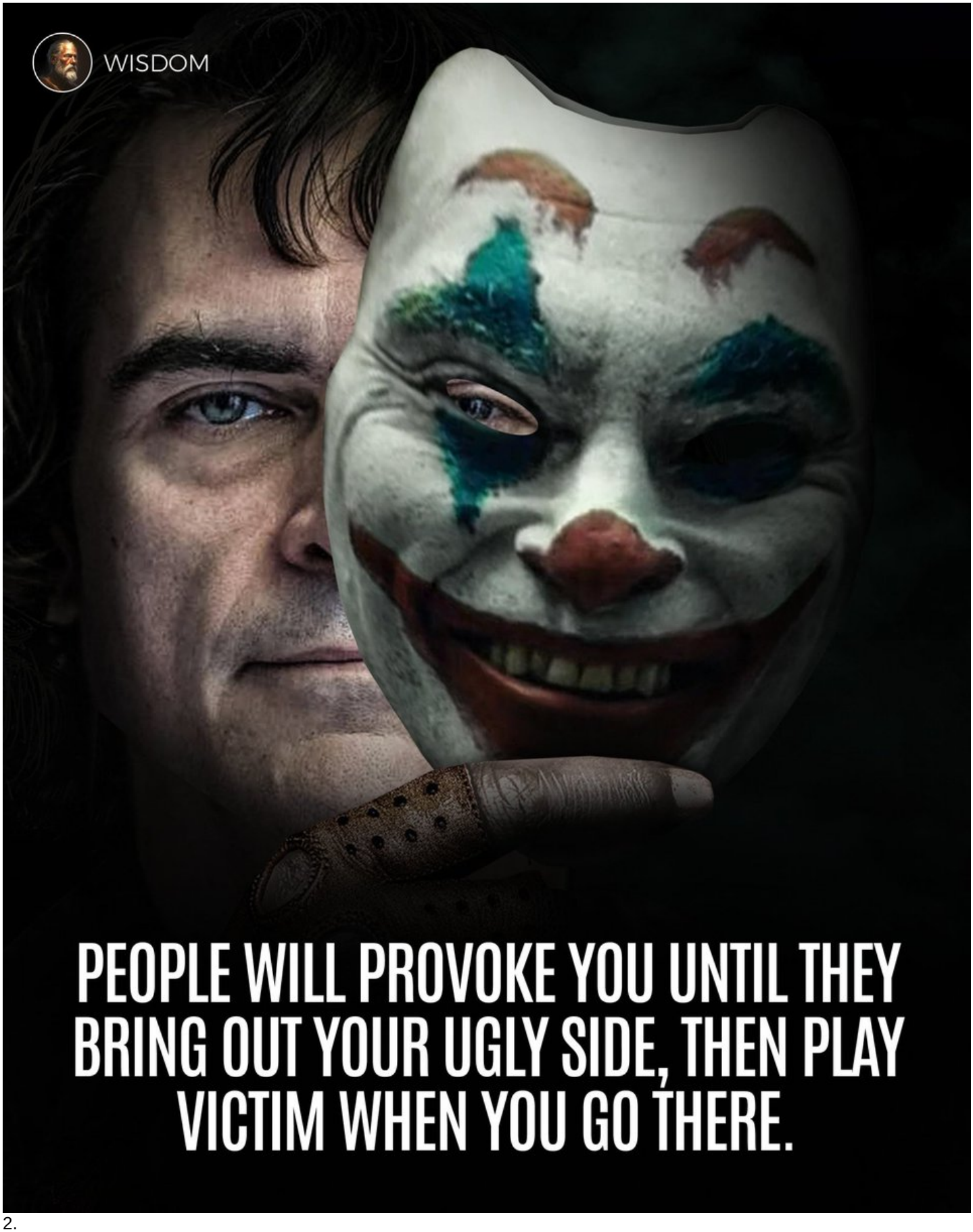
Twitter Thread by Self-Care Canvas ■

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.

