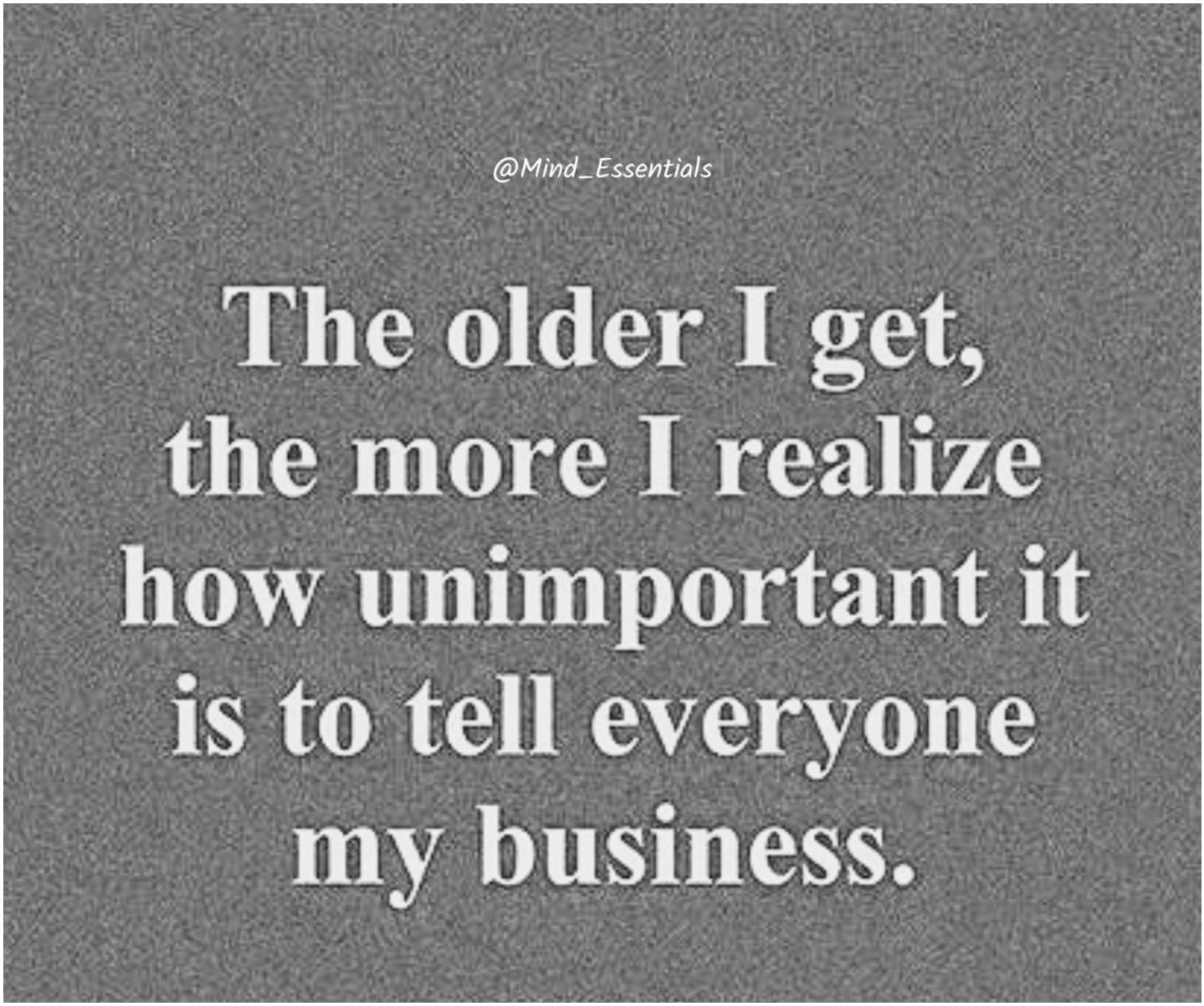
Twitter Thread by Mind Essentials

Mind Essentials
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12 straightforward quotes on self-care:

