHOICES YOU MAKE, THE MORE ENERGY YOU HAVE FOR WHAT MATTERS.

Sir Thinksalot

3. Fix Your Inner Voice

Does your inner voice ever say things like this?

You are lazy.

You are stupid.

You are ugly.

You are worthless.

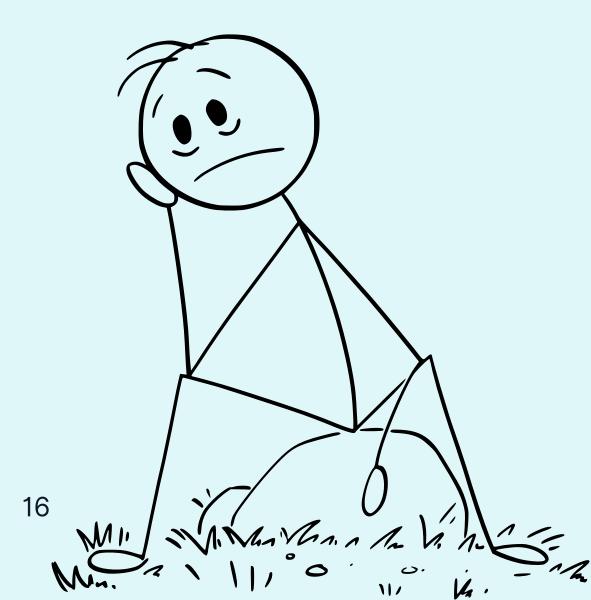
No one likes you.

It's usually NOT true.

It's stuff your subconscious mind picked up from social media, TV shows or toxic people you've had the misfortune of meeting.

Here's the good news: you can challenge and change your inner voice.

You just need to be fair and honest with yourself, instead of being cruel and automatic.



How to fix your inner voice

Action 1

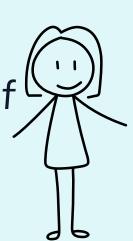
Your inner voice says something mean like: I'm so dumb.

Write it down in your diary - the paper one!

Now challenge the thought.

- What triggered it?
- Is it actually true?
- If its true, how can I improve?

Back in college, every conversation with **SS** made my inner voice go: You're out of your depth. You're not smart enough to be here. Stop talking before she notices.



Turns out my inner voice was quite correct.

She talked about quantum mechanics and string theory while I was still struggling to understand deferred tax liabilities.

I figured that my conversations with her should shift to topics I knew more about.

And when our conversations shifted to chess, my inner critic shut down.

Action 2

Take your most common negative thoughts and write **rebuttals** (I studied law so I have to use some legal words) you can remember.

Your inner voice says: I'm too broken.

You say out loud: I'm healing. That's a process, not a flaw.

Your inner voice says: I'm lazy.

You say out loud: I'm overwhelmed, not lazy.

Your inner voice says: I can't do this.

You say out loud: I can't do this yet. But I will figure it out.

Action 3

Every morning, stand in front of the mirror and say out loud:

I'm doing my best, and that's enough.

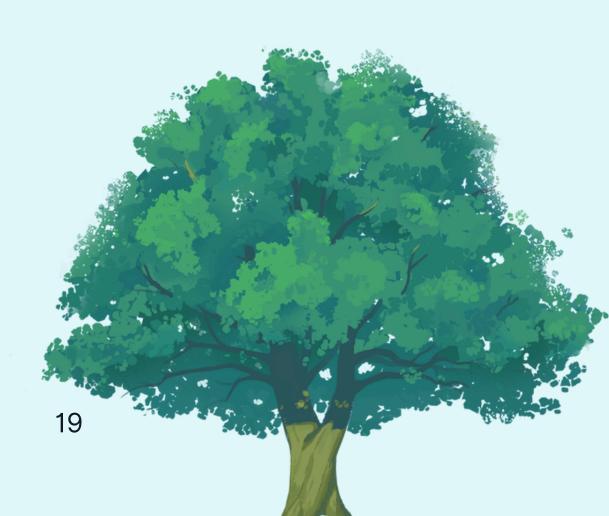
Here's what you have accomplished so far:

