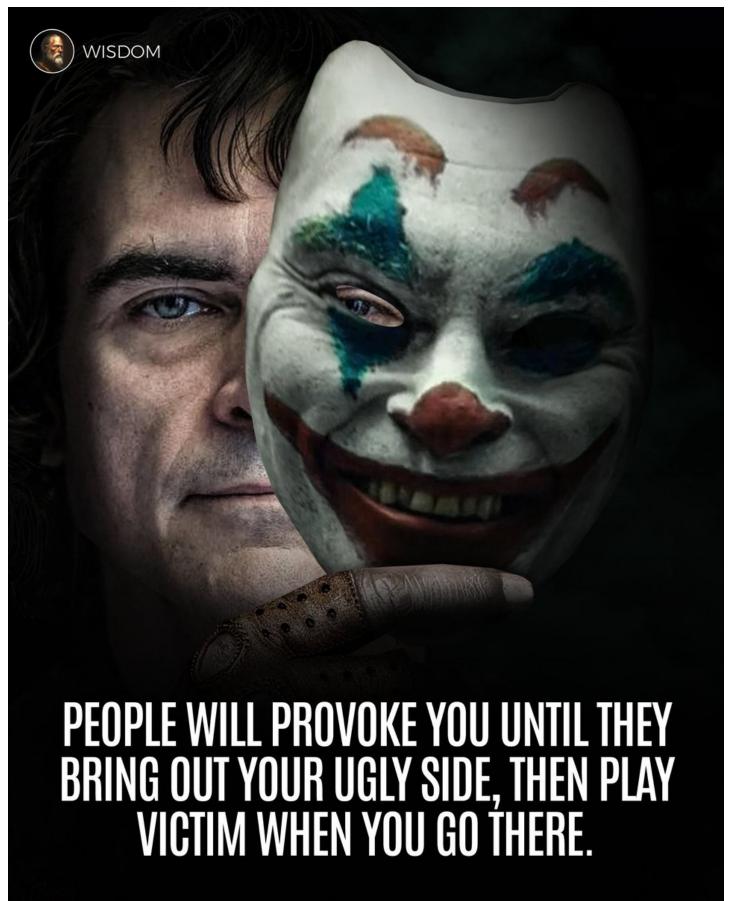
## Twitter Thread by <u>Self-Care Canvas</u> ■

