

Twitter Thread by Mind Essentials



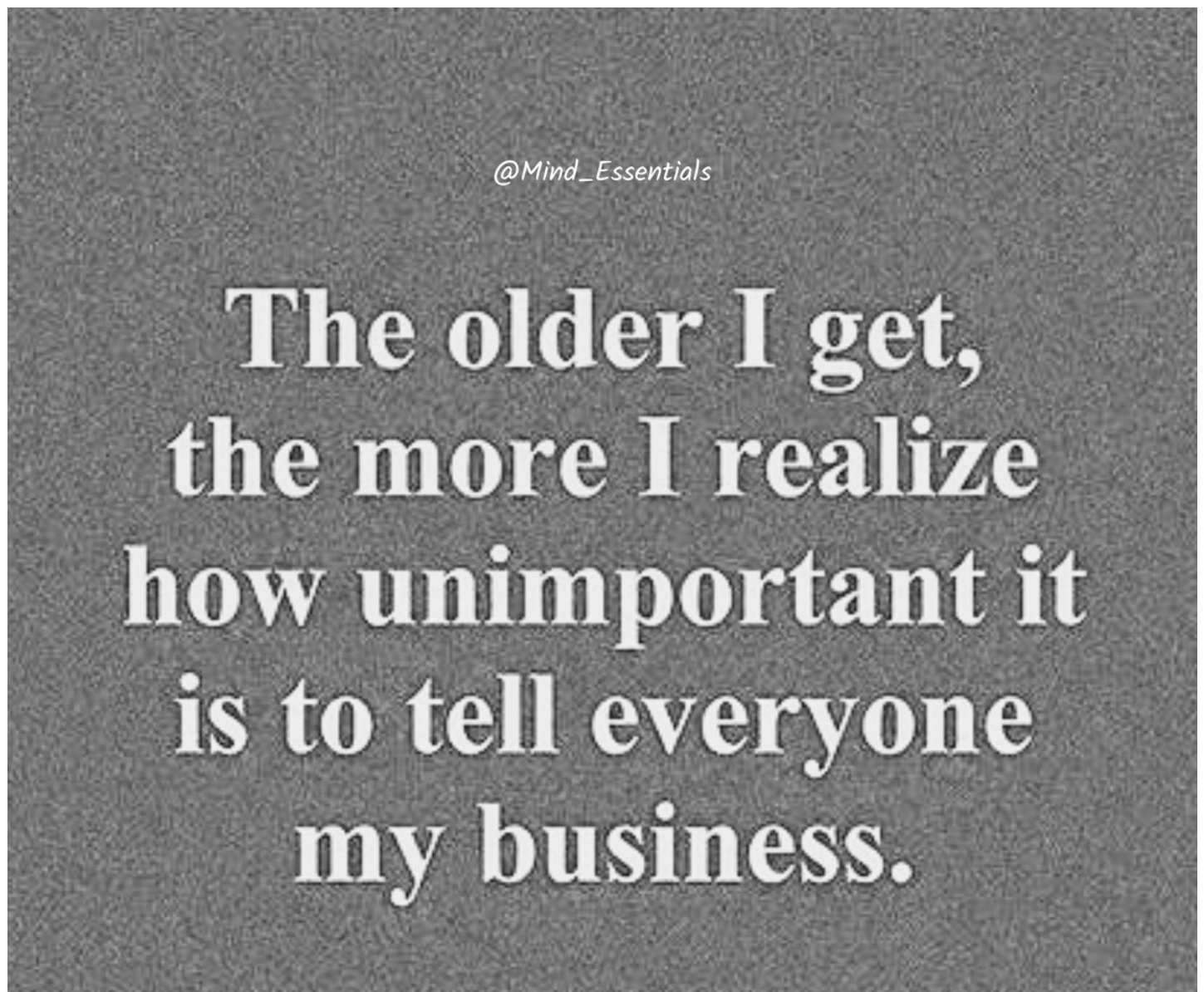
Mind Essentials

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12 straightforward quotes on self-care:

1.



2.

THE TEMPTATION
TO QUIT
WILL BE THE
GREATEST
JUST BEFORE YOU
ARE ABOUT TO
SUCCEED

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If
you are the
smartest
person
in the room,
you are in the
wrong room

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The more
you love your
decisions,
the less you
need others to
love them.

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YOU STILL HAVE A
LOT OF TIME TO
MAKE YOURSELF
BE WHAT YOU
WANT.

- S. E Hinton

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What if...

Everything you're
going through is preparing
you for what you asked
for?

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REMEMBER

YOUR PURPOSE
IS GREATER
THAN THE FEAR
THAT LIMITS YOU

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**Don't feel guilty for doing
what's best for you.**

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your future
needs you.

your past doesn't.

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**“IF YOU TALK
ABOUT IT, IT'S A
DREAM, IF YOU
ENVISION IT, IT'S
POSSIBLE, BUT IF
YOU SCHEDULE IT,
IT'S REAL ”**

- Tony Robbins

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Don't waste your time chasing butterflies. Mend your garden, and the butterflies will come.

- Mario Quintana

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There are people less qualified than you, doing the things you want to do, simply because they chose to believe in themselves.

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Study mathematics to understand physics

Study physics to understand chemistry

Study chemistry to understand biology

Study biology to understand psychology

Study psychology to understand economics

Study economics and philosophy to be free

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<https://t.co/oUbZmLxQJt>

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