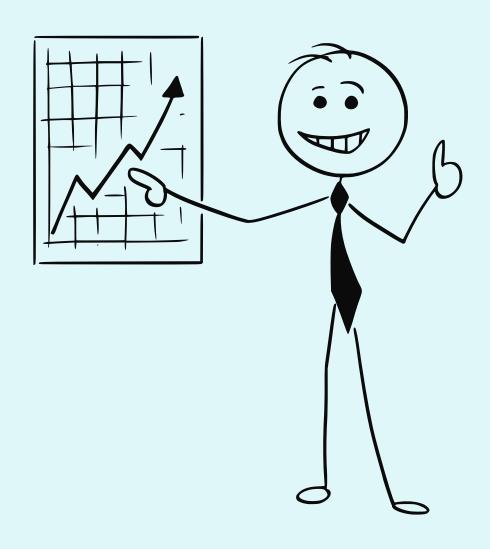
- **1.** You noticed when your inner voice was being unhelpful, dramatic, or downright rude.
- **2.** You learned to challenge and reframe harsh thoughts into something more accurate and honest.
- **3.** You created kind, short comeback lines to replace your most common negative thoughts.
- **4.** You practiced talking to yourself like someone who actually wants you to feel okay.

Celebration Time

Now celebrate by eating something you love or watching an episode of your favourite TV show.

A slice of cheesecake and an episode of Big Bang Theory also works well for me.





EVERY MORNING, SAY OUT LOUD:
I'M DOING MY BEST, AND THAT'S ENOUGH.

Sir Thinksalot

4. Fix Your Stress Response

You know the feeling:
Your chest is tight.
Your jaw is clenched.
You can't focus on anything.
You can't stop doom scrolling.

That's not just in your head. It's in your nervous system.

Stress builds up when your body gets stuck in fight-or-flight mode for too long.

Centuries ago, this stress response helped us survive actual danger - like lions and snakes.

These days it gets triggered by inboxes, group chats, late-night work calls, and the horror of being asked to unmute on Zoom.

Your brain may be modern, but your body still thinks it's in the jungle.

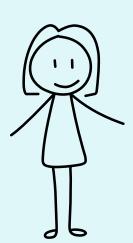
And it holds that stress. In your muscles, breath, posture, and heartbeat.

Before you can think clearly, focus, or "be productive," you need to fix your body's stress response.

How to handle stress like a Pro

Different things work for different people.

For **SS** it's screaming into a pillow, or splashing ice cold water on her face. For me it's boxing a heavy bag or sprinting as fast as I can.



Try some of these and tell me which works best for you.

- 1. Splash cold water on your face and neck.
- 2. Hold an ice cube in your hand for 30 seconds
- 3. Box breathe: Inhale 4, hold 4, exhale 4, hold
- 4. Repeat 4 times.
- 4. Scream into a pillow.
- 5. Sprint or jog, even for a minute.
- 6. Punch a sandbag or shadowbox.
- 7. Do 10 jumping jacks, burpees, or pushups.
- **8.** Shake your arms, legs, and shoulders for one full minute.

- 9. Dance to a loud or ridiculous song.
- 10. Tense and release each muscle group.
- 11. Stretch your neck, shoulders, and back.
- 12. Go for a walk without your phone.
- 13, Take a hot shower or bath.
- **14.** Use a familiar scent (perfume, oil, lotion, shampoo) to calm your senses.
- **15.** Brain dump: write every anxious thought out, unfiltered.
- **16.** Name your stress. Write in your diary: "I'm overwhelmed by _____".
- **17.** Write down 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- **18.** Chew gum. It activates your parasympathetic nervous system.
- **19.** Stomp your feet on the ground to reconnect with your body
- **20.** Laugh at something stupid. Govinda movies work well for me.

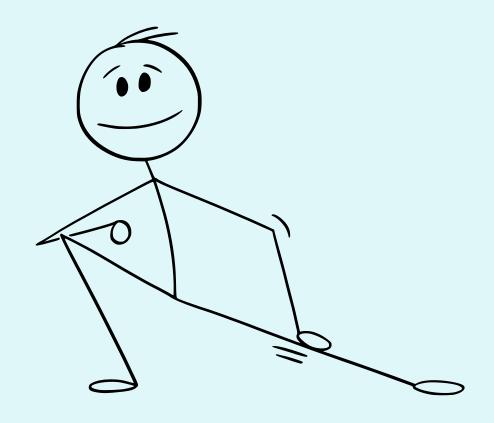
Here's what you have accomplished so far:

- **1.** You stopped treating stress like a background setting and learned it's a full-body experience.
- 2. You understood that before your brain can focus, your body needs to feel safe.
- **3.** You found simple, repeatable actions to interrupt the stress cycle.
- **4.** You took action whether that was shaking, sprinting, screaming, or splashing cold water on your face.
- **5.** You learned that handling stress doesn't mean avoiding it. It means giving your body what it actually needs.

Celebration Time

Now celebrate by getting a soothing massage. Go to a spa or bribe a friend.