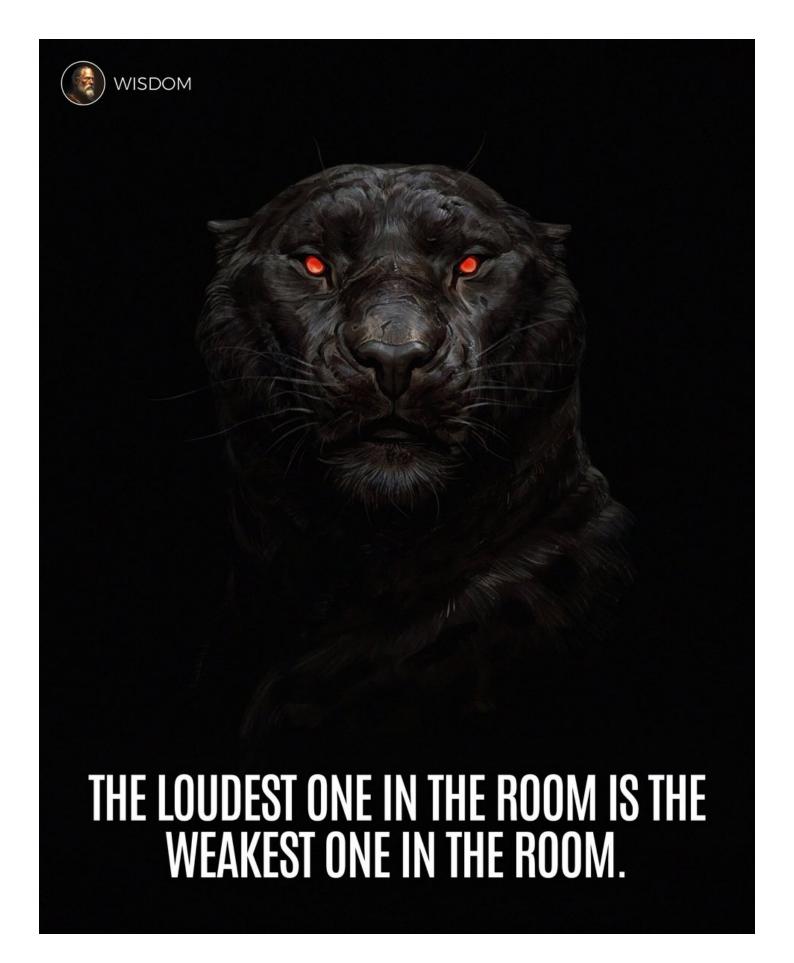




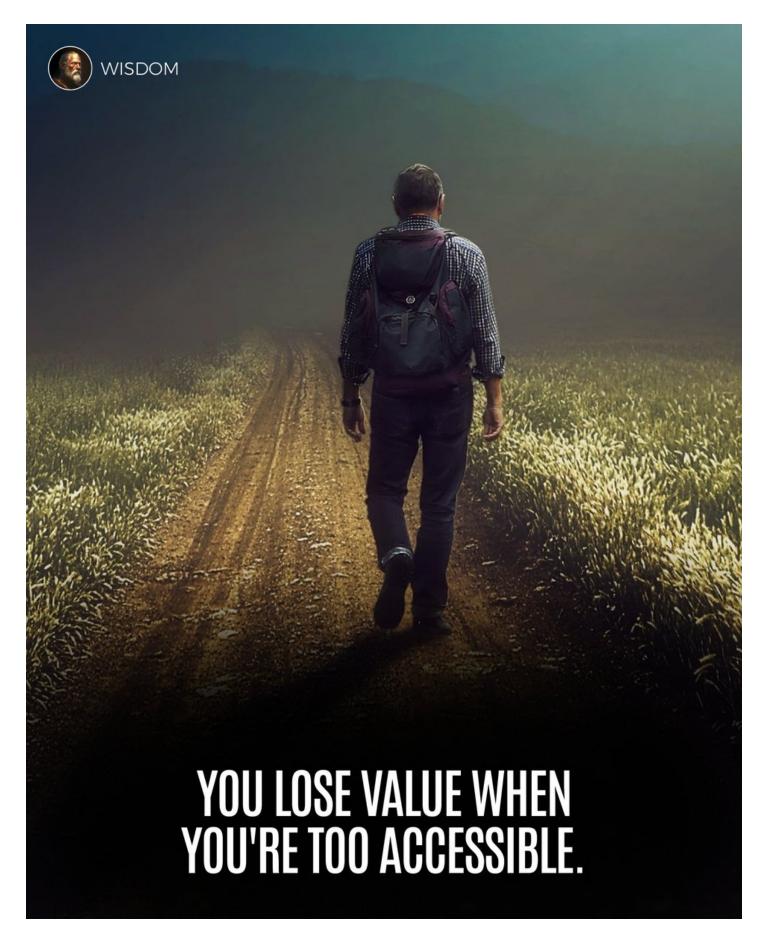
## 10 Hard Truths of Psychology and Life:

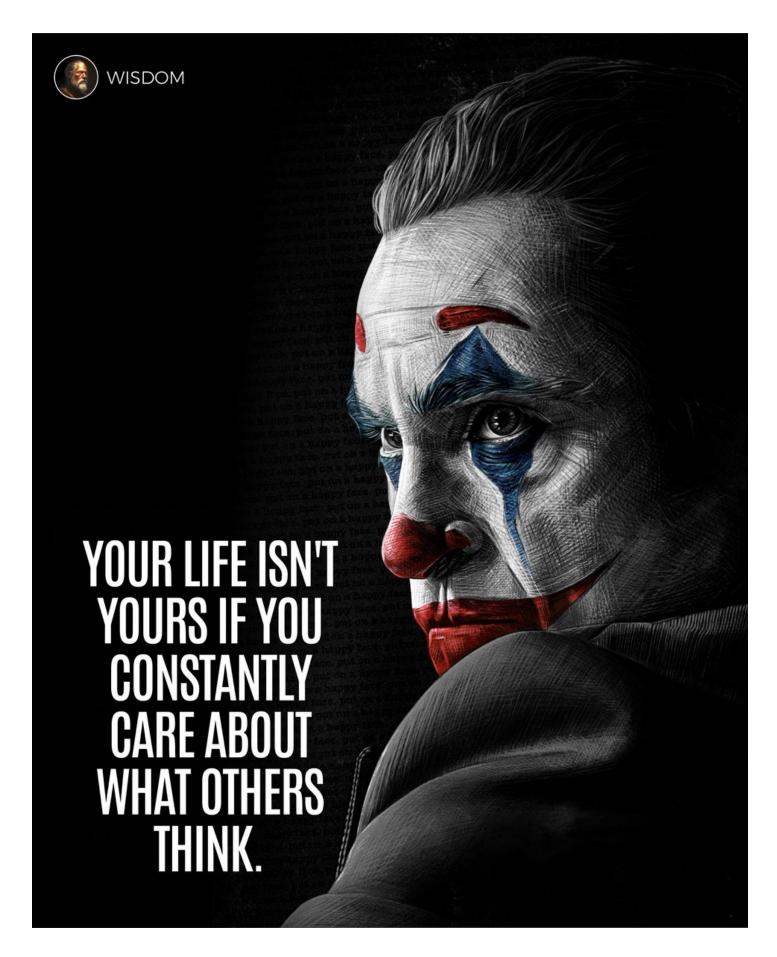
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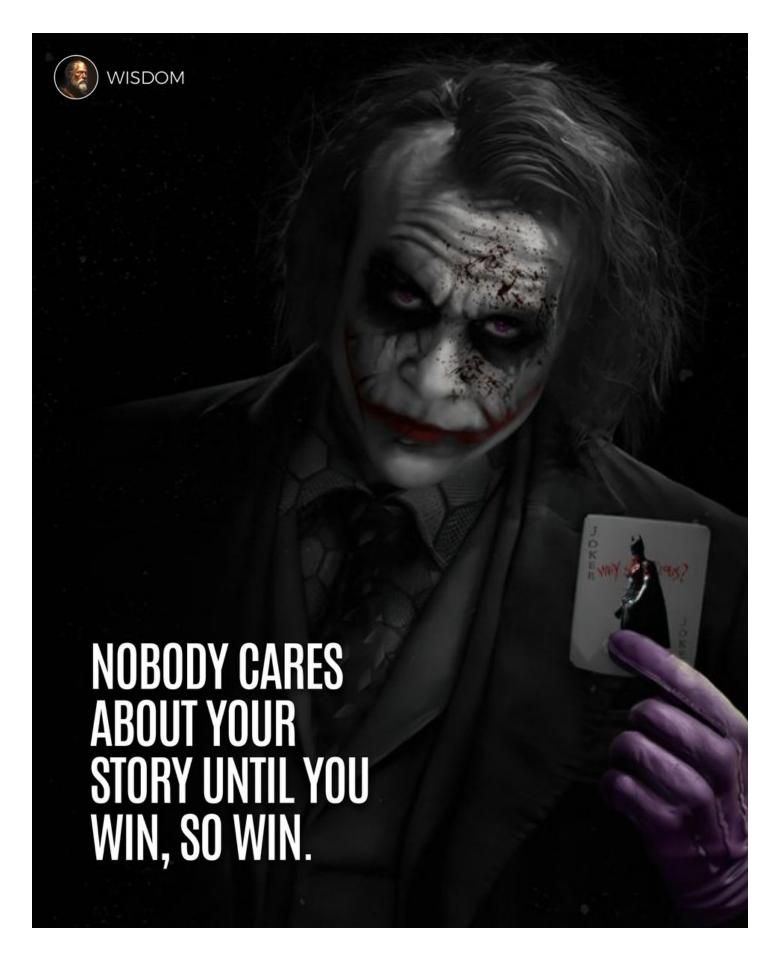


