# Twitter Thread by Zain Kahn



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## Things I know at 28

## I wish I understood when I was 18:

Hard work is overrated. Consistency is underrated.

It's not about how hard you swing your bat.

It's about swinging over and over again till you learn to hit it out of the park.

Consistency gets you places hard work doesn't.

You gain confidence after doing something hard ■ not before.

Too many people never try hard things because they think confidence is a precondition when, in reality, it's a reward.

Goals are bullshit.

Successful and unsuccessful people have the same goals.

You never rise to the level of your goals. You always fall to the level of your habits.

Goals are just dreams. Habits make them a reality.

h/t @JamesClear

Your need to fit in is your biggest barrier to personal growth.

Let's face it ■ most of us would rather be wrong with the crowd than be right alone.

Learning to overcome your constant need for social approval is the first step to growth.

Just because it's not your fault doesn't mean it's not your responsibility.

Take ownership of your life.

Never complain. Never blame others.

Everything you are thinking and feeling is your responsibility.

Amateurs wait for everything in their life to be perfect to be happy.

Pros learn to be happy despite everything that's going wrong in their lives.

Being popular is overrated.

Having 5 friends who love you to death is better than having 50 who sort of like you.

In business and love:

1. Pick people who enjoy spending time on the same things as you.

Otherwise spending time together is going to feel like a chore after a while.

2. Opposites attract but they don't last.

Find someone that aligns with you on the important stuff.

Instead of finding the one, become the one.

Over a long enough period you attract what you are.

The long term success of any relationship depends on the couple's ability to resolve the baggage that builds within the relationship overtime.

Don’t find someone who completes you. That's your insecurity talking ■ you are already complete.

Instead, find someone who multiplies you and your strengths.

Trauma often leaves people stunted at the age at which they experienced the trauma.

Think of all the people go through a bad breakup and develop trust and commitment issues for the rest of their lives.

Don't let temporary lessons become your permanent reality.

Thanks for reading!

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