YOU DON'T NEED TO THINK
THROUGH STRESS. YOU NEED
TO MOVE THROUGH IT.

Sir Thinksalot

5. Fix your Body

Your body isn't just the thing that carries your brain around.

It is your mood, your energy, your focus, and your resilience.

When it's out of sync, everything else feels harder - thinking clearly, staying calm, even being kind to yourself.

This chapter covers the three foundations of physical well-being:

- Movement: because your body was built to move, not just to sit, type, and scroll.
- Sleep: because recovery is productivity, and bad sleep screws everything up.
- Food: because your mood runs on what you eat (and no, coffee doesn't count as breakfast)

You need small, consistent choices that support your brain through your body.

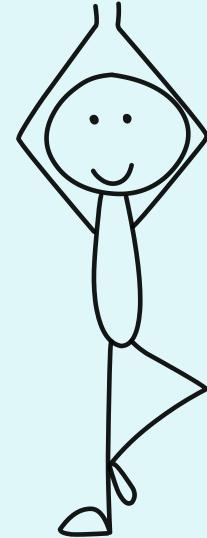
Let's make feeling better your new baseline.

5A. Fix your Movement

Here are the science-backed benefits of regular physical activity:

- **1.** It boosts your **mood** by releasing happy chemicals like dopamine, serotonin, and endorphins.
- **2.** It lowers **stress** by reducing cortisol your stress hormone.
- **3.** It improves **focus** and **memory**. Exercise increases blood flow to the brain, especially the prefrontal cortex.
- **4.** It improves **sleep** quality. People who move more during the day tend to fall asleep faster, stay asleep longer, and wake up feeling less like a zombie.
- **5.** It improves **energy** and **motivation** by improving your cellular energy production (ATP) and reducing overall fatigue.

Physical exercise also reduces **anxiety**, boosts **confidence** & body image and supports long-term **brain health**.



How to Move Your Ass (No Gym Required)

Your physical fitness strategy depends on your health conditions, and current fitness level. Here's my regimen.

Mondays: 3 sets of sprinting different

distances: 200, 150, 120, 100 & 80 metres,

Tuesdays: Upper and lower body strength training - multiple variations of pull-ups, pushups, dips, squats, step-ups, wall sits, lunges, and calf raises.

Wednesdays: Hard middle distance runs - 800, 1000, and 1200 metres.

Thursdays: Core training - planks, Russian twists, sit-ups, leg raises, mountain climbers, and V-ups.

Fridays: Same as Tuesdays.

Saturdays: 3 Cooper Tests (12-min runs).

Sundays: Rest day.

Once you design and follow your regimen for 4 weeks treat yourself to a lavish breakfast at a fancy restaurant.



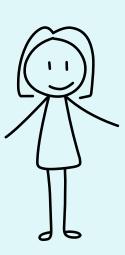
EXERCISE BOOSTS YOUR MOOD,
LOWERS STRESS, IMPROVES SLEEP
QUALITY, BOOSTS CONFIDENCE &
SUPPORTS LONG-TERM BRAIN HEALTH.

Sir Thinksalot

5B. Fix your Sleep

Good sleep is the cheapest therapy.

When **SS** didn't sleep enough, her brain turned into a mess of overreactions and bad decisions - one of them being to start dating that idiot!



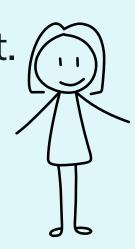
What sleep does for you

- 1. Lowers cortisol (your stress hormone).
- 2. Regulates mood, focus, and memory.
- 3. Boosts your immune system.
- **4.** Repairs your brain and body at the cellular level.
- **5.** Makes you 99% less likely to have a meltdown.



How to fix your sleep

1. Go to bed at the same time every night. SS had this strict "go to sleep by 11pm" policy which made it impossible to take her out dancing. Maybe that was a good thing because I really suck at dancing!



- **2.** Keep screens off for 60 mins before bed (blue light = brain chaos).
- **3.** Use low, warm lighting in the evenings so your body thinks it's sunset.
- 4. Avoid caffeine after 2pm.
- **5.** Eat your last meal at least 2 hours before sleeping.
- **6.** Keep your bedroom cool and dark your body loves cave energy.
- 7. Wind down with a routine: stretch, read, write in your diary.
- **8.** Don't lie in bed with racing thoughts. Get up, write them out, try sleeping again.

In one week, you should start sleeping much better.