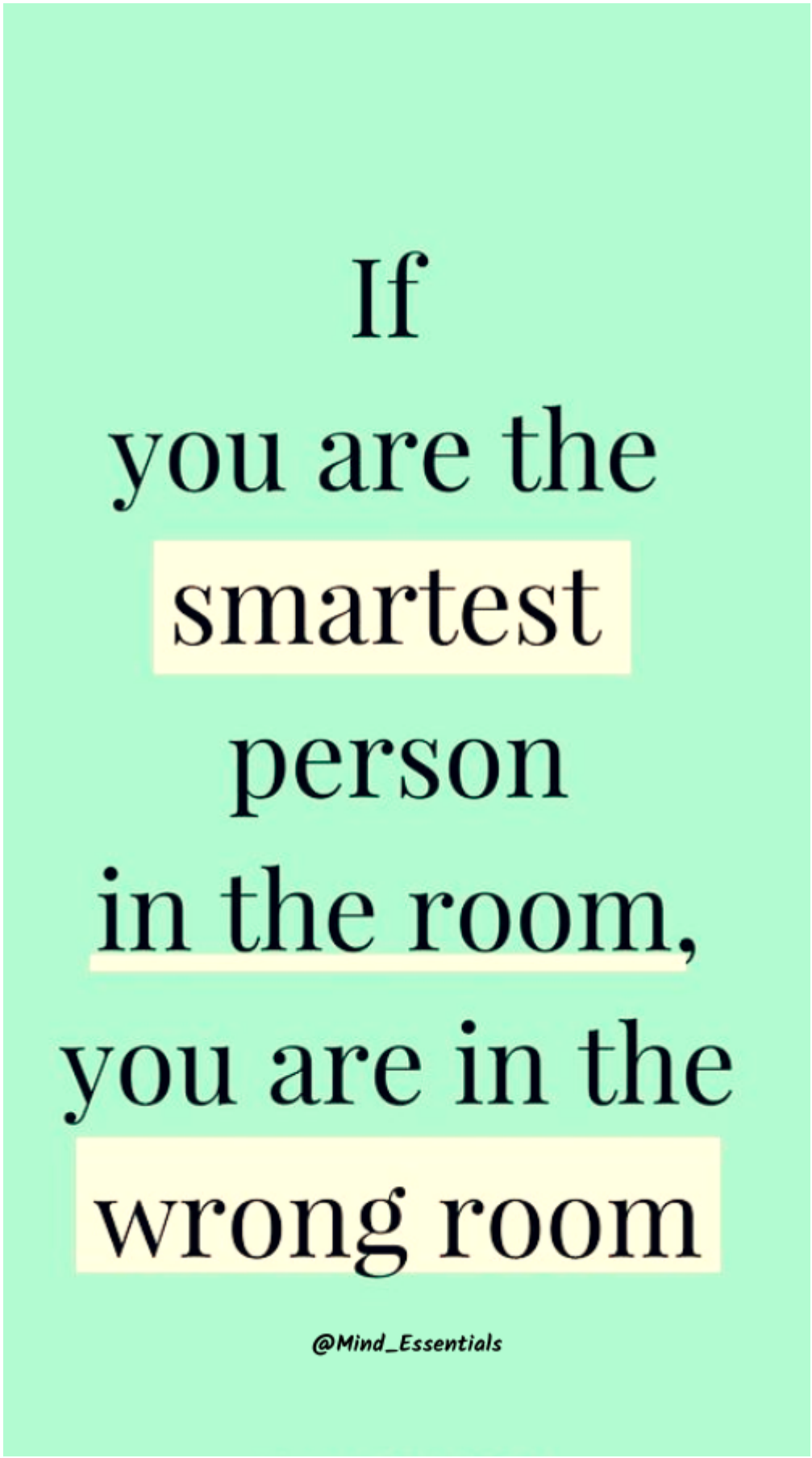
1.



