Twitter Thread by James Clear



James Clear
@JamesClear

My top 10 tweets of the year

A thread ■

https://t.co/xj4js6shhy

> Entrepreneur\u2019s mind.
> Athlete\u2019s body.
> Artist\u2019s soul.
>
> — James Clear (@JamesClear) August 22, 2020

https://t.co/b81zoW6u1d

> When you choose who to follow on Twitter, you are choosing your future thoughts.
>
> — James Clear (@JamesClear) October 3, 2020

https://t.co/1147it02zs

> Working on a problem reduces the fear of it.
>
> It\u2019s hard to fear a problem when you are making progress on it\u2014even if progress is imperfect and slow.
>
> Action relieves anxiety.
>
> — James Clear (@JamesClear) August 30, 2020

https://t.co/A7XCU5fC2m

> We often avoid taking action because we think "I need to learn more," but the best way to learn is often by taking action.

— James Clear (@JamesClear) September 23, 2020

https://t.co/RBsWSRq1Hg

It took me...

200+ articles before I got a book deal.
250+ articles before I got major media coverage (NYT).
100+ interviews before my book hit the bestseller list.

You need a lot of shots on goal. Not everything will work, but some of it will.

Keep shooting.

— James Clear (@JamesClear) November 11, 2020

https://t.co/HqKRzLGPYY

Lack of confidence kills more dreams than lack of ability.

Talent matters\u2014especially at elite levels\u2014but people talk themselves out of giving their best effort long before talent becomes the limiting factor.

You're capable of more than you know. Don't be your own bottleneck.

— James Clear (@JamesClear) July 9, 2020

https://t.co/vk021ZZE0F

What looks like talent is often careful preparation.

What looks like skill is often persistent revision.

— James Clear (@JamesClear) July 18, 2020

https://t.co/ObBfw36Ck7

Be \u201cselectively ignorant.\u201d

Ignore topics that drain your attention.

Unfollow people that drain your energy.

Abandon projects that drain your time.

Do not keep up with it all. The more selectively ignorant you become, the more broadly knowledgable you can be.

— James Clear (@JamesClear) May 28, 2020

https://t.co/1HgE4meF9w

Not taking things personally is a superpower.

— James Clear (@JamesClear) January 11, 2020

https://t.co/MGcOU2RjwK

There are 3 primary drivers of results in life:

1) Your luck (randomness).
2) Your strategy (choices).
3) Your actions (habits).

Only 2 of the 3 are under your control.

But if you master those 2, you can improve the odds that luck will work for you rather than against you.

— James Clear (@JamesClear) January 16, 2020

Finally, if you enjoyed those ideas, you might like my popular 3-2-1 newsletter as well.

Each week, I send out 3 short ideas from me, 2 quotes from others, and 1 question to ponder. Over 1 million people subscribe.

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https://t.co/lTqhlGhlpU