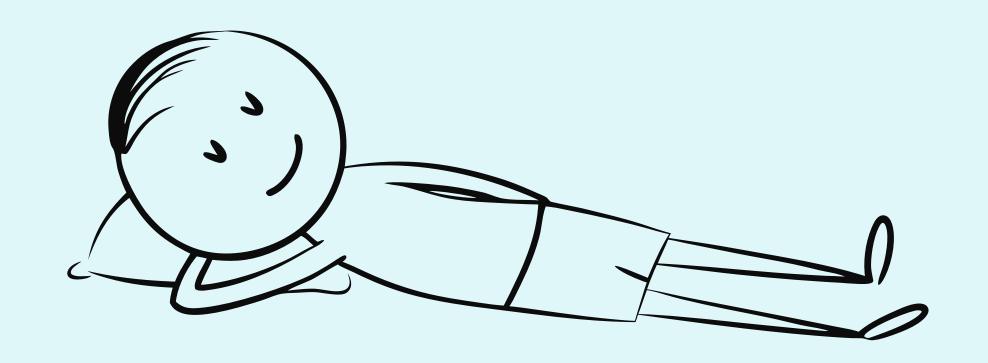
And when you do, you won't need a reward.

The better sleep is the reward.

You'll notice it when:

- 1. Your brain doesn't feel like mashed potatoes by 3pm.
- 2. Small things don't ruin your whole day.
- 3. You wake up without a brain fog.





SLEEP IS THE MOST PRODUCTIVE THING YOU DO ALL DAY.

Sir Thinksalot

5C. Fix your Food

What you eat literally affects your fitness, thoughts, mood, and emotions.

You wouldn't put kerosene in your car's fuel tank, right? So don't fuel your body with junk.

Here's what you need to know about food:

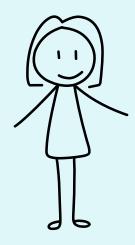
- 1. Protein repairs your body.
- 2. Fat supports your brain and hormones.
- 3. Fiber keeps your blood sugar stable.
- **4.** Fluids help every system in your body work better.
- **5.** Micronutrients (the stuff in veggies, nuts, etc.) give you mental clarity and better sleep.



How to fix your food

- 1. Create the perfect diet plan for yourself that includes the right amount of protein, carbs, fat, fibre, vitamins, micro-nutrients, and fluids.

 Consult a dietician or use your favourite Al tool.
- **2.** Stick to your diet. No more than 1 cheat meal a month.
- 3. Eat local. Eat fresh.
- **4.** Eat real food not packaged junk. Your body knows the difference between bananas and banana chips.
- **5.** Don't skip any meal. And remember, coffee isn't a meal.
- **6.** Eat real food, not packaged junk with more ingredients than a science experiment. I know I've repeated this point. It's that important.
- **7.** Don't watch TV or use your phone while eating.
- **8.** Don't eat emotionally even if it's birthday cake! **SS** used to really go wild on birthday cakes... and she had a ton of friends!



In 1 week, your eating habits should feel more stable and intentional.

And when they do, you won't need a cheat day or a reward.

Feeling better throughout the day will be enough.

You'll know it's working when:

- 1. You're eating real meals instead of just snacking or skipping.
- **2.** You're not constantly tired or irritable between meals.
- **3.** Your energy feels more steady, not up and down.
- 4. You're drinking more water without forcing it.
- 5. You feel less guilty or confused about food.





DON'T EAT YOUR FEELINGS EVEN IF IT'S BIRTHDAY CAKE.

Sir Thinksalot

6. Fix your Money

Money doesn't buy happiness, but not having it definitely buys sadness.

It's not just numbers in a bank account - it's safety, choices, boundaries, and self-worth.

And most of us were never really taught how to deal with it.

Unless you count random advice like "invest in land" or "just manifest wealth."

And here's the kicker: many people who do make millions many times blow it all up!

Boxer **Mike Tyson** earned over \$300 million and still filed for bankruptcy - spending \$2 million a month at his peak, including on Bengal tigers.

Actor **Nicolas Cage** blew all his money on dinosaur skulls, haunted mansions, and shrunken heads.

Singer MC Hammer blew through \$70 million, thanks to a 200-person entourage, 17 luxury cars, and a mansion with gold-plated gates.



Actor-singer **Lindsay Lohan** reportedly made \$28 million by age 18, then couldn't afford rehab without a sponsor.

Tennis player **Boris Becker** lost tens of millions and ended up in jail after hiding assets during bankruptcy proceedings.

What Is Wealth?

Wealth

- = Income
- Expenses
- + Asset Appreciation

Income is the money flowing in - your salary, bonuses, freelance gigs, consulting fees, side hustles, dividends, rent, royalties, inheritances, and other returns from your investments.