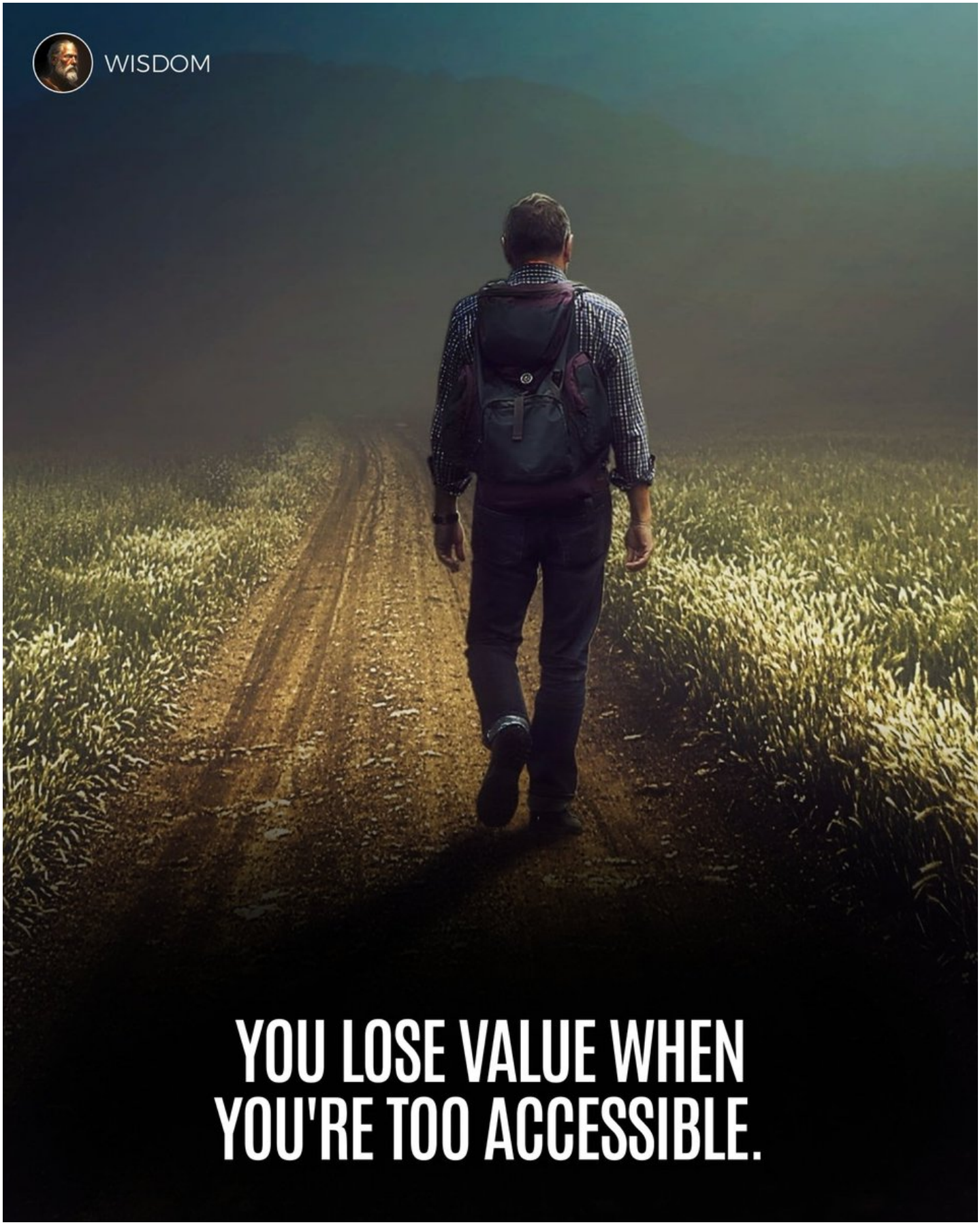
2.


