

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](#)

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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>