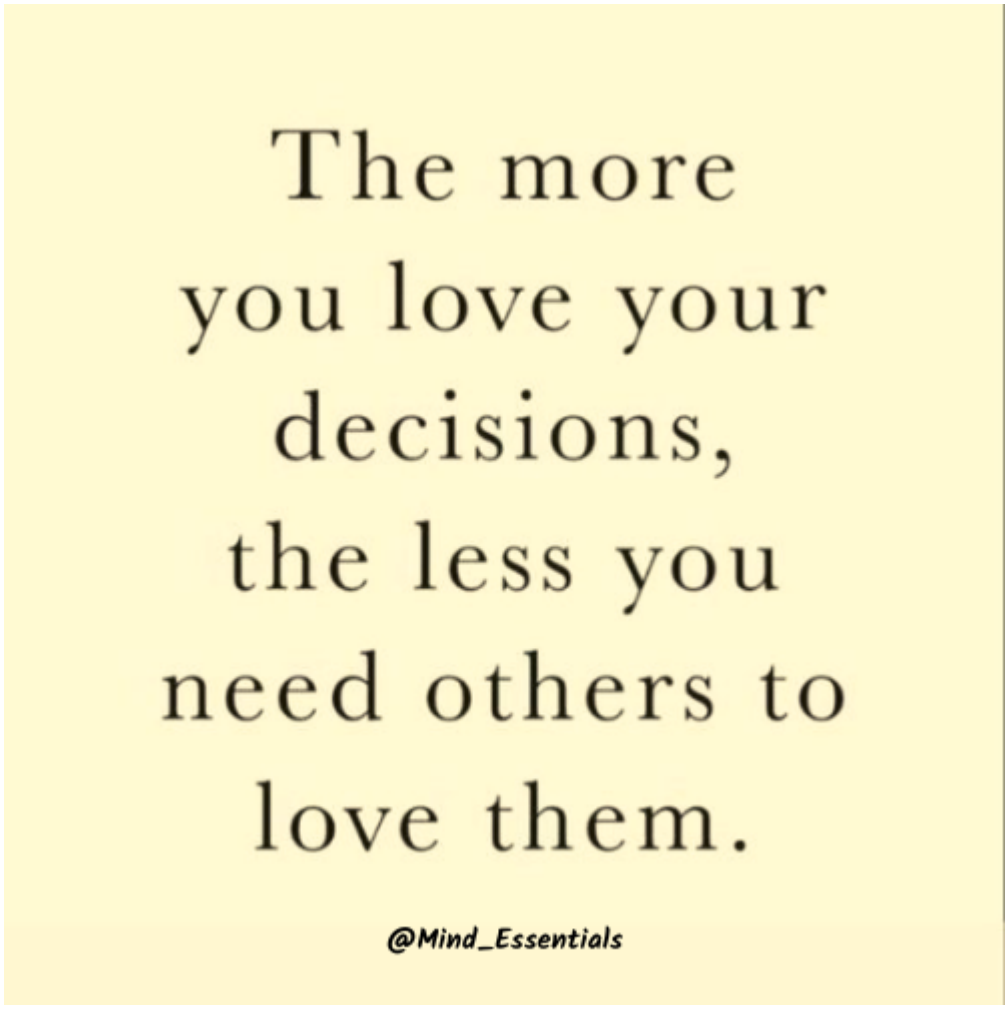
2.


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

3.


