

## Twitter Thread by Self-Care Canvas ■



**Self-Care Canvas** ■

[@selfcarecanvas](#)



### 10 Hard Truths of Psychology and Life:

1.



WISDOM



**PEOPLE WILL PROVOKE YOU UNTIL THEY  
BRING OUT YOUR UGLY SIDE, THEN PLAY  
VICTIM WHEN YOU GO THERE.**



WISDOM



**THE LOUDEST ONE IN THE ROOM IS THE  
WEAKEST ONE IN THE ROOM.**



WISDOM



**EVERYONE WANTS TO BE YOUR  
FRIEND, WHEN YOU HAVE  
SOMETHING THEY WANT.**





WISDOM



**YOU LOSE VALUE WHEN  
YOU'RE TOO ACCESSIBLE.**



WISDOM

**YOUR LIFE ISN'T  
YOURS IF YOU  
CONSTANTLY  
CARE ABOUT  
WHAT OTHERS  
THINK.**







WISDOM

**NOBODY CARES  
ABOUT YOUR  
STORY UNTIL YOU  
WIN, SO WIN.**





WISDOM

A portrait of Wednesday Addams, played by Jenna Ortega. She has dark hair in two long braids with bangs, freckles, and a serious expression. She is wearing a black dress with a white collar and a small white floral pattern. Her arms are crossed.

**DON'T LET PEOPLE KNOW  
TOO MUCH ABOUT YOU.**





WISDOM



**APPARENTLY, WHEN YOU TREAT  
PEOPLE THE SAME WAY THEY  
TREAT YOU THEY GET OFFENDED.**



WISDOM

**YOU PRAY FOR RAIN,  
YOU HAVE TO DEAL  
WITH THE MUD TOO.  
THAT'S A PART OF IT.**





WISDOM



**BEING ALONE IS BETTER  
THAN BEING USED.**

Control your mind,  
Control your life.

Work on your mental models to:



- Make better decisions
- Become highly successful
- Become a better individual

Even people like Elon Musk & Naval use Mental Models.

Grab your copy & read it now:

<https://t.co/cBIMGEtQ69>

Visuals credits and thanks to [@Wisdom\\_HQ](#)

All visuals are owned by him.

Follow Wisdom\_HQ for more such content.

Consider joining my free telegram channel for daily updates on self-care and productivity:

<https://t.co/gUJqP27cyR>