Twitter Thread by Andrew Duggan



Andrew Duggan
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15 of the most powerful and timeless insights from @Naval Ravikant

Naval risked his reputation and fortune to bring life lessons to us all. And he's impacted the life of millions around the world.

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1. “I, and I alone, am responsible for everything I think and feel."

@naval

2. “Pain is a fact.

Suffering is a choice."

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3. “No one can compete with you on being you.

Most of life is a search for who and what needs you the most."

@naval

4. “The more seriously you take yourself, the unhappier you’re going to be."

@naval

5. “Money doesn’t buy happiness - it buys freedom."

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6. “Confucius had a great saying that every man has two lives, and the second starts when he realizes he has just one.”

@naval

7. “Most of modern life, all our diseases, are diseases of abundance, not diseases of scarcity.”

@naval

8. “Life is really a single player game."

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9. “No one is going to value you more than you value yourself.”

@naval

10. “You do not want to compete, you want to be a market of one.”

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11. “School, politics, sports, and games train us to compete against others.

True rewards — wealth, knowledge, love, fitness, and equanimity — come from ignoring others and improving ourselves.”

@naval

12. “I don’t care how rich you are. I don’t care whether you’re a top Wall Street banker.

If somebody has to tell you when to be at work, what to wear and how to behave, you’re not a free person. You’re not actually rich.”

@naval

13. “Confucius said when you’re healthy you have 10,000 needs, but when you’re sick you only have one need.”

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14. “You make your own luck if you stay at it long enough.”

@naval

15. “The people who succeed are irrationally passionate about something.”

@naval

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> — Andrew Duggan (@ajdduggan) February 13, 2022