Twitter Thread by Farris Cash ■



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I've summarised the 13 most powerful life paradoxes that'll improve your thinking today:

Firstly, a "paradox" is something that combines contradictory features but both are true.

Let's get into it ↓

Speak less, say more

Why is gold valuable?

Because it’s rare.

If you speak only when you have something valuable to say, your words will be treated like gold.

Because you speak rarely, what you say holds more weight.

Failure leads to success

You learned to walk by falling over, getting back up and trying again.

You failed hundreds of times until you could walk.

Do the same in life—fail, learn from your mistakes and do better next time.

This is the path to success.

Fear of death reduces your enjoyment of life

Memento mori—remember you must die.

It’s a stoic phrase that isn’t meant to be morbid—it’s meant to inspire, clarify and motivate.

Use it to help prioritise and bring meaning to your life in the present, don’t wait to start livin.

The more choice you have the harder it is to choose

You can be anything you want—that's the problem.

Too many options make it hard to choose what you want to do in life.

Pick a narrow area to put your focus on.

More choices ≠ better decisions

https://t.co/3mTRt5svjk

Change is the only constant

Humans are architects of change. We constantly change our environment and upgrade our technology.

Resisting change doesn't stop it from happening, so you may as well embrace it.

You don't want to end up like Blockbuster.

Time alone makes you more sociable

The more time you spend alone, the more comfortable you become with yourself.

Being comfortable within yourself gives you confidence around others.

When you're confident socialising becomes easier and you'll start to enjoy it more.

Searching for happiness will make you unhappy

"Happiness is not a goal…it's a by-product of a life well lived." — Eleanor Roosevelt

You need to work at it daily.

Do things that bring you meaning and give your life purpose—do this and you won't need to think about being happy.

People want their life to change, but won't change themselves

If you want your life to improve, you need to make better decisions.

Start with your habits.

Your future is built on the habits you have today—good habits lead to a better life.

The more you learn, the more you have to learn

Learning has a funny way of opening knowledge gaps we didn't know we had.

Knowing that you'll run into this when you're trying to do something difficult makes it easier to persist.

Growth happens slowly, then suddenly

Whether it be investing, writing or learning a new skill, it can feel like you're not making any progress for the longest time.

All of a sudden you see significant results overnight.

The only way you get this growth is by persisting.

No decision is a decision

This isn't saying you need to make a decision every time—you can let things play out.

But, understand this too is a decision. Don't get in the habit of putting off tough decisions.

Making decisions now is hard—putting them off makes them harder.

The longer you work the less you get done

It's no secret, you're less productive the longer you work.

Take regular breaks whilst you're working and set deadlines for finishing your work each day.

Working long hours into the night does more harm than good over the long term.

Sharing your goals makes you less likely to achieve them

You get the same dopamine hit from sharing your goals as you do achieving them.

Instead of broadcasting your goals, focus on building the daily behaviours that'll help you achieve them.

Earn your dopamine.

TL;DR - 13 Life Paradoxes;

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TL;DR /2

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