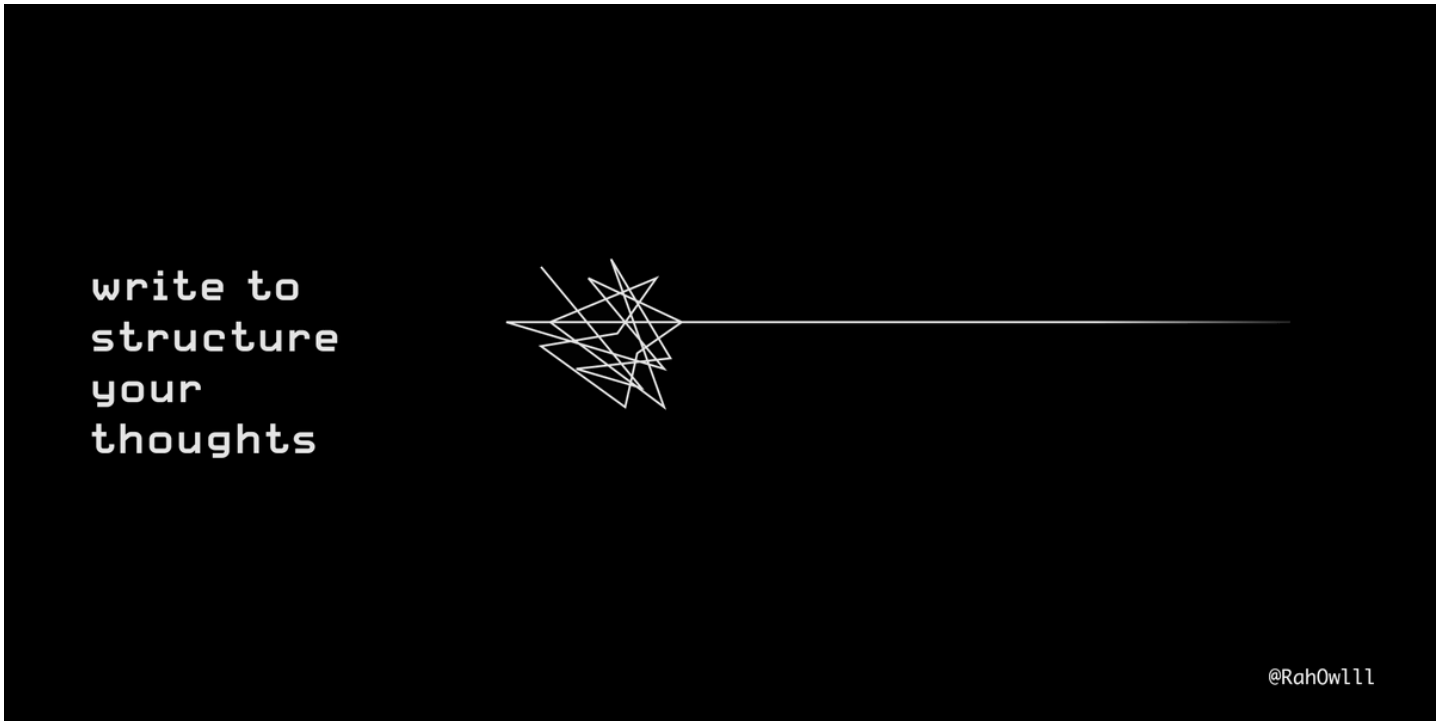
Twitter Thread by R■a■h■u■l■ ■

R■a■h■u■l■ ■
@RahOwlll

90 days challenge.
