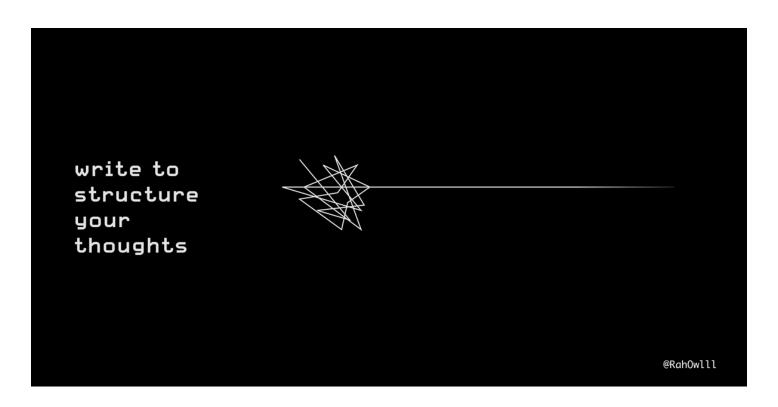
# Twitter Thread by R■a■h■u■l■ ■



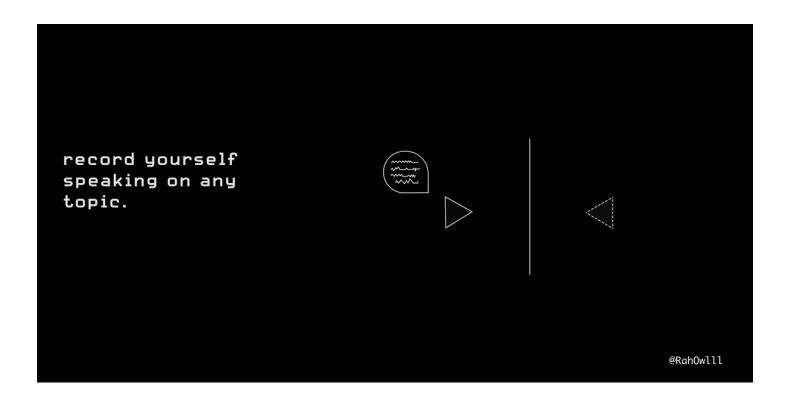


# 90 days challenge. A visual thread

1. Write



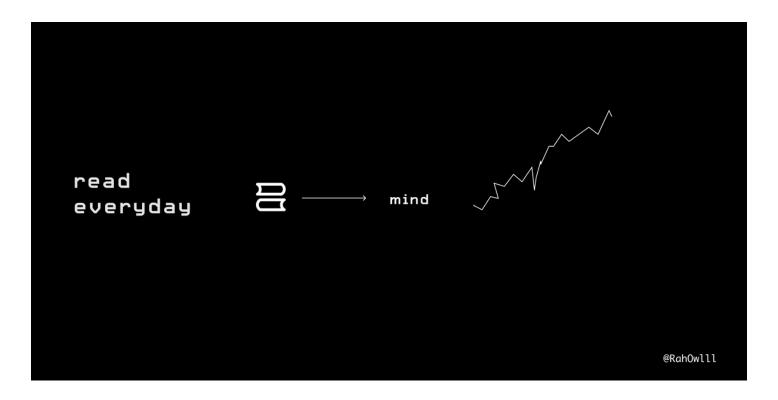
2. Speak confidently



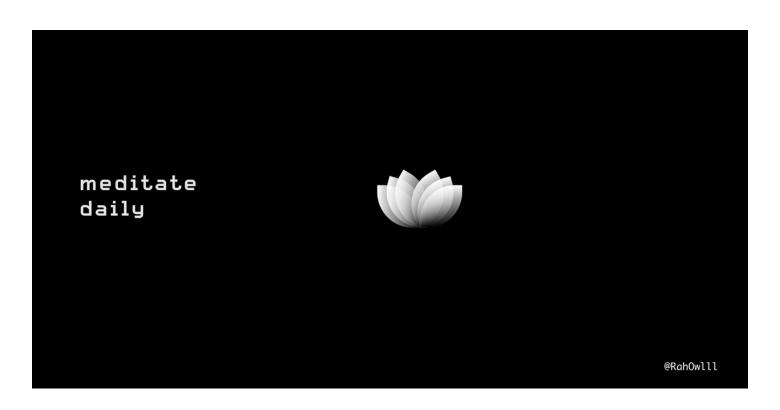
# 3. Sugar craving



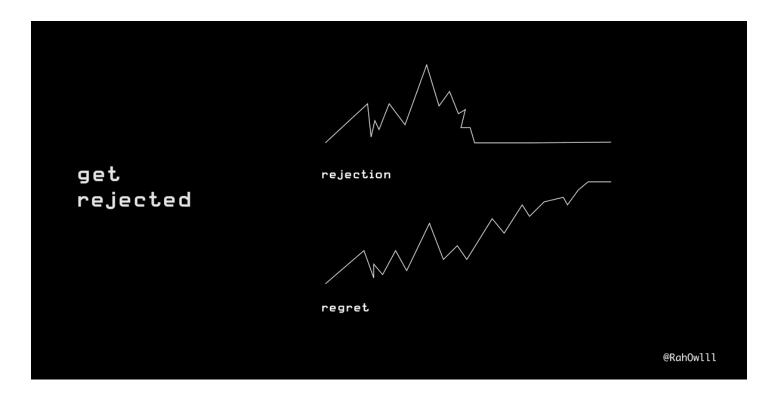
4. Read a lot.



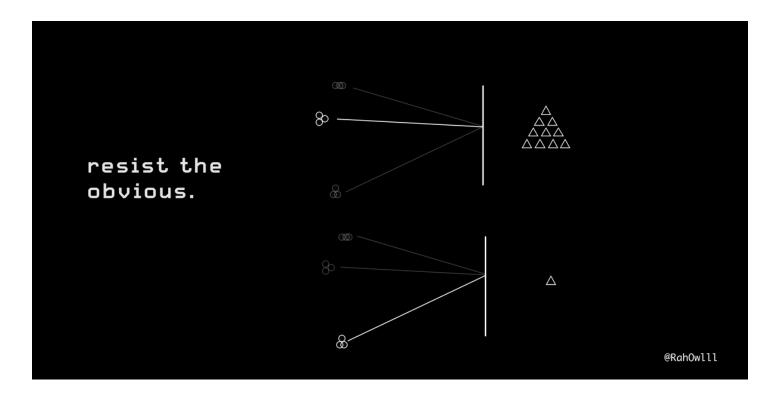
#### 5. Meditate



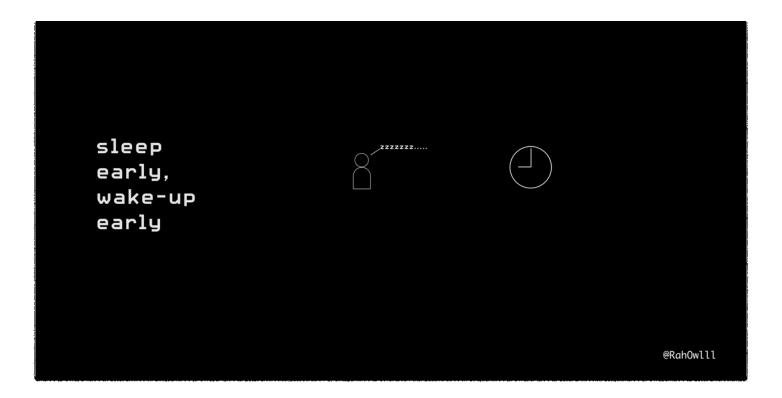
6. Get comfortable with rejection



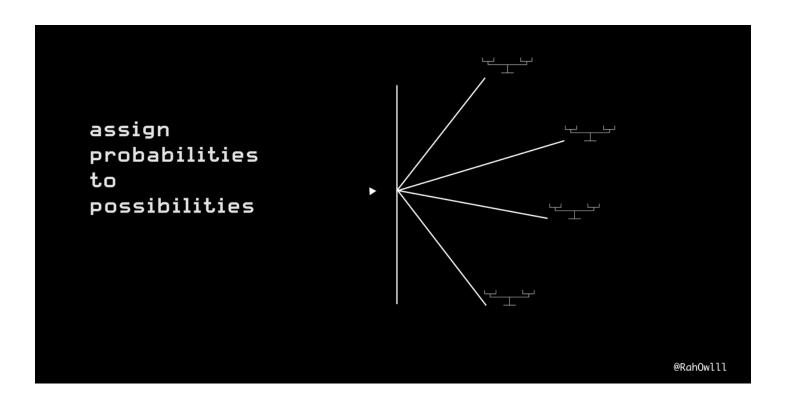
# 7. Look beyond the obvious.



8. Wake up on time.



# 9. Overthinking.



# 10. Procrastination

|                            |                  | <br>      |
|----------------------------|------------------|-----------|
|                            | what we<br>think |           |
| our time<br>is<br>limited, |                  |           |
|                            |                  |           |
|                            |                  |           |
|                            | reality          |           |
|                            |                  |           |
|                            |                  | @RahOwlll |
|                            |                  |           |

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