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

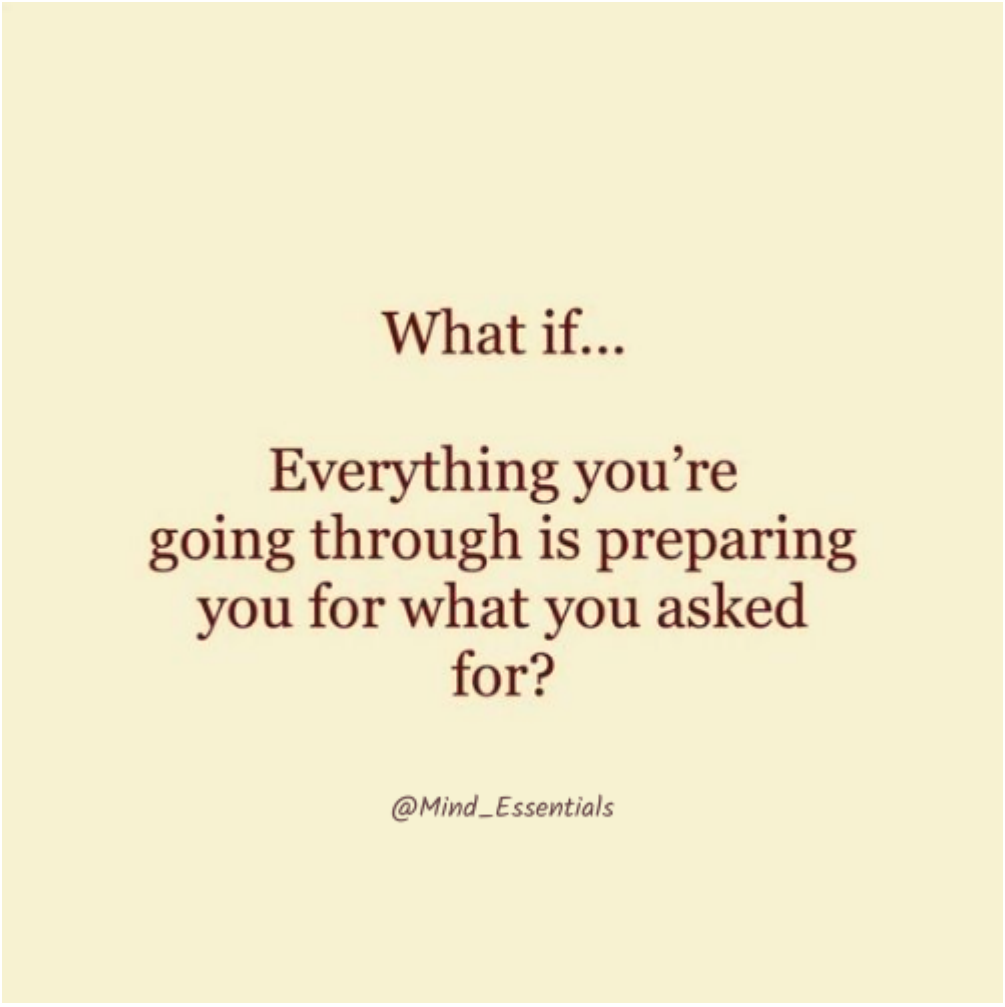
4.


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

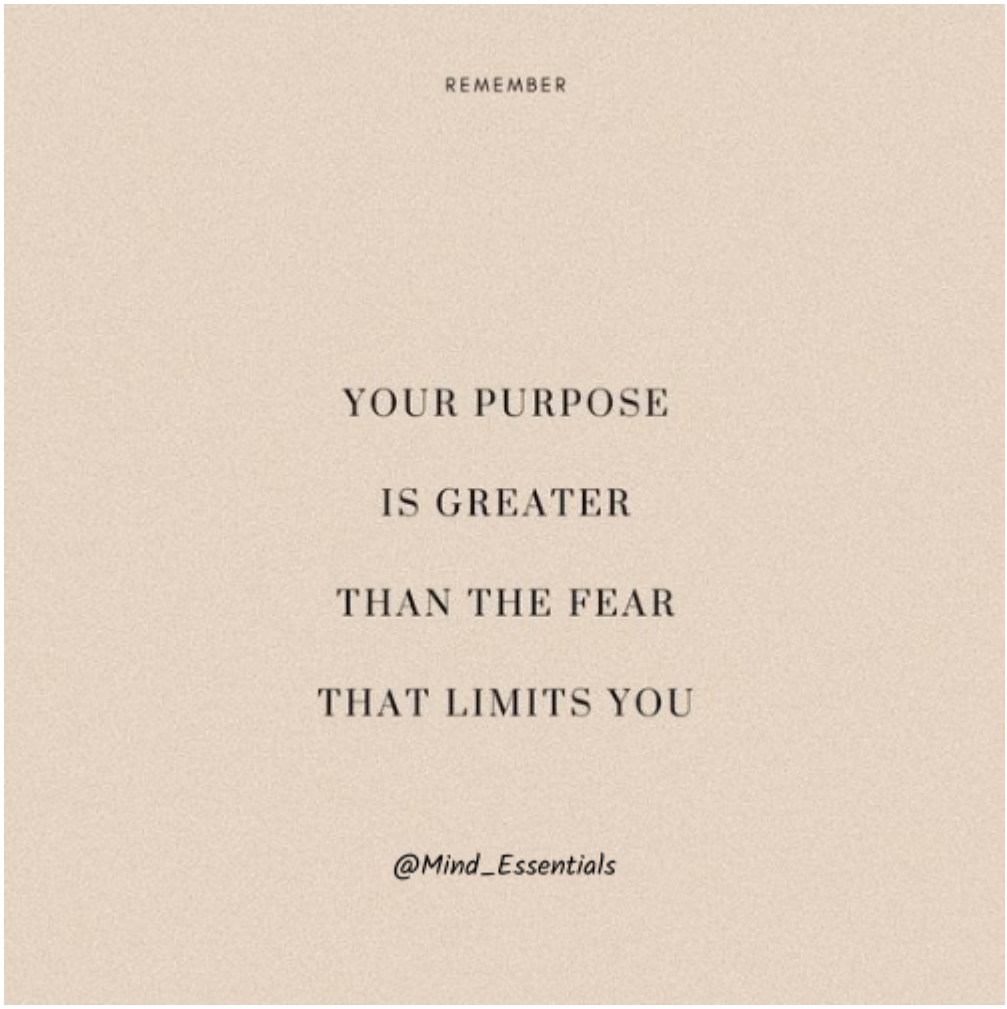
5.


