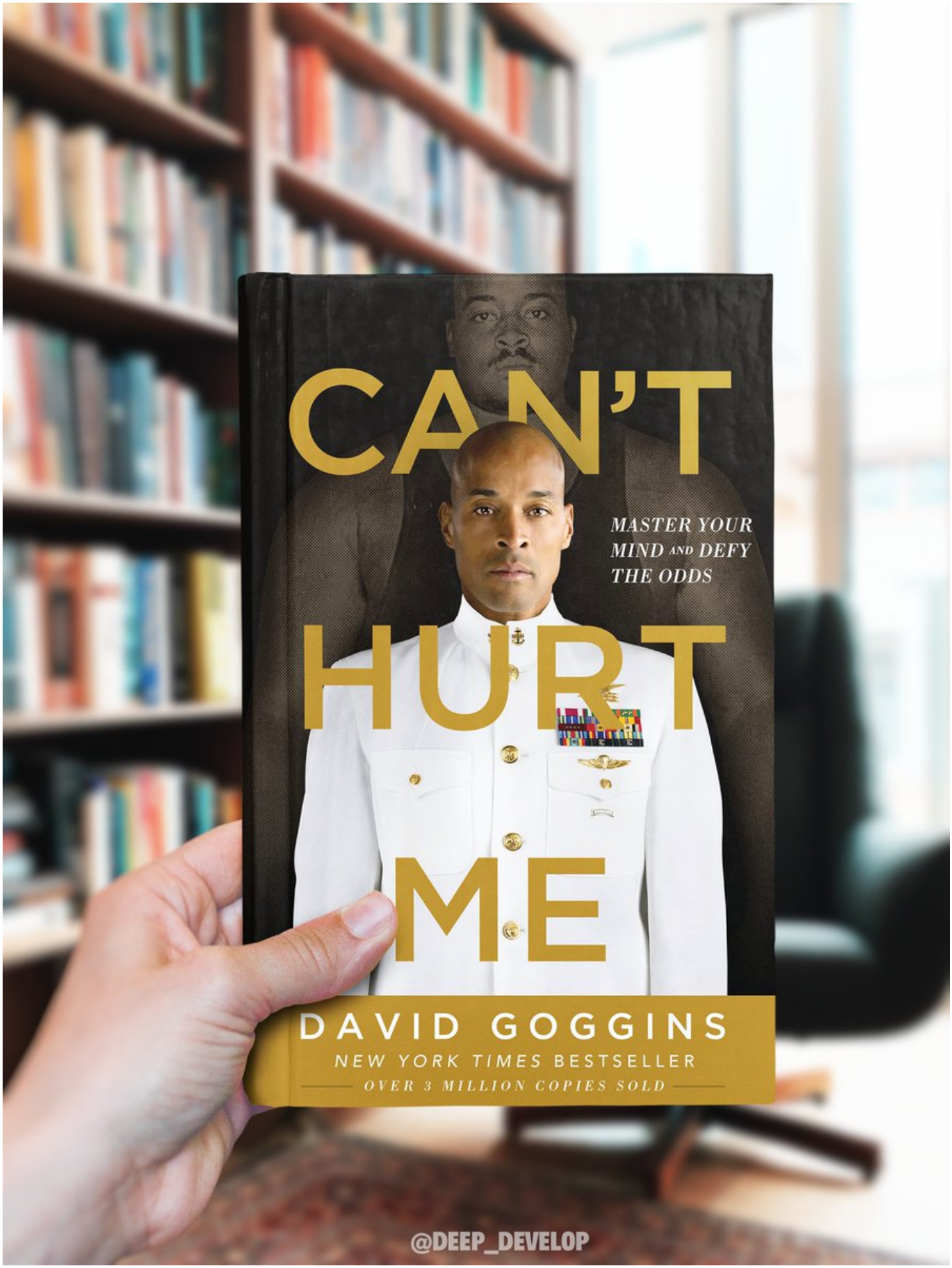
Twitter Thread by Deep Develop ■

Deep Develop ■
@deep_develop

Here are some lessons I learned from reading this book:

Can't Hurt Me, by #DavidGoggins

Thread (1/10)



