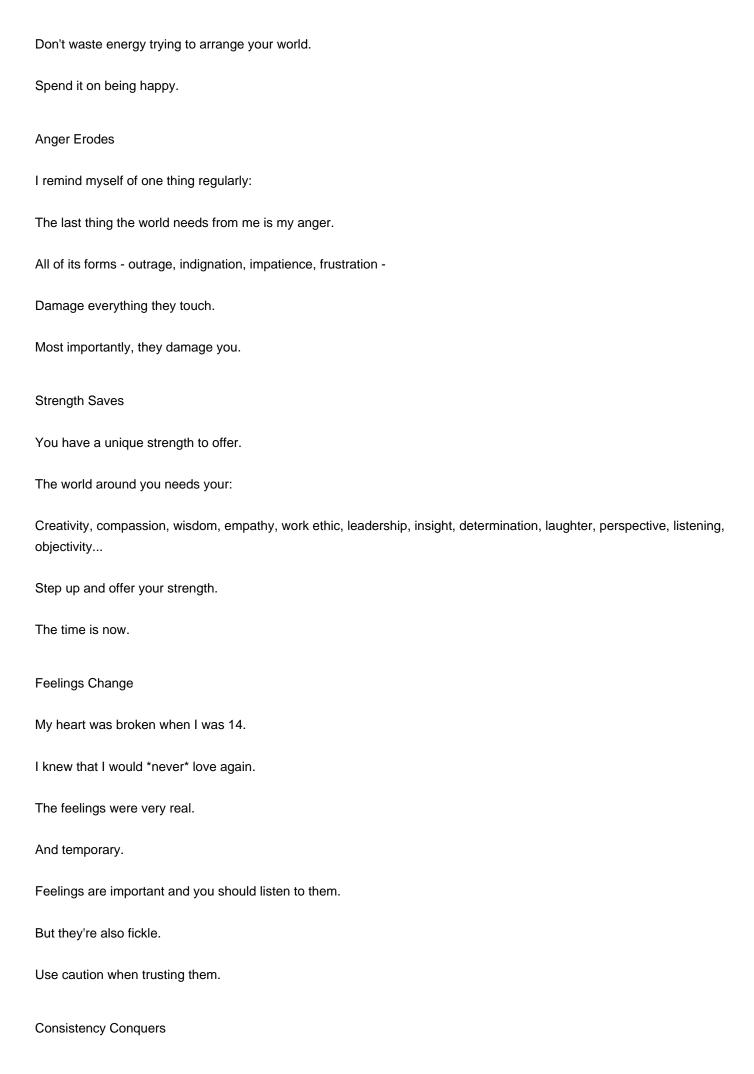
Twitter Thread by David Morris

David Morris @wdmorrisjr There are many things in life you try hard not to remember. But there are others you can't afford to forget. Here are 11 of the most powerful: Time Heals The burden you're carrying today will be lighter tomorrow. The wound you incurred last week won't hurt as bad next week. The shattering setback from last year will be a lesson learned next year. Get through today and let tomorrow do its job. Hope Helps Hope is risky. It feels safer to live without it. If you don't hope, you can't hurt. But hope shapes a vision of a better future. It gives you the ability to endure and keep going. Don't surrender to the safety of despair. Struggles Shape The idea of a life free of difficulty sounds ideal.



Of course you're drawn to it.
But it's in the struggle that you are forged and formed.
Challenge, discomfort, adversity - these are what your soul needs for growth.
Don't escape them. Embrace them.
Work Wins
Under Augustus Caesar, the Romans adopted a motto:
Labor Omnia Vincit ■
"Work conquers all."
When in doubt,
Put your head down and get to work.
Forgiveness Frees
Forgiving someone costs you.
You surrender your right to be wounded,
And that feels so unfair in the moment.
But, yesterday is gone for good.
Holding onto past wrongs,
Binds you to things you can never change.
Forgive. Even if it's for selfish reasons.
Happiness Exists
Deep happiness can be found,
If you look in the right place.
We're lured by empty promises ■
Buy this. Achieve that. Change them.

But happiness exists inside you, not outside.



Most days are a grind.
Work is monotonous. Relationships get stale. Your workout isn't working.
But some days, there's magic.
You're strong, you see progress, you break through.
You don't get one without the other.
Show up.
Things Fade
Careers fade.
Power fades.
Esteem fades.
Beauty fades.
Strength fades.
Money fades.
Build your life around that which does not fade.
Thanks for investing your time in my thread.
If it helped you, I'd be grateful if you'd:
•Retweet the first tweet so others find it too
•Follow me @wdmorrisjr ■ it encourages me to keep writing!