YOU STILL HAVE A LOT OF TIME TO MAKE YOURSELF BE WHAT YOU WANT.
- S. E Hinton
@Mind_Essentials

6.


What if...
Everything you're going through is preparing you for what you asked for?
@Mind_Essentials

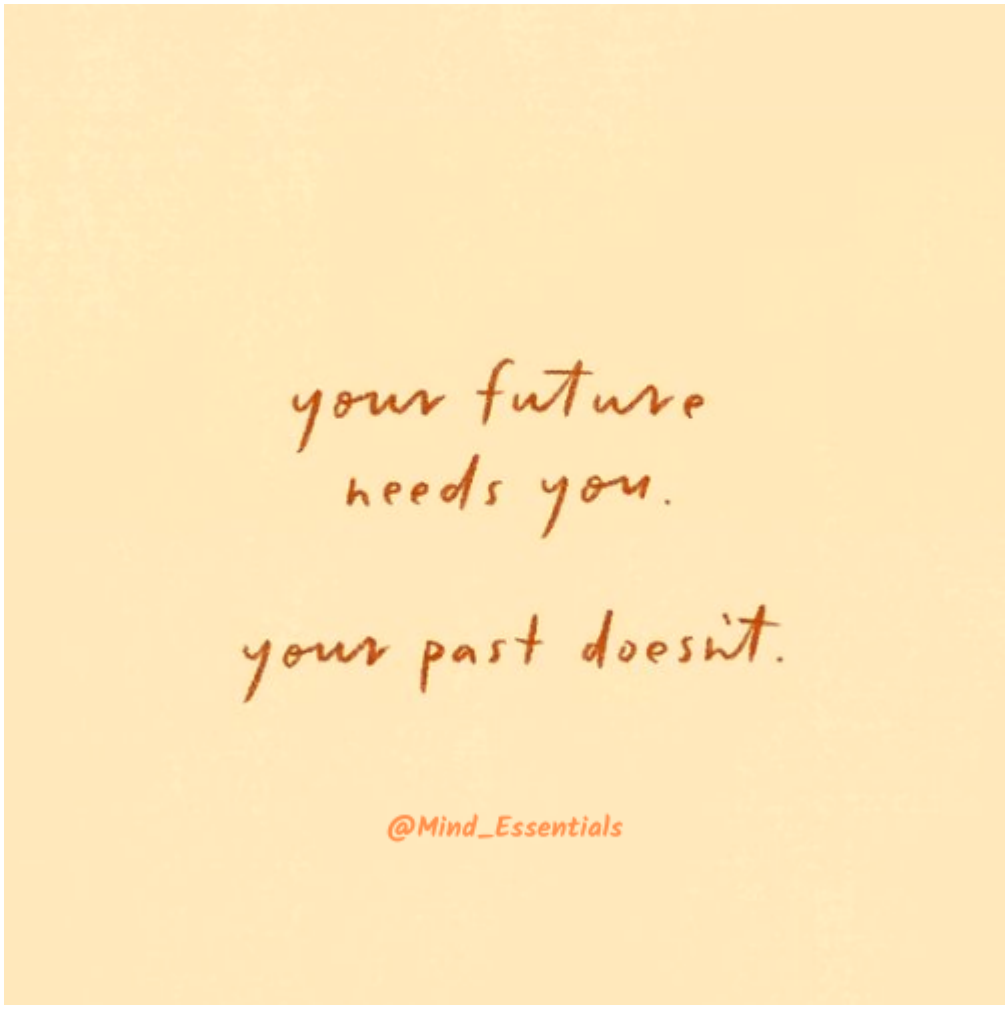
7.