1. It doesn't always go your way

Life won't always go your way, so if you start thinking that it will, you'll be disappointed and less effective

Instead of focusing on what you think you deserve, figure out what u want and be willing to pay the dues required to get it

2/10

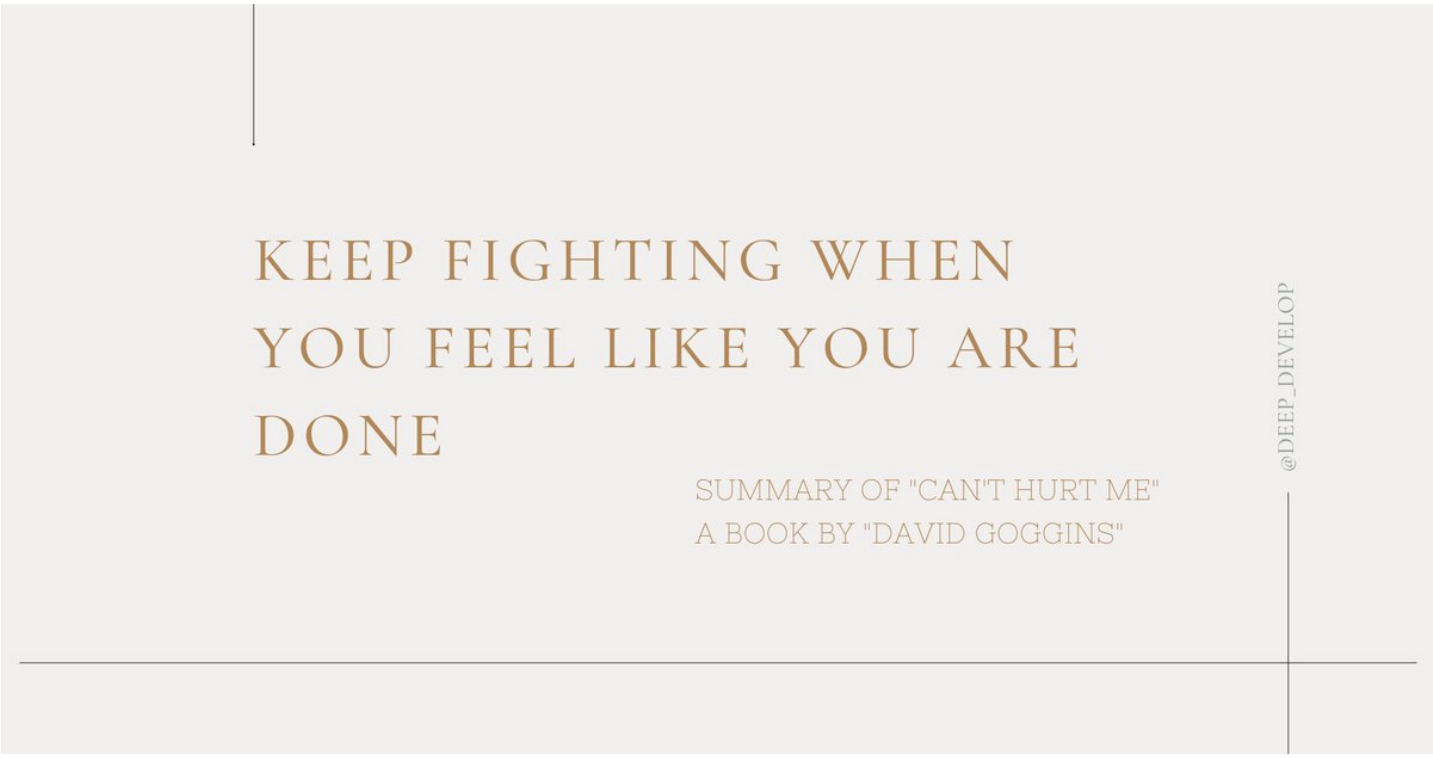


2. The 40% rule

When your mind is telling you that you’re done, completely exhausted and not able to go any further, you’re only at about 40% of your potential

Keep fighting when you feel like you’re done, and that’s when you unlock the remaining 60% of your potential

3/10



3. No one is going to help you

Don’t wait for someone else to help you.

