







# 7 Everyday Habits That Are Ruining Your Life

Reading Time: 6 minutes

Let's address the everyday habits that are ruining your life.

Many of us, if not all of us have certain toxic habits that are ruining our lives, our mental health, and overall success.

I want to make sure that you aren't doing any of the habits mentioned on this list.

On this site, I want you to be successful, happy, to look your best, to fight your inner "demons" and to have the confidence to do whatever you want in life.

So, here is the list of everyday habits ruining your life and how you can stop them from doing so.

## 7 Everyday Habits That Are Ruining Your Life

### 1. Being on your phone 24/7.

The first habit that is probably ruining your life, and you're most likely doing it right now, is spending too much time on your phone.

I get it, it has never been easier to be on your phone.

But you've got to control that screen time. If you go to the settings on your phone, it literally tells you how much time you've spent on it.

You'll be blown away.

And I'm guilty of this habit too.

This is something that I struggle with every single day because Mental Style Project is on my phone and desktop. I'm into [social media](#) a lot, I'm checking out what my friends are doing... It's a lot.

There is always new information. If I close my phone and pick it right back up and refresh my feed, there is a new Instagram feed or a new FB feed.

The world keeps going, there are new notifications, new things popping up every single second.

The point is, it's pretty easy to find an excuse to keep being on your phone 24/7.

But you have to remember, there is a life outside the little, bright screen in front of you. Whether it's being active, going outside with your friends or partner, you get the point.

### 2. Being lazy.

The second thing on our list of everyday habits that are ruining your life is laziness. Lacking the motivation to do just about anything.