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

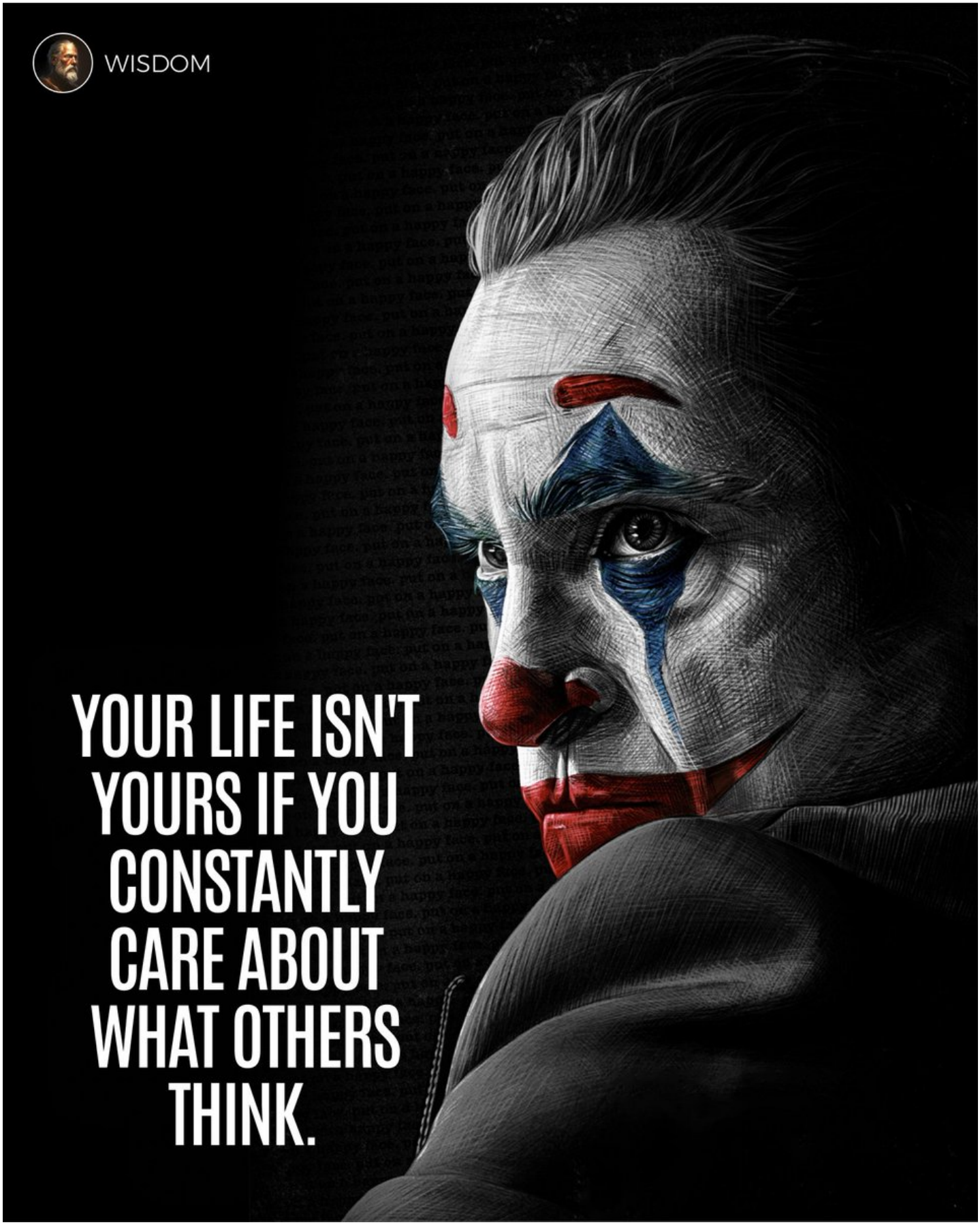
3.