A visual thread

1. Write



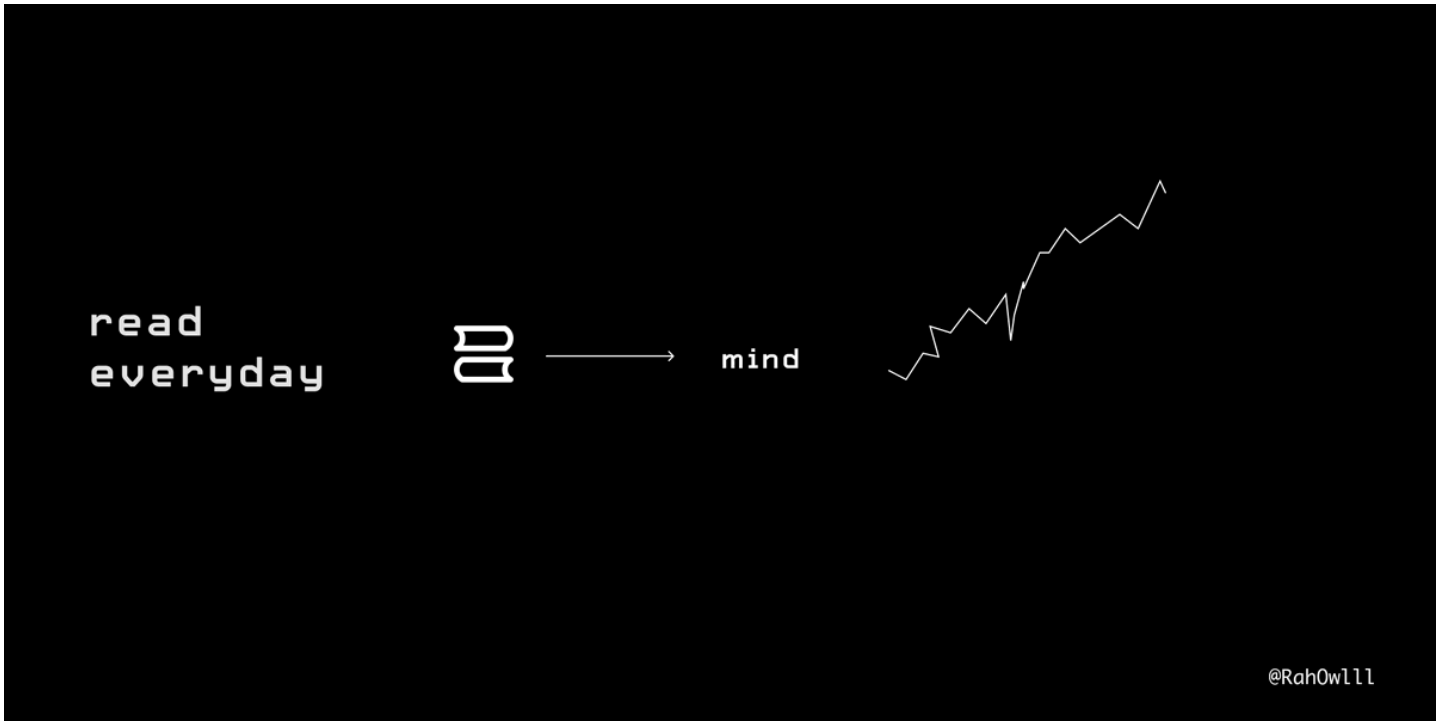
2. Speak confidently