If it’s your dream, it’s on YOU. If you wait, you’ll be waiting until you’re on your deathbed if you don’t take action.

4/10

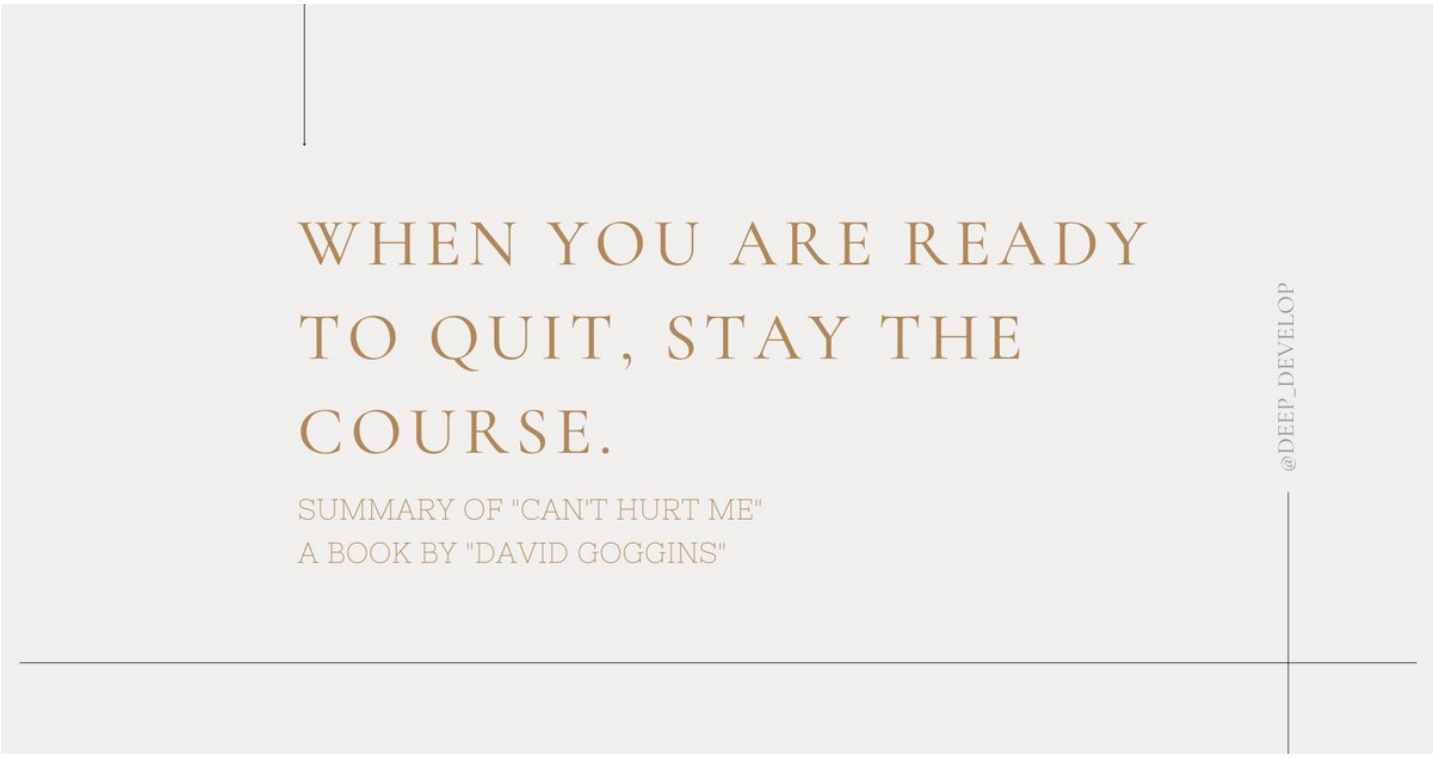


4. Callous your mind

When you’re ready to quit, stay the course. See how far you can go.

This will help you when things get tough. You’ll learn to work hard even when you don’t want to. That will pay off on your path.

