

# Twitter Thread by Strong Minded

Strong Minded

@strongminded101



## 8 straightforward quotes on self-care:

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You live your life on auto pilot because you don't know what to do with your life.

Read the book

"Live Intentionally" to change your

- habits,
- daily routine,
- mindset,
- become strong and
- disciplined.

Get your copy: ■

<https://t.co/xUNhwAi8p9>

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<https://t.co/hOvcv907Yv>

8 straightforward quotes on self-care:

1. [pic.twitter.com/tP9XY2exqI](https://pic.twitter.com/tP9XY2exqI)

— Strong Minded (@strongminded101) [September 2, 2022](https://twitter.com/strongminded101/status/1566000000000000000)