Expenses are everything flowing out to keep your life running - rent, food, bills, impulse buys, subscriptions, Expenses are necessary, but they're also sneaky wealth bleeders.

Asset Appreciation is the quiet magic. These are the things you own that become more valuable over time - real estate, stocks, mutual funds, gold, art, intellectual property. Even collectibles like stamps & coins.

You need to do 3 things:

- **1. Grow your income** don't just earn more, diversify how you earn.
- **2. Cut the waste** reduce your expenses without hating your life.
- **3. Own things that grow** build a portfolio of assets that increase in value while you sleep.

That's the wealth game!

Here's a <u>spreadsheet</u> that you can use to keep track of your income, expenses, and wealth.



How to fix your money and wealth

1. Know where your money goes

Track your spending. Every rupee, dollar and yen. Every coffee, every late-night "just this once" order.

Use a notebook, an app, a spreadsheet - whatever works. You can't fix what you're not willing to look at.

2. Set your "Enough Number"

How much do you really need each month to feel okay - not just survive, but breathe a little? That number is your baseline.

Anything above it is bonus.

Anything below it needs a plan.

3. Build an Emergency Buffer

6 months' expenses. You need to lock this in a bank deposit or liquid fund. This keeps you from panicking when life throws its usual nonsense at you.

4. Talk about money

With your partner, your family, your friends. Not to compare, but to set boundaries.

"Let's split this evenly" is not rude.

"I can't afford that right now" is not shameful.

Secrets create resentment. Clarity builds trust.

5. Know your patterns

Are you a stress spender?
A money hoarder?
A "treat yourself" fiend?

Identify the emotion behind your financial habits. You're not "bad with money" - you just have an emotional leak somewhere. Fix it.

6. Pick one financial goal to chase

It could be paying of a small debt, saving for a holiday, buying insurance, starting a mutual fund, buying some gold (physical or digital).

Once that's rolling, pick the next.

You're building momentum, not winning a finance contest.



MONEY DOESN'T BUY HAPPINESS, BUT NOT HAVING IT DEFINITELY BUYS SADNESS.

Sir Thinksalot

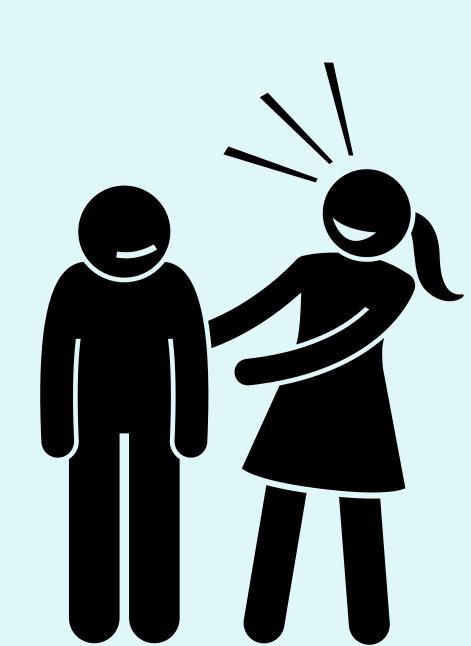
7. Fix your Relationships

Toxic relationships are the ones that leave you feeling drained, anxious, small, or confused.

They make you doubt your worth and question your reality.

A relationship is toxic when:

- 1. There's constant criticism, control, or guilt-tripping
- 2. You feel like you have to earn their approval.
- 3. They dismiss your boundaries or emotions
- 4. You give more than you get every time.
- **5.** The relationship brings more anxiety than calm.



How to identify toxic relationships

Think about someone (a parent, spouse, sibling, friend, colleague, boss) and answer these questions:

- **1.** Do I feel anxious or tense before talking to them?
- **2.** Do I feel heard, respected, and safe when I share something hard?
- **3.** Am I always the one apologizing or fixing things?
- **4.** Do I leave most conversations feeling worse than before?
- **5.** Do I feel like I can't be fully myself around them?

If you answer honestly, you will discover whether the relationship is toxic or healthy.

If someone is toxic it doesn't necessarily mean that they're a villain.

But it does mean that you might need space, boundaries, or a serious re-evaluation.

How to fix toxic relationships

- 1. Start with honesty. Tell them how they make you feel. Tell them what they do wrong.
- 2. Set clear boundaries. Tell them what's okay, what's not, and what you'll do if it continues.
- **3.** Watch their response. Did they dismiss, guilt-trip, or flip it on you?
- **4.** Step back if needed. Distance isn't cruel. It's clarity.
- **5.** Ask yourself if the relationship is worth the emotional cost.