5/10



5. progress is motivating

“We all need small sparks, small accomplishments in our lives to fuel the big ones.”

Progress is one of the most motivating forces out there.

6/10

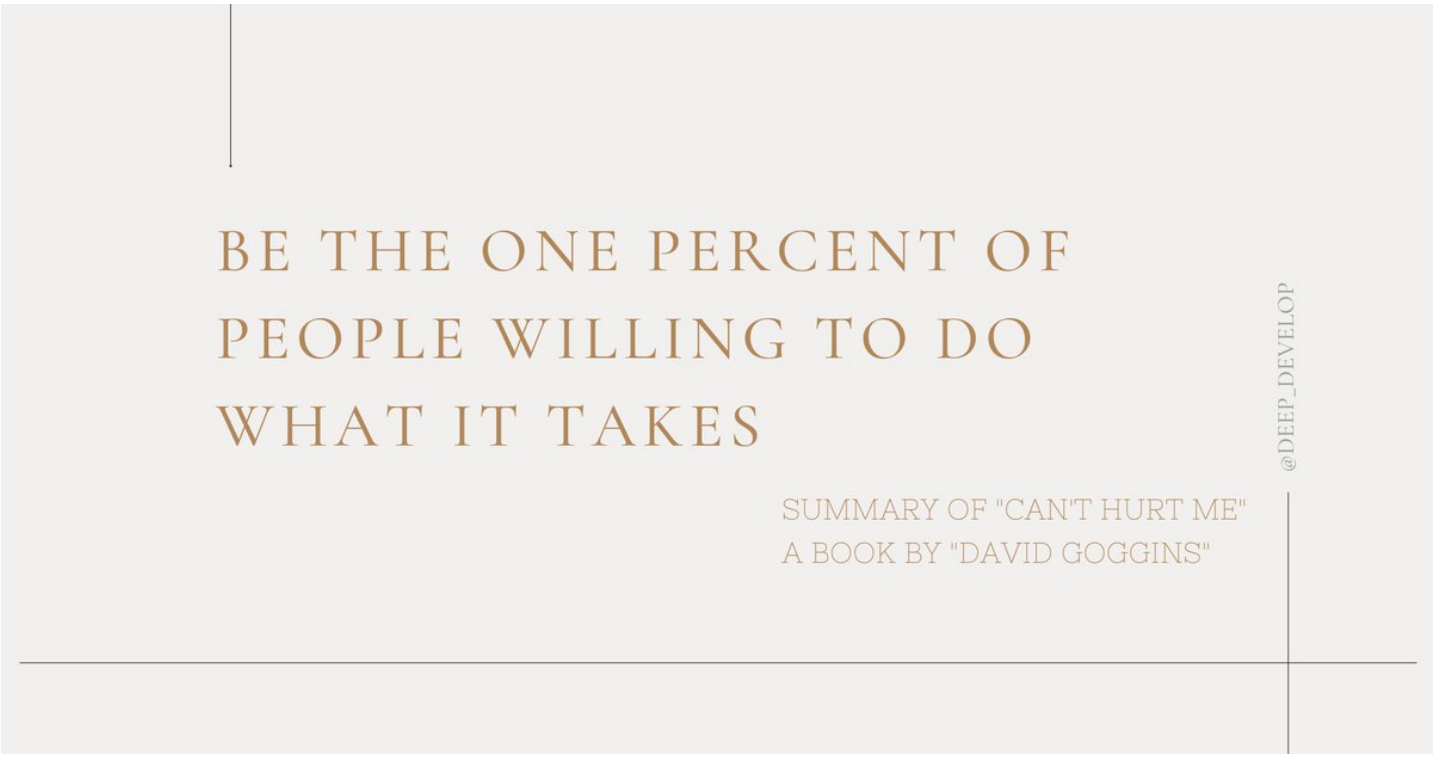


6. Be a warrior

Be the 1% of people willing to do what it takes. Be the warrior. The warrior trains, battles, and never backs down.