REMEMBER
YOUR PURPOSE
IS GREATER
THAN THE FEAR
THAT LIMITS YOU
@Mind_Essentials

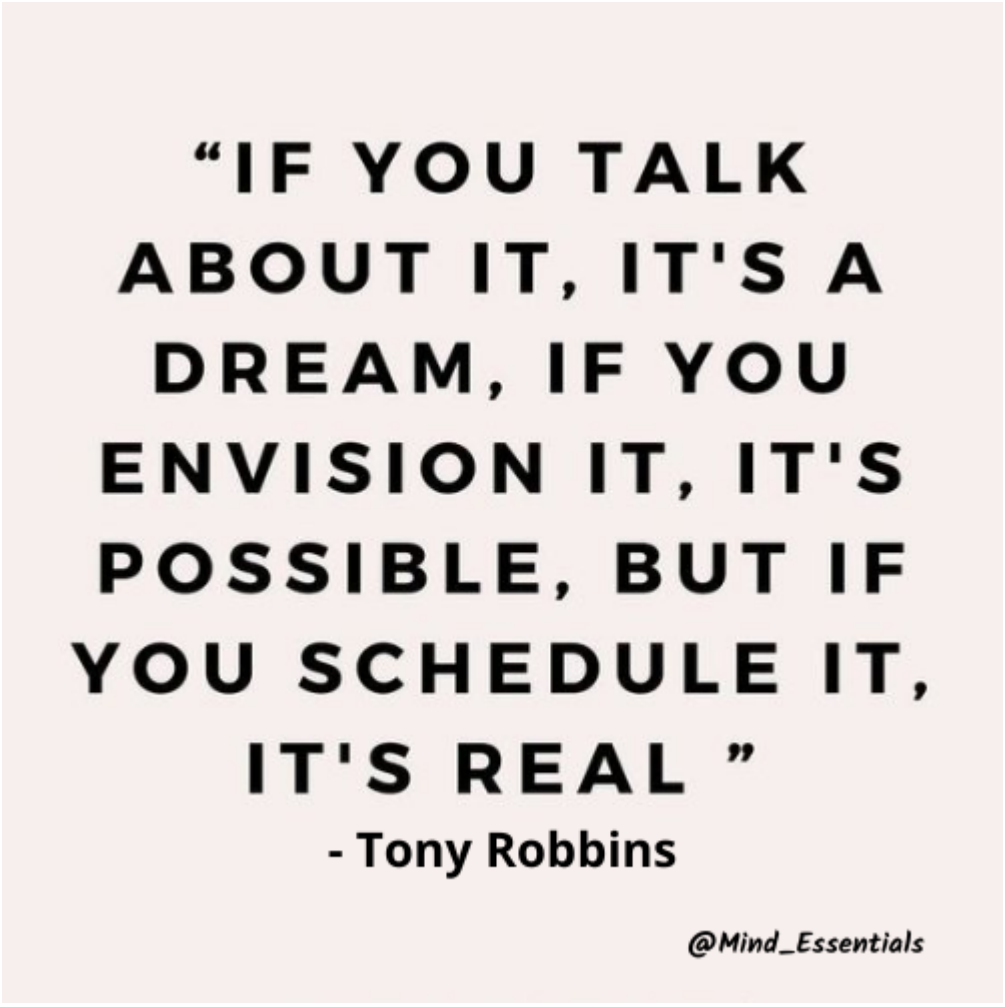
8.


