

Twitter Thread by Drex ■■



Drex ■■

[@drex_jpg](#)



10 lessons from [@warikoo](#) 's book "DO EPIC SHIT"

An illustrated thread. ■

**DO
EPIC
SHIT**



MOVEMENT BRINGS MOMENTUM



STAGNATION AMPLIFIES SADNESS

2/10



3/10

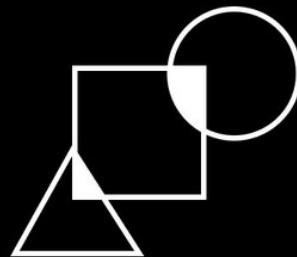
**OUR EMOTIONS AND
FEELINGS ARE
TEMPORARY.**

**WE THINK OF THEM
AS PERMANENT.**



4/10

**WHEN YOU COMPARE YOURSELF WITH
SOMEONE ELSE, YOU COMPARE A VERY SMALL
PART OF THEIR LIFE WITH YOURS.
WHILE IGNORING EVERYTHING ELSE.**



5/10

**PERSISTENCE ISN'T A
ONE DAY MIRACLE.**

**IT IS A CONSCIOUS
CHOICE TRANSLATED
INTO HABIT.**



6/10



**OTHER'S
SUCCESS**



**WILL GENERATE MASSIVE
SELF-DOUBT EVERY MORNING**



**GET UP
ANYWAYS!!!**

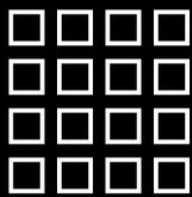
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THE PRO IS THE AMATEUR WHO SIMPLY SHOWED UP EVERY DAY.

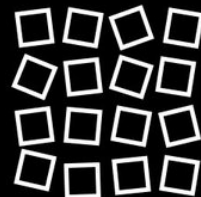


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**THE BIGGEST MISCONCEPTION PEOPLE
HAVE IS THAT EVERYONE ELSE IS SORTED!**



EXPECTATION



REALITY

9/10



10/10

YOUR GOAL IS TO MAKE PEOPLE SAY -



I AM NOT SURE IF HE/SHE
KNOWS HOW TO DO IT



BUT I'M CERTAIN IF TOLD TO DO IT,
HE/SHE WILL FIGURE IT OUT.

Instagram post :

<https://t.co/Vrf0wgNV2I>