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

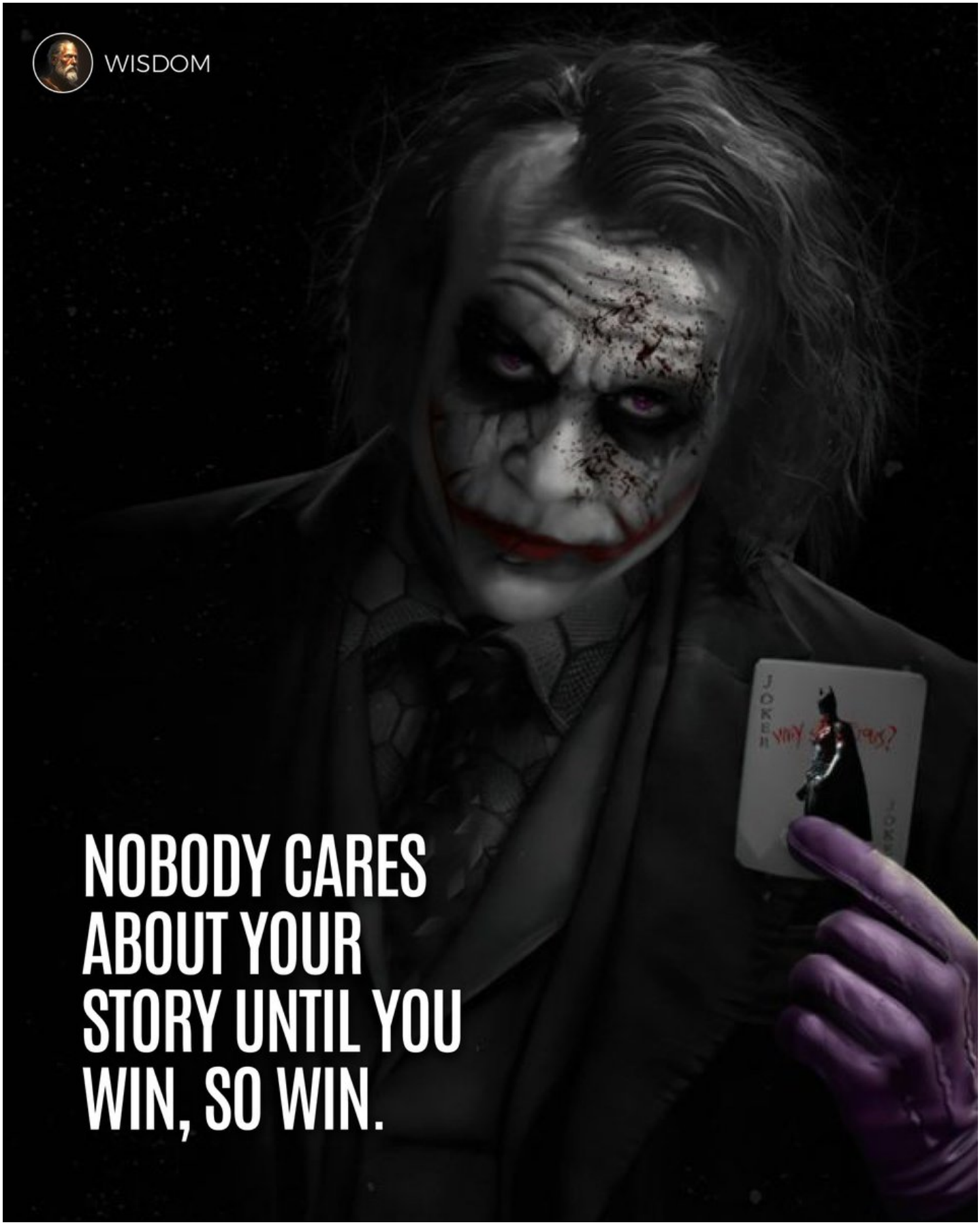
4.



5.


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

6.



7.