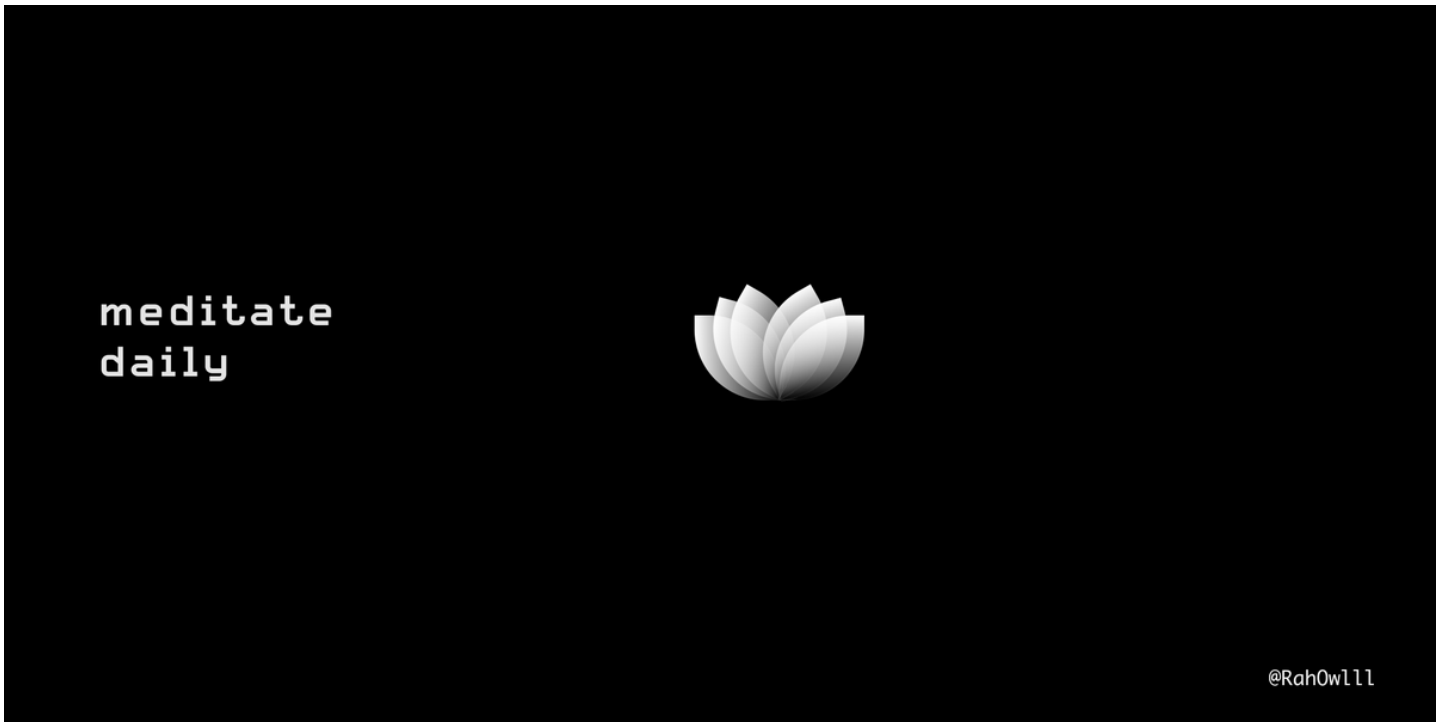
3. Sugar craving



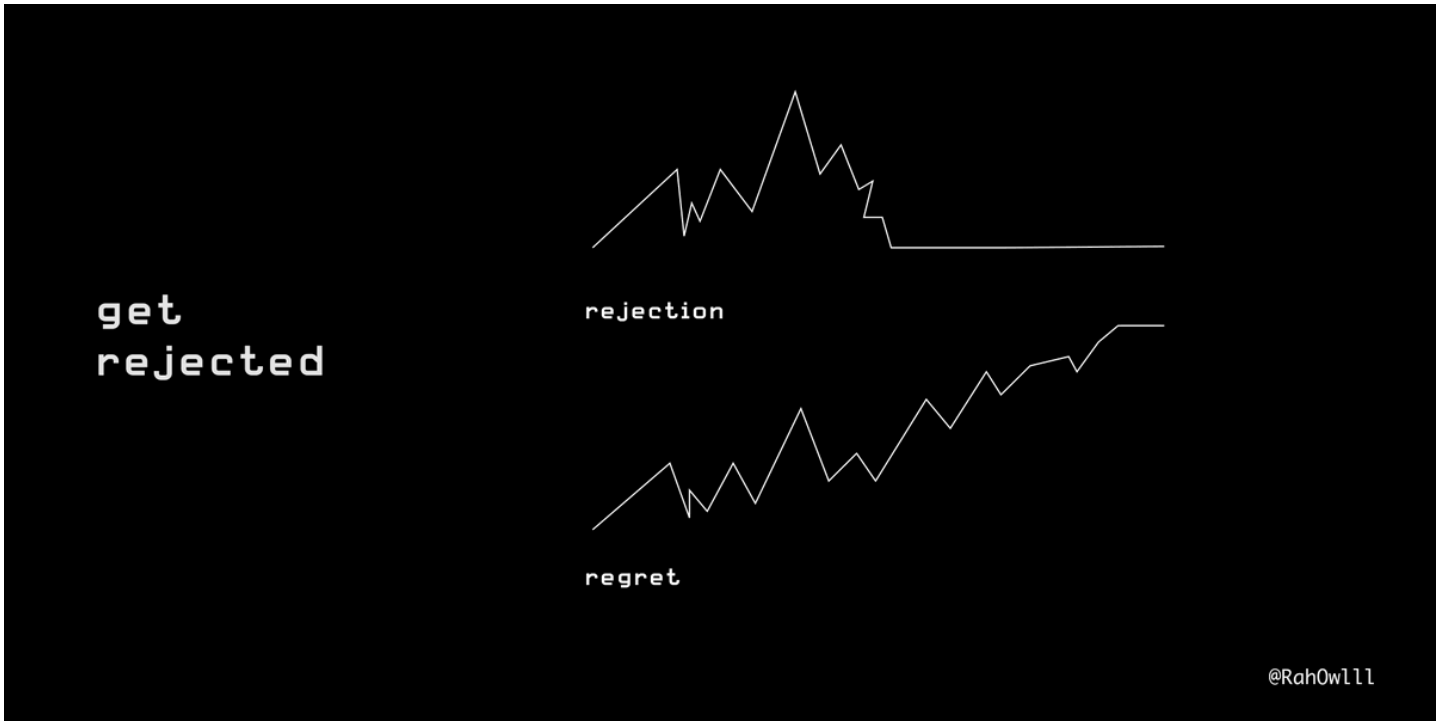
4. Read a lot.



