Twitter Thread by Ninja Wisdom | Self Improvement



Ninja Wisdom | Self Improvement
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Before AGE 40, set aside 100 MINUTES a day to learn these skills.

1. Learn Manipulation

People around you are self-centered.

You'll identify instances of manipulation around you and act right.

This will also be a game-changer for you.

2. Learn How To Fight

There comes a time when you must defend yourself.

Failures to defend yourself will be seen as a weakness

Do this:
- Set aside 100 minutes daily
- Hire a trainer day
- Commit to at least 180 days

You'll learn all basics.

3. Learn Role-Playing

People should know "just enough" about your life.

Leading a mysterious life is attractive.

You should know:
- What to share
- To whom
- When and how

Wear different hats and enjoy the game.

4. Learn Brutal Self Criticism

The only way to understand people around you is to know yourself first.

Be honest with yourself and:
- Call yourself out for your inadequacies
- Cut habits against your purpose
- Create the person you need

Your life will be 10x better.

5. Learn How To Doubt and Question Everything

Stop believing:
- What's famous
- What's common
- Experts and evidence

People try to assert their beliefs for power

Do this:
- Learn what there is
- Observe without judgement
- Understand what serves you now

6. How To Talk

Most people around you talk "Just for the sake of it"

You'll always be judged according to what you say.

You need to know:
- How to talk
- When to talk
- Who to talk to

That'll save 99% of the energy you'd have wasted in arguments.

7. Learn How To Handle Wins and Loses

You've been taught to enjoy wins and dread losses.

You should know:
- Some wins are tragedies in disguise
- Wins and losses should be lessons
- All losses are greater wins

8. How to Forgive And Let Go

You'll rub shoulders with people you'll:
-Like
-Hate
-Fight with/for

In most cases, you can avoid someone instead of hating them.

People are always doing what's right for them.

The world around you changes when you change the way you think.

Read 100 Mental Models to change your perception of life

• Be a winner
• Learn how others think
• Use that knowledge in your real life

Change your life here ■
https://t.co/j6SpMUK7ZN

You have reached the end!

Thank you for reading!

I hope this thread was able to add 1% value to your life ■■

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