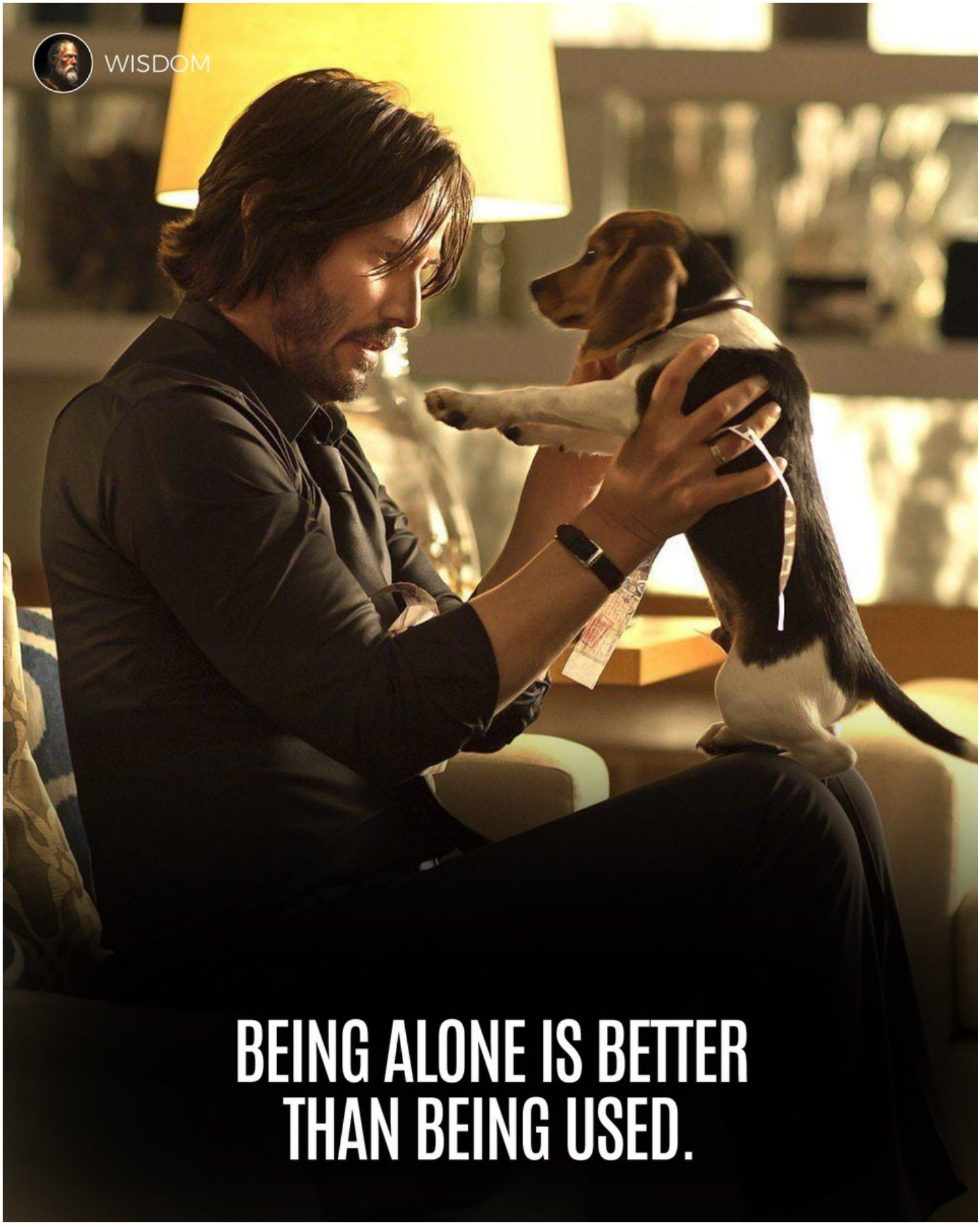
8.


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

9.


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

10.



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

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