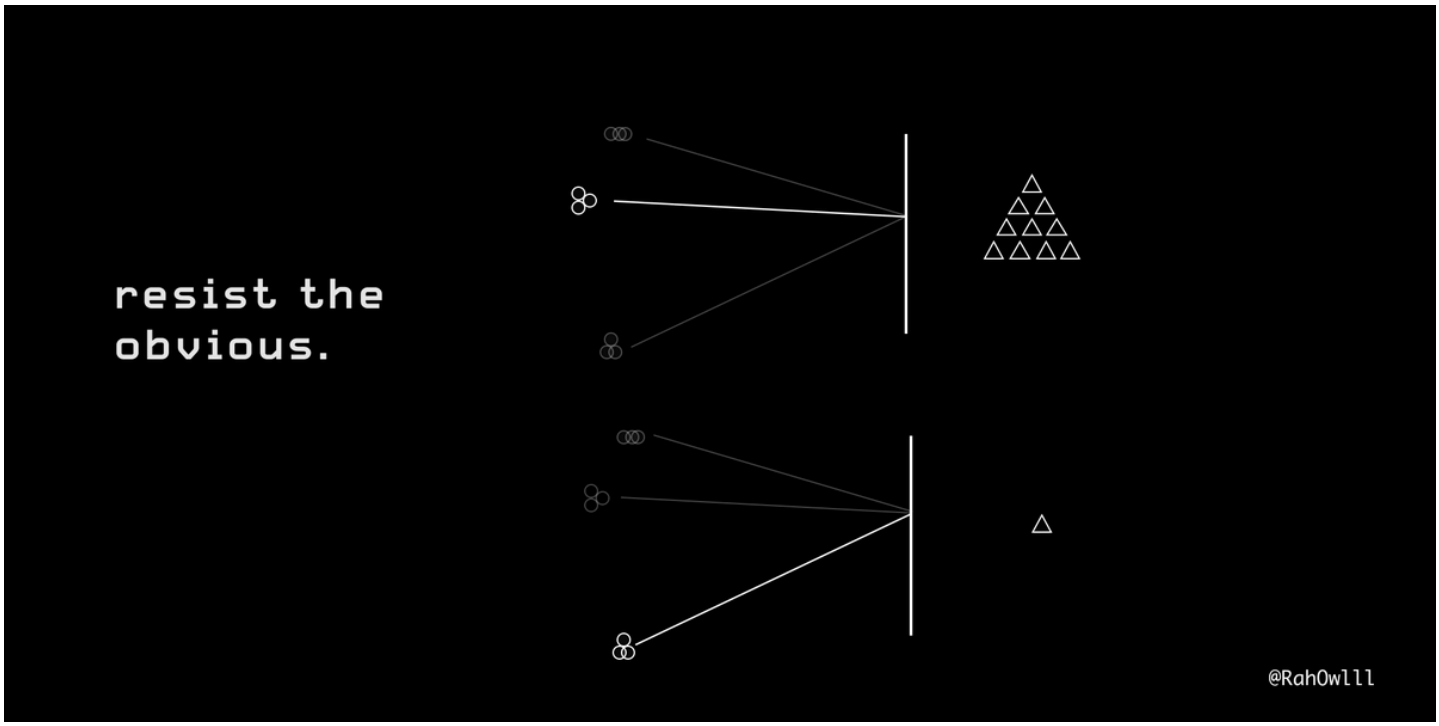
5. Meditate