If you want to achieve the unachievable, being a warrior is the only way

7/10

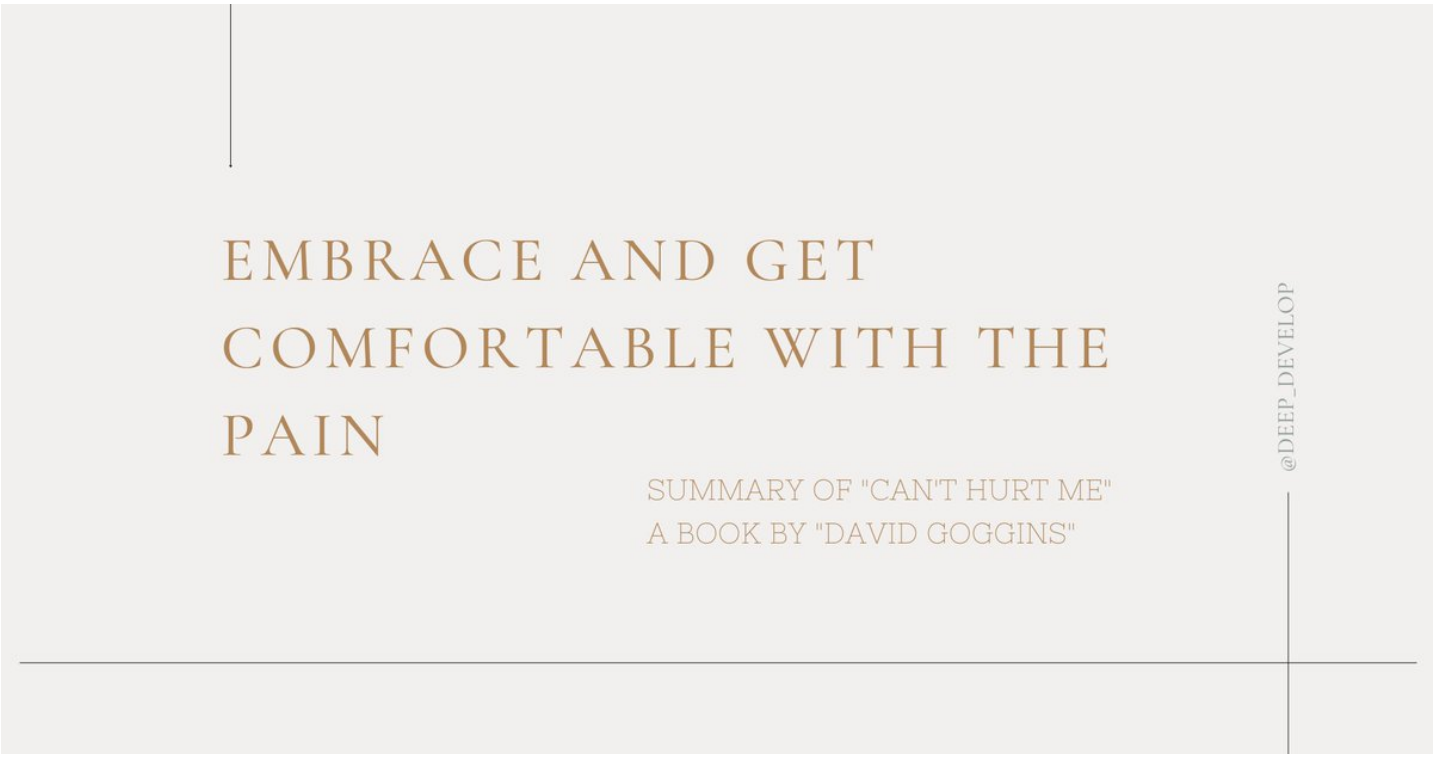


7. Life is suffering

To be great in life, you need to be prepared to confront this suffering.

If you resist it, you'll cause yourself even more pain. Embrace and get comfortable with the pain. Use it as motivation.

8/10



8. It's all on you

You have to master your mind.

To accomplish things that other people think are unachievable begins with mastery of the mind. Without that, you won't survive the battle ahead.

9/10



9. Pain is the way

Pain unlocks a secret doorway in the mind, one that leads to both peak performance, and beautiful silence.”

Pain unlocks the pathway to optimal performance. You have to become friends with pain, instead of running away from it.

10/10