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

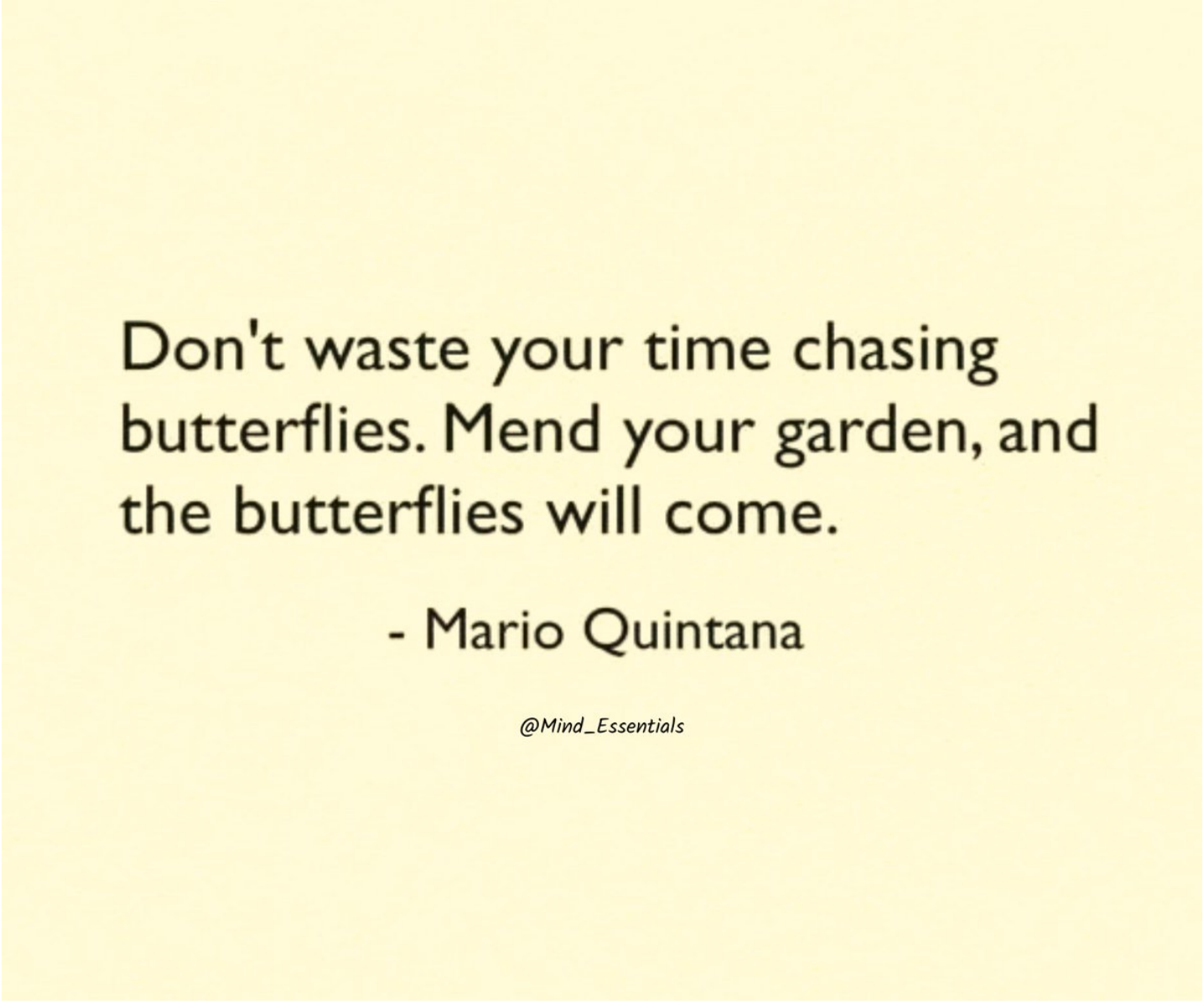
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