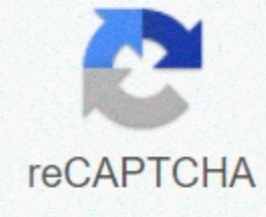




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Hold on pain ends quote

The current holding recommendation for Pain Therapy Inc (NASDAQ:PTIE) is derived from grader's portfolio, which includes Louis Navellier's investment approach. This represents no change from the previous week and has had the same PTIE rating from Grader's portfolio for the past month. Twitter (TWTR) gets downclowed amid shopping rumors, Disney (DIS) has fallen too far and pain treatment (PTIE) has suffered a major break. Last updated on November 4, 2020 Self-improvements don't have to be big mind-blowing changes; It can actually be simple steps to improve on what you already have to be you where you want to be. However, what you need will be consistency, determination and wilt to try some of the things that will stretch you out and challenge. Instead of setting your sights way into the future, which leaves you feeling like you'll never make it, you can start looking at these simple and effective self-improvement steps today. So if you want to have an immediate impact on your life and are willing to take action, then continue to read- you want to love this!1. Be willing to work hard. As with anything in life, if you want something, you have to work hard to get it. That doesn't mean you burn the torch at both ends and bore you and leave your personal life in ruins. This merely means that when you want something bad enough, you put in time to get there. Action is what matters here and the more 'inspired' the action is, the better results at the end.2. Make sure you have your friends you can talk to, sharing the burden is as important as with any self-improvement. If you can communicate with others and get feedback on how you do then that's great. We all need 'cheerleaders' in our corner to keep us going when the time is hard, but you also need people who will tell you how to make it even when you don't want to hear it. So make sure you have a good support network around you, especially those who respect your comments. 3. Adapt to your circumstances rather than over-thinking of them. Sometimes we can hit a hard time, maybe you've lost your job or your partner has left you instead of more than analyzing the situation, learning to adapt to your situation and accept them as they are. It's not about turning your circumstances into some kind of drama; remember, what you focus on is expanding which means you get the most out of it. You then don't become your problems and you feel much less burdened by them.4. Make sure you use your time wisely. Time is out of existence, some might say; while others will say that time is an illusion. One thing we do know is that you have a life on the planet, so how to use that time is of the greatest importance. So how can you use your time wisely? You just know how to do it, but look at how. Spend your day: Do you sit working all day, go home, eat and then sit slump in front of the TV for the rest of the night? Your time on this earth is precious, so isn't it time to use the time left? Try something new, go for a walk, learn a new language or med meditation but make sure it's something you absolutely love.5. always be consistent. A wonderful way to improve yourself is to make changes to how things are done. For example, with your friends, are you always someone unreliable who bows out of a makeup just before it happens? Or are you the one who starts a new sports routine and then stops doing it 3 weeks in it? Whatever it is and everything you do, always be consistent. When you make a commitment, stick to it. This will improve your life unsize as you feel more confident and happier with yourself, especially because you know that whatever you deal with, you'll be able to constantly do it!6. Go and find your happy place no, I'm not saying the place as in appearance to your local bar or restaurant and gore yourself in your favorite drinks or food. what im saying is understand what you want to do what makes you happy and going there. Your happy place is where you find peace, where you lose yourself and feel content. Meditation is a great way to find your happy place; It brings you and ensures that you always live now. 7. Make sure you embrace all your feelings. In life you want to find that it throws you some difficult challenges, sometimes it will come out of your fears and lead you to uncertainty, and other times it will be happy. It's important to embrace all the emotions that come up in your life, embrace them wholeheedly and understand why they're there and then let them go. Try to fire them or resist them because remember what you resist, it persists, so embrace them every time.8. Always be prepared to leave the comfort zone the idea of stepping out of your comfort zone for some people can leave you paralyzed with fear; Yet for any change in your life, your comfort zone should always be withdrawn. It doesn't have to be something big, like doing a sky dive or something equally crazy. However, it is worthwhile to change something you'd once feared, such as going to your cinema or eating in a sushi restaurant when thinking of trying raw fish that normally means you're running for the hills. So try something new, it doesn't have to be wacky, but it's challenging you!9. Be on hand to help others. Whether it's helping a stranger on the street or a family member or a friend helping someone else or in their time of need, lending a helping hand to improve yourself is wonderful and simple. Giving to others not only for those Are useful But also for yourself; it can give you a sense of purpose, of contribution as well as takes your mind out of your problems and concerns. 10. Live now. A wonderful self-improvement tool is to live now, to live now. It's within this moment that you'll appreciate all you have and you'll see beauty in the simplest things. Given your current circumstances and restoring your mind to where it belongs will bring about a happier way of life rather than constant concern or emphasis about the past or the future- that both don't exist. There is only the present moment. When you get used to this lifestyle, you never want to go back!11. Learn something new there is no such thing as liberation as learning something new; It can lift both your confidence and confidence and give you a great reason to meet new people. If you are constantly up to your brain activity by learning something new all the time, you feel at the top of your game and want to share the knowledge you have learned. There is nothing quite as powerful as learning a new tool in life that can either improve your circle of friends or raise confidence levels or both! Reading is also a great way to help you learn something new.12. Daily exercise. This one seems obvious, but exercise is very important not only to your health but also to your soul. We all know that after exercising, the world can feel a brighter and more positive place, so why don't we do it more? Exercise is not about getting the perfect body or losing weight; It's more about feeling good in and out! With a healthy body comes a healthy mind—so start something today. Even if it's just a daily walk, it's better than staying on that bench, again. 13. Go to new places, travel a little. I'm not saying go fly off to some forgotten distant lands - although you can if you want so. It's more about going to new places and experiencing life outside your back yard. A lot of us stay in the same place a lot of times, we just see the same people, the same streets, and we do the same thing every day. If you want to improve your life, get out of there and see the world and what it can offer. You can start by going to a city or city you never have in your country and checking out architecture, landscapes and people. Anything new is good, so out there!14. Listen to uplifting music and dance. If there's one thing that can really improve your life and make you excited about it, it's listening to great uplifting music and dancing. When was the last time you really left him? Let everything loosen up and get into a piece of music and let yourself go? Dancing, like exercising, makes you feel good. It releases a variety of emotions and can make you feel incredibly good. Self-improvement is not all about serious things; It can be something as simple as finding new music, music that inspires you and makes you dance and have fun!15. get up earlier than normal. This is the last one, and it's the last because it's one of those self-improvement tips that we all know is a good thing, however we seem to avoid it at all costs! If you think about it, the first part of the day is when your brain is more active because it has been turned off in the last 7 hours. So you don't think you should do all that in the morning? Things like exercise, meditation and dancing, all of which can be done in the first part of the day. Take it from me: These early morning stuff can really start your day with a bang! More on self-improvement photo credits: Laura Chouette through unsplash.com last update on November 4, 2020 self-improvement doesn't have to make big mind-blowing changes; It can actually be simple steps to improve on what you already have to be you where you want to be. However, what you need will be consistency, determination and wilt to try some of the things that will stretch you out and challenge. Instead of setting your sights way into the future, which leaves you feeling like you'll never make it, you can start looking at these simple and effective self-improvement steps today. So if you want to have an immediate impact on your life and are willing to take action, then continue to read- you want to love this!1. Be willing to work hard. As with anything in life, if you want something, you have to work hard to get it. That doesn't mean you burn the torch at both ends and bore you and leave your personal life in ruins. 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