Remember, not all relationships are meant to last forever.

Sometimes fixing a relationship means working through it. Sometimes it means walking away from it.

It took **SS** a while to realize that her boyfriend was toxic. He was controlling, manipulative, and always made her feel like she was the problem. He'd twist her words, disappear during tough moments, then show up like nothing happened.

Here's what you should do next:

- **1.** Identify 1 relationship that is messing with your mental peace.
- 2. Write down why it feels off.
- 3. Decide whether it's worth repairing. Or not.
- **4.** Talk to someone you trust about it. You don't have to figure it all out alone.

This isn't about cutting people off at the first sign of discomfort.

It's about recognizing when something consistently chips away at your wellbeing. And then dealing with it.

Despite her best efforts, **SS** could not get her boyfriend to improve. She finally decided to end the relationship. It took her a long time to get over it, but in the end she emerged a far happier person.





IF A RELATIONSHIP KEEPS
CHIPPING AWAY AT YOUR MENTAL
HEALTH, IT MAY BE TIME TO END IT.
Sir Thinksalot

8. Fix your Mornings

Does this sound like you?

You wake up to the sound of your phone buzzing.

Before you've even had water or sunlight, your brain is flooded with notifications, to-do lists, and other people's problems.

Your mind is scattered.

Your body's stiff.

You're rushing.

And somehow, you're already behind. Even before the day has started.

Now imagine if your mornings felt calm, focused, and a little bit yours again.

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How to fix your mornings

- 1. Get out of bed as soon as you wake up. No doomscrolling. No "just 5 more mins."
- **2.** Drink a full glass of water. Not coffee. Water. First.
- **3.** Move your body. Stretch. Walk. Jump. Dance. Anything.

SS used to jump around (it couldn't be called dancing!) to "Eye of the Tiger" first thing in the morning! Yes, we started dating a year after her break-up.

- **4.** Expose your eyes to sunlight. Stand near a window. Go outside. It resets your body clock.
- **5.** Make your bed. Starts the day with a small win.
- **6.** Write in your diary brain dump, gratitude list, affirmations. Whatever.





START YOUR MORNINGS BY DANCING TO YOUR FAVOURITE SONG

Sir Thinksalot

9. Fix your Digital Life

You are busy working. Then you hear a notification and unlock your phone to check it.

Suddenly, it's an hour later and you're getting "influenced" into buying junk you don't need!

Does this happen to you?

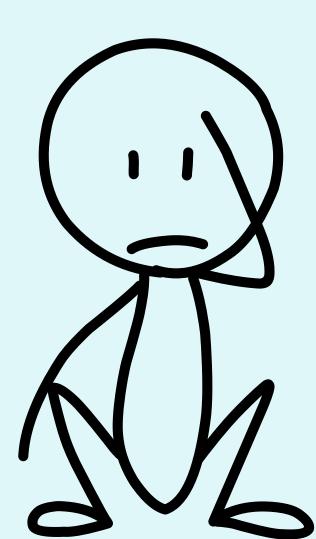
It's not entirely your fault.

You're just up against devices and apps that are literally designed to hijack your attention.

Your phone has become your alarm clock, your calendar, your therapist, your escape hatch, and your late-night crutch.



SS and I didn't have cell phones or even Internet access back then. It was the early 1990s. So our digital lives were non-existent.



How to fix your digital life

- 1. Set screen limits for the apps you spend (or waste) the most time on.
- **2.** Have atleast 1 no-phone hour every day. Mornings work best.
- 3. Delete one app that does nothing but make you feel worse.
- **4.** Turn off non-essential notifications. Do you really need breaking news every 10 minutes?
- **5.** Use greyscale mode to make apps less addictive.
- **6.** Reorganize your home screen hide the distractions.
- 7. Try a Digital Detox once a week. Pick a time half a day, a full Sunday, whatever. Go screen-free. No phones, no laptops, no "just checking one thing."

Let your brain defragment.
Yes, it'll be weird.
That's the point.





YOU DON'T NEED TO BE AVAILABLE 24/7.
YOU'RE NOT A VENDING MACHINE.

Sir Thinksalot

10. Ask the right questions

Most people avoid uncomfortable questions because they don't want to rock the boat. But not asking the hard stuff is how the boat sinks.

We convince ourselves it's "too soon" or "too awkward". But silence doesn't build intimacy, it just delays the explosion.

Whether it's marriage, friendship, a job, or moving in with someone - asking the right questions early saves you years of pain, confusion, and therapy.

You're not looking for perfect answers.

You're looking for alignment, honesty, and the ability to have difficult conversations without shutting down or blowing up.

