

## Twitter Thread by [Maia Bittner](#)



**[Maia Bittner](#)**

[@maiab](#)



**I spent the first thirty years of my life reaping all the benefits from having a huge capacity to force myself to do unpleasant things that I don't want to**

**and the last couple years slowly realizing all the different parts of my life this has ruined**



like I think this is part of the reason why I am both so bad at things like cooking and landscaping and find them so miserable. I think "god I hate this so much" and still put in hours and hours, while other people just wouldn't do that for something they hated ■

I also think if I didn't do that... if I decided I loved these things and found ways to take pride in them, both my success and enjoyment would go way up.

having a grit mindset is amazing to deploy sometimes in some situations, but it's actually a crutch holding me back in others