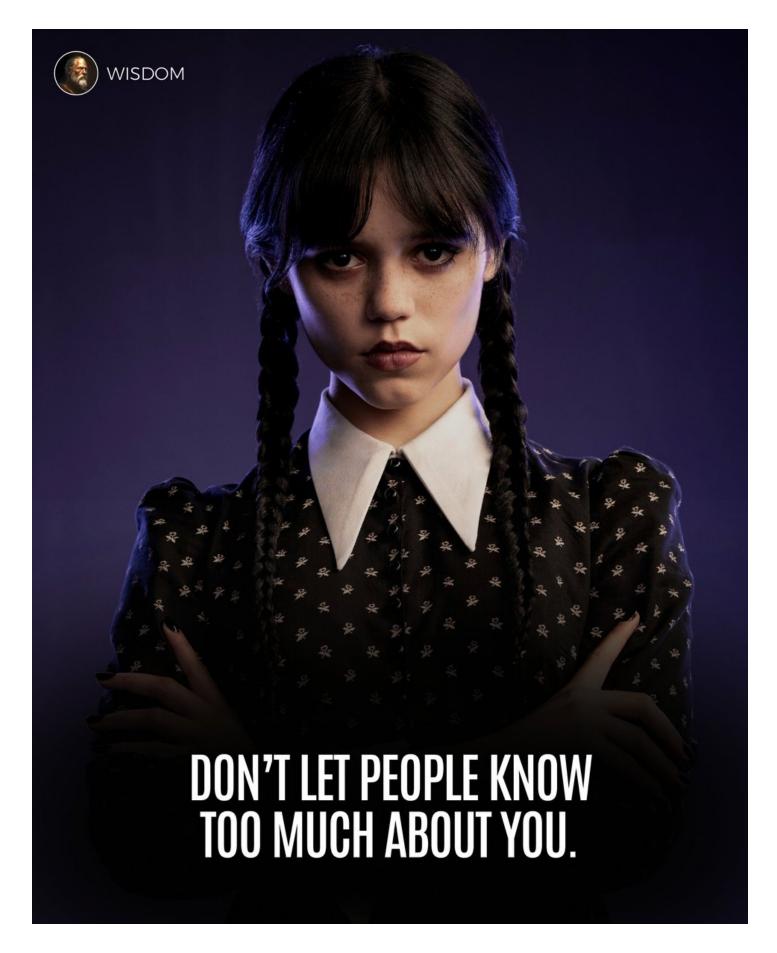




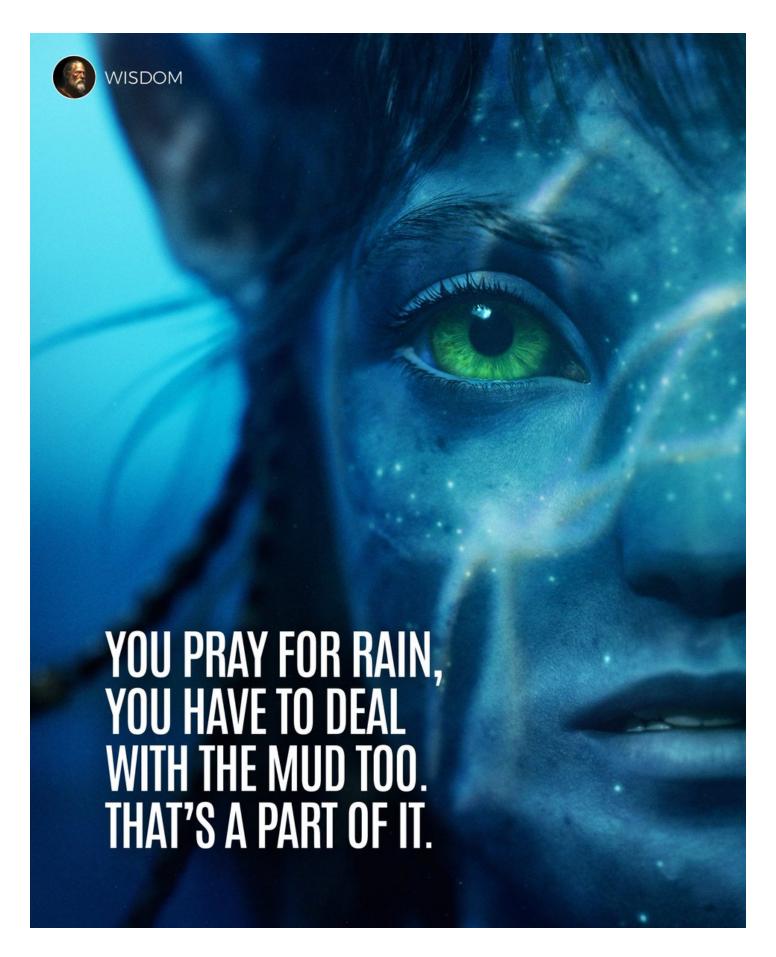














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- Make better decisions
- Become highly successful
- Become a better individual

Even people like Elon Musk & Naval use Mental Models.

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