If you can't talk about real things now, how will you survive the storms later?

Questions are a shortcut to truth. And truth is what keeps the boat afloat.

Answers you need before you get married

Kids. Do you want them? When? How many? What happens if life doesn't go to plan? Are you open to adoption, surrogacy?

Religion & Spirituality. Are our beliefs compatible? Will faith be part of our daily life, our holidays, our parenting?

Money. Who's the saver? Who's the spender? How do you feel about joint accounts, debt, prenups, big purchases?

Food & Eating Styles. Are you vegetarian, non-veg, vegan, keto, or gluten-free?

Substances. How often do you drink, smoke, or use substances? Are we on the same page about alcohol at home, at events, around kids?

Where will we live? Near our families or far away? Are you open to relocating or not?

Families. Is your family close or distant? How much do you want them involved in our life.

Health. Do you have any ongoing health conditions I should know about? How do you take care of your mental health?

Career Goals. What are your ambitions? Will one of us step back so the other can grow?

Lifestyle. What do you splurge on - food, fashion, travel? What feels like a waste?

Festivals, Traditions & Holidays. Which ones are non-negotiable for you? How do you celebrate and how important is it that I join?

Hobbies & Time Off. How do you like to spend your weekends? Can we do different things?

Social Media + Privacy. How private are we as a couple? Are you the "post every moment" type? How do we handle exes, comments?

Pets. Do you want them? How many? Cats, dogs, birds? Who takes care of them? Who cleans up after them?

Alone Time vs Together Time. Do you recharge solo or side-by-side? How much time apart feels healthy, not scary?

Household Stuff. What does "clean" mean to you? Will chores be divided or outsourced?

Handling Conflict. Do you raise your voice or go silent?

Answers you need before taking a job

Work Hours. Is this truly 9 to 5? Or "we expect you to be available all the time"?

Growth. Will I be learning new skills? Is there a clear path to move up?

Manager. Do I trust this person to have my back or will they throw me under the bus at the first status meeting?

Team Culture. Are these people collaborative or competitive? Do they seem happy or just surviving?

Boundaries. Can I take time off without guilt? Will I be expected to reply to emails at midnight?

Compensation. What's the actual take-home pay, bonus structure, and benefits?

Success Metrics. How is performance evaluated here? Do they value output or just online status?

Workplace Energy. Do I feel excited walking in or slightly nauseous?

Answers you need before you call someone a friend

Emotional Safety. Can I be vulnerable with them or do I always filter?

Support. Do they show up in tough times or disappear when it's inconvenient?

Growth. Are we growing in similar directions or just staying comfortable?

Trust. Can I count on them to keep confidence? To not gossip behind my back?

Conflict. Do we repair after fights or just sweep things under the rug?

Celebration. Do they genuinely celebrate my wins or get weirdly distant?

Balance. Is the friendship mutual or always on their terms?

Energy. Do I feel better after hanging out or emotionally drained?

Answers you need before moving in with someone

Why Now? Are we doing this to deepen the relationship or just split rent?

Chores. How will we divide cleaning, laundry, dishes, groceries, trash?

Money. Are we splitting everything equally, or by income? What about shared purchases?

Cleanliness. Is your "messy" my "unlivable"? How often do we clean?

Noise + Guests. Are we aligned on quiet time, sleep schedules, and friends crashing?

Alone Time. How much solo time do we each need? What happens if it's not respected?

Conflicts. How will we handle fights about space, privacy, or habits?

Exit Plan. What happens if this doesn't work out? Who moves out?

In case you're wondering what happened between me and **SS**, that's a good question!



A FEW GOOD QUESTIONS CAN SAVE YOU YEARS OF PAIN.

Sir Thinksalot

11. Monitor your progress

A book can't change your life. But what you do with it can.

Only reading this book won't help much. Real change happens when ideas get converted into habits.

You need to turn the insights from this book into actions that repeat, quietly, until they become your default way of living.

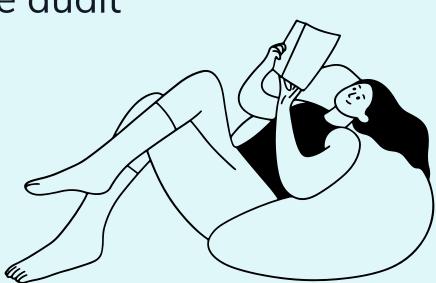
This chapter is your follow-through system.

A way to catch yourself drifting, notice what's working, and course-correct without waiting for a meltdown or a new year.

Improving yourself even 1% every day will massively benefit you in a year.

Use the checklists that follow to reflect, reset, and stay on track:

- End-of-day for tiny, daily wins
- Sunday for the weekly reset
- End-of-month to zoom out
- End-of-year for the full life audit



End-of-day Checklist

- 1. Did I start my day with something grounding?
- 2. Did I reduce the number of decisions I had to make by using a routine, list, or system?
- **3.** Did I speak to myself with encouragement instead of criticism at least once?
- **4.** Did I take one mindful pause when things felt overwhelming?
- **5.** Did I walk, run, dance or exercise for at least 20 minutes today?
- 6. Did I eat real, nourishing food today?
- **7.** Did I make or review one mindful money decision increasing income or reducing spending, or investing better?
- **8.** Did I connect meaningfully with someone without distractions?
- 9. Did I skip one mindless scroll session?
- **10.** Am I ready for good sleep tonight?

Sunday Checklist

- **1.** What drained my energy most this week? Did I handle it well?
- **2.** Did I move, rest, and eat in a way that supports my body?
- **3.** What decision am I avoiding that needs to be made?
- **4.** Did I have at least half a day with minimal screen time?
- **5.** Did I do something just for joy not for productivity?
- 6. Did I spend time with positive people?
- 7. What life lesson did I learn this week?
- **8.** What's one thing I can do differently next week?
- **9.** What's one thing I want to celebrate before I forget it?
- **10.** Did I grow my wealth this week?

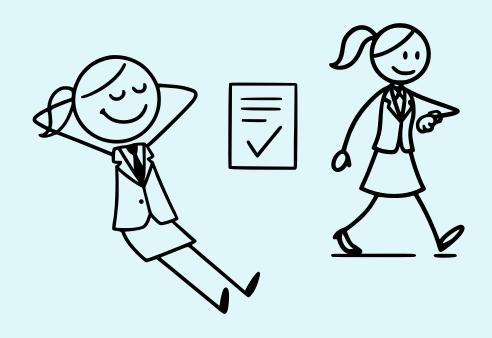
End-of-month Checklist

- 1. How much did my wealth grow this month?
- 2. How did I handle stress this month?
- **3.** What changed in my relationships? Who did I move closer to? Who drifted?
- 4. Did I wisely spend my time online?
- **5.** How did my mornings go? Did I start most days with intention?
- **6.** What did I learn this month about myself, someone else, or the world?
- 7. What's one thing I'm proud of this month? (Don't skip this. Write it down. Read it twice.)
- **8.** What's one thing I want to do differently next month? Be specific. Make it measurable. And say it out loud like you mean it.
- **9.** How's my stress level compared to the start of the month?
- **10.** Did I eat, sleep, and exercise most days this month?

End-of-year Checklist

- **1.** How much did my wealth grow this year Did I build new sources of income, reduce unnecessary expenses, and invest in assets that actually grow?
- 2. How did my physical health evolve food, sleep, movement, energy? Which habits stuck? Which ones slipped? How does my body feel compared to last year?
- **3.** How did I manage stress this year? Did I default to coping or numbing? Did I develop any tools that actually helped?
- **4.** Which relationships deepened and which ones faded, quietly or loudly? Who did I make space for? Who did I let go of without saying it out loud?
- **5.** How wisely did I spend my time online? Was I intentional, distracted, addicted, or somewhere in between?
- **6.** How did most of my mornings begin? Did I start with calm and clarity or noise and autopilot?

- **7.** What did I learn this year about myself, others, or the world? Not just what I read what actually shifted in my thinking?
- **8.** Which actions, choices, or moments am I genuinely proud of? Big or small. Seen or unseen. Give yourself credit where it's due.
- **9.** What am I ashamed of this year and what can I learn from it? Guilt isn't helpful unless it's followed by change. Extract the wisdom, not just the weight.
- **10.** What's one thing I want to do differently next year? Make it clear. Make it count. And say it like you mean it.



A BOOK CAN'T CHANGE YOUR LIFE, BUT YOUR ACTIONS CAN

Sir Thinksalot

11 STEPS TO HAPPINESS

By Rohas Nagpal

This isn't a book. It's a user manual for your messy, beautiful, overstimulated life.

It will give you practical tools to help you actually handle life - when you're overthinking, under-sleeping, or emotionally spiraling.

Inside, you'll learn how to:

- Get out of your own head.
- Make decisions faster and with less regret.
- Calm your nervous system.
- Build a body you can actually live in.
- Fix your relationship with money.
- Wake up like your day isn't doomed.
- Be on your phone less, in your life more.
- Ask better questions. Set real boundaries.
- Track your progress.

First edition.

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