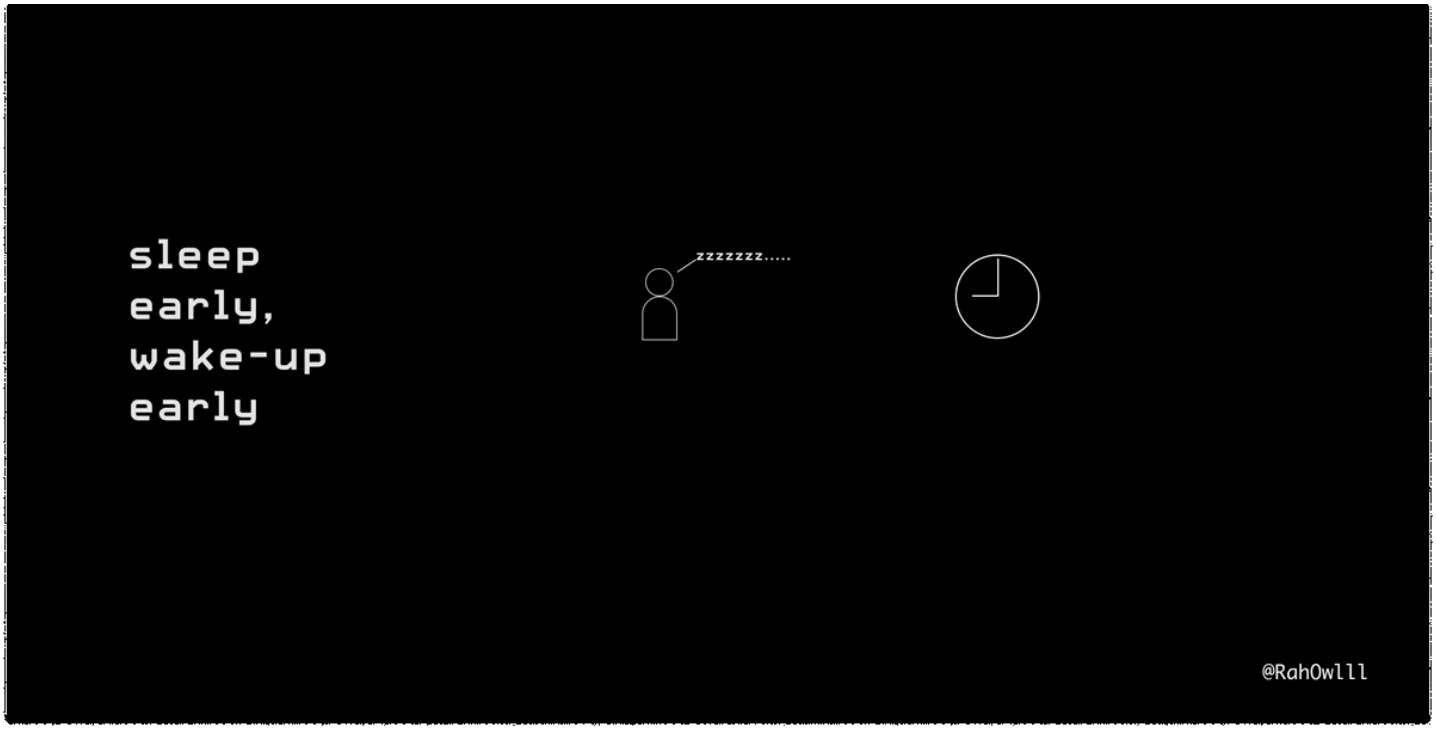
6. Get comfortable with rejection



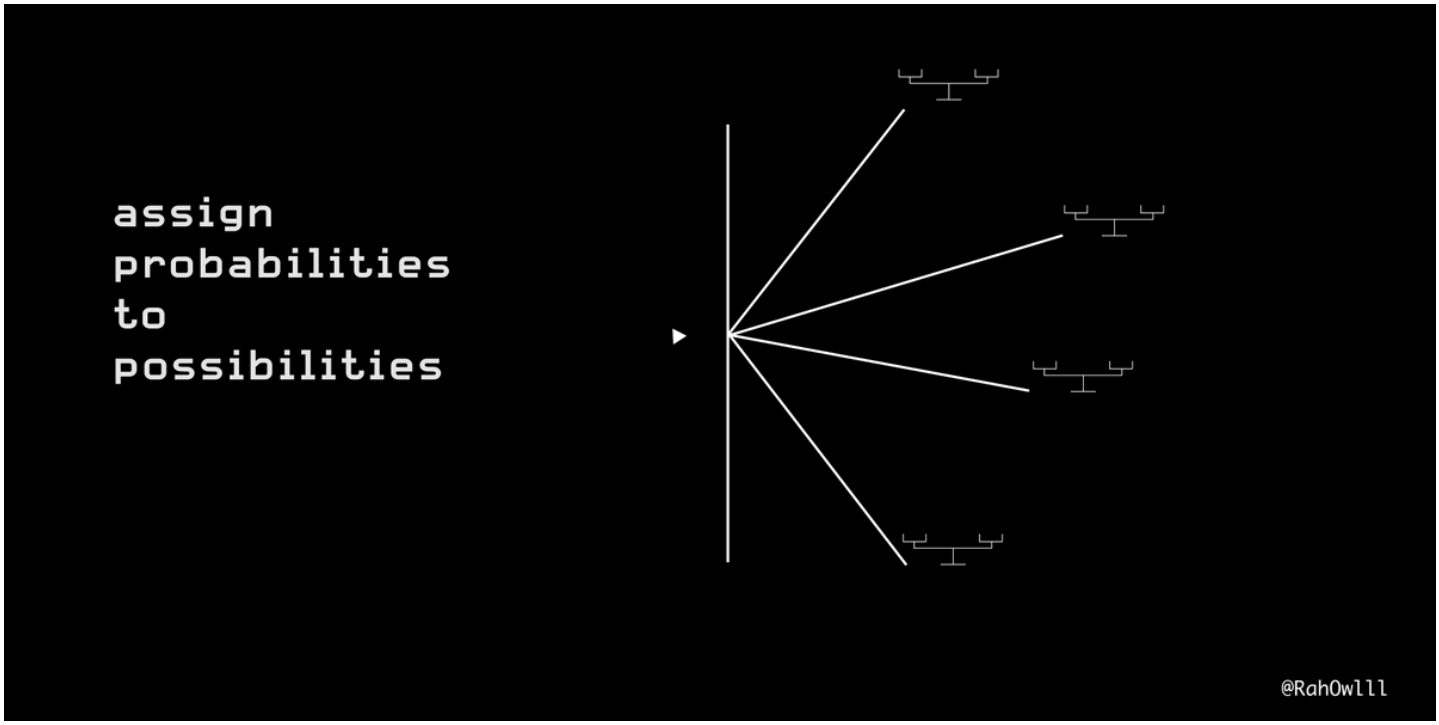
7. Look beyond the obvious.



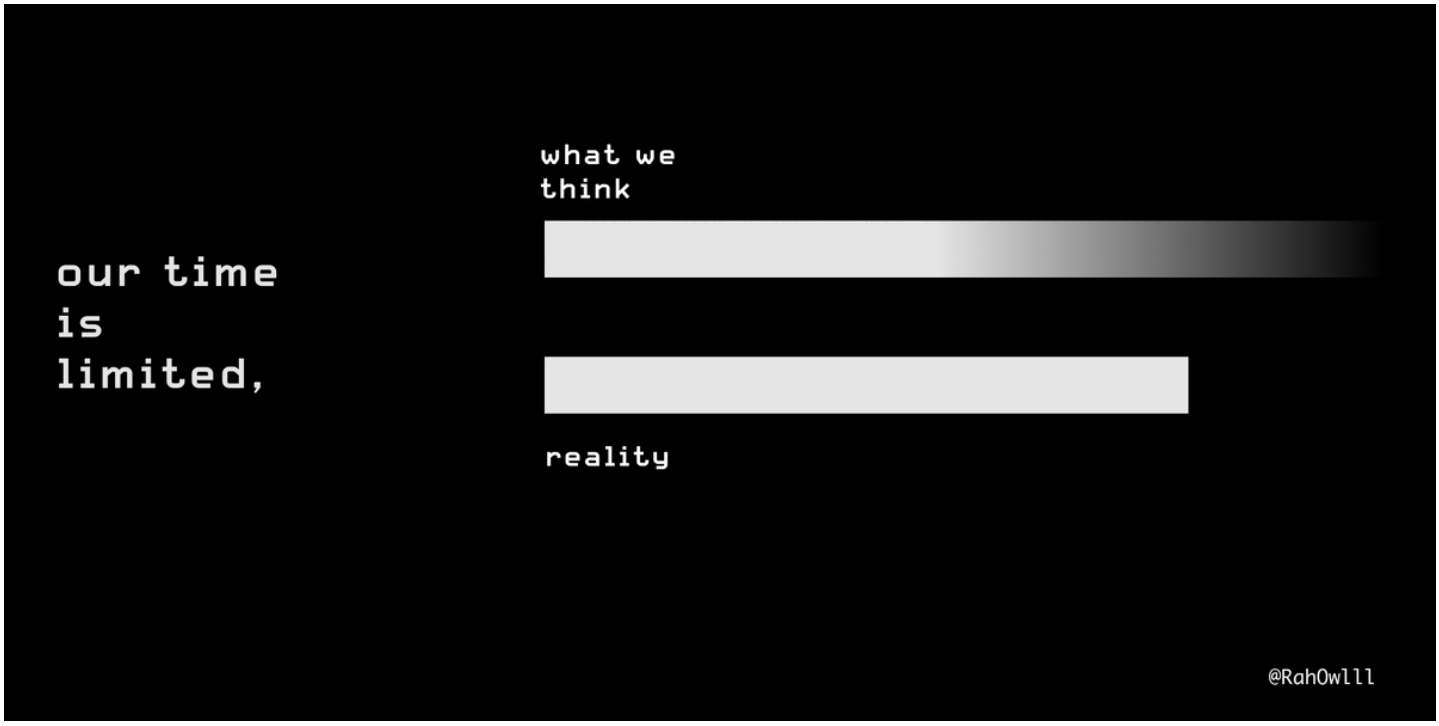
8. Wake up on time.



9. Overthinking.



10. Procrastination



Read the full thread here.
https://t.co/0omCMtXJbO

> Ten 90-day challenges for your mind, body and soul.
>
> A thread...
>
> — Ankur Warikoo (@warikoo) November 5, 2021