

## Twitter Thread by [Mind Essentials](#)



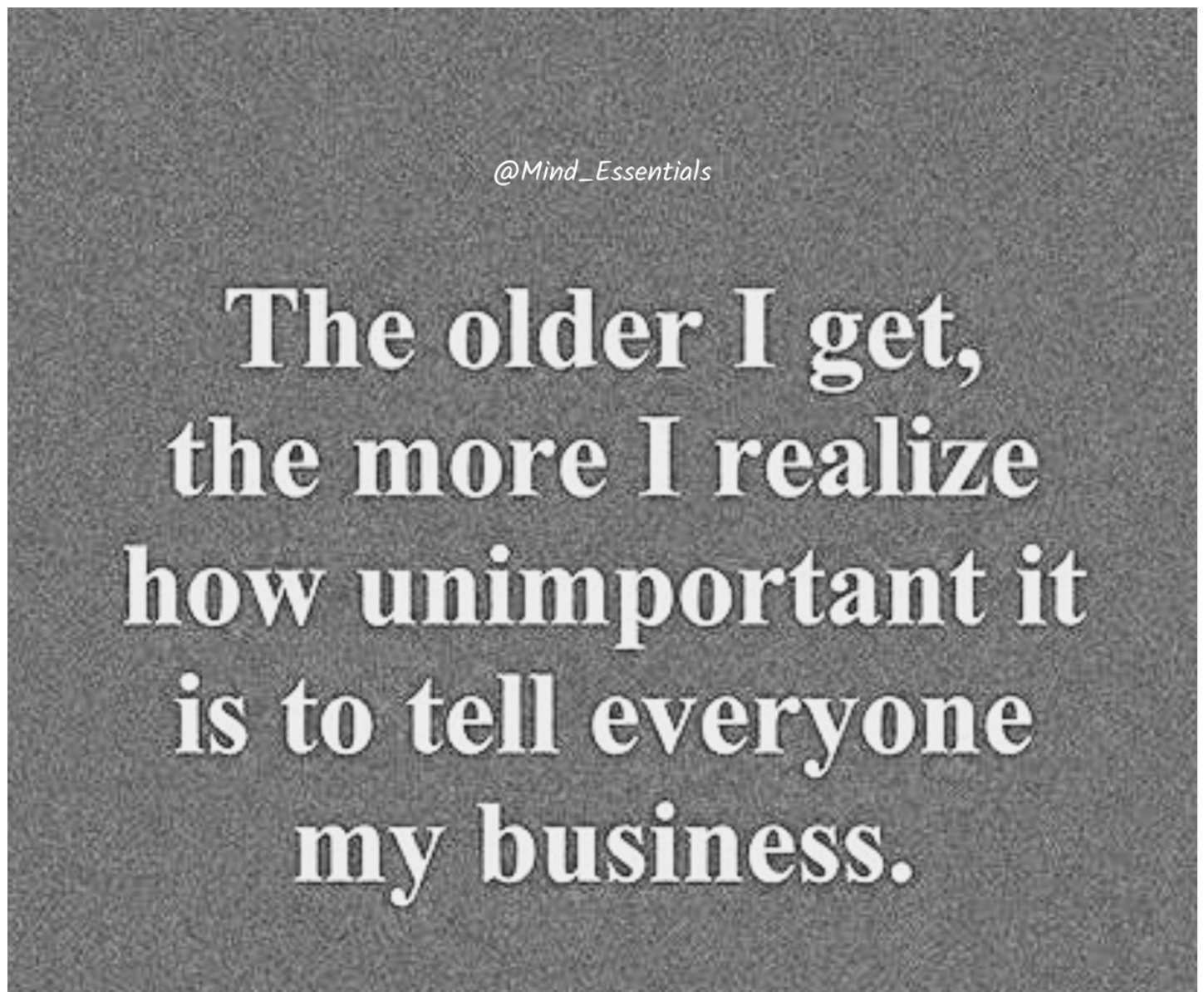
**Mind Essentials**

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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

*@Mind\_Essentials*

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

*@Mind\_Essentials*

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

*@Mind\_Essentials*

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

*- S. E Hinton*

*@Mind\_Essentials*

What if...

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

*@Mind\_Essentials*

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.**

*@Mind\_Essentials*



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**

*@Mind\_Essentials*

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

- Mario Quintana

*@Mind\_Essentials*

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

*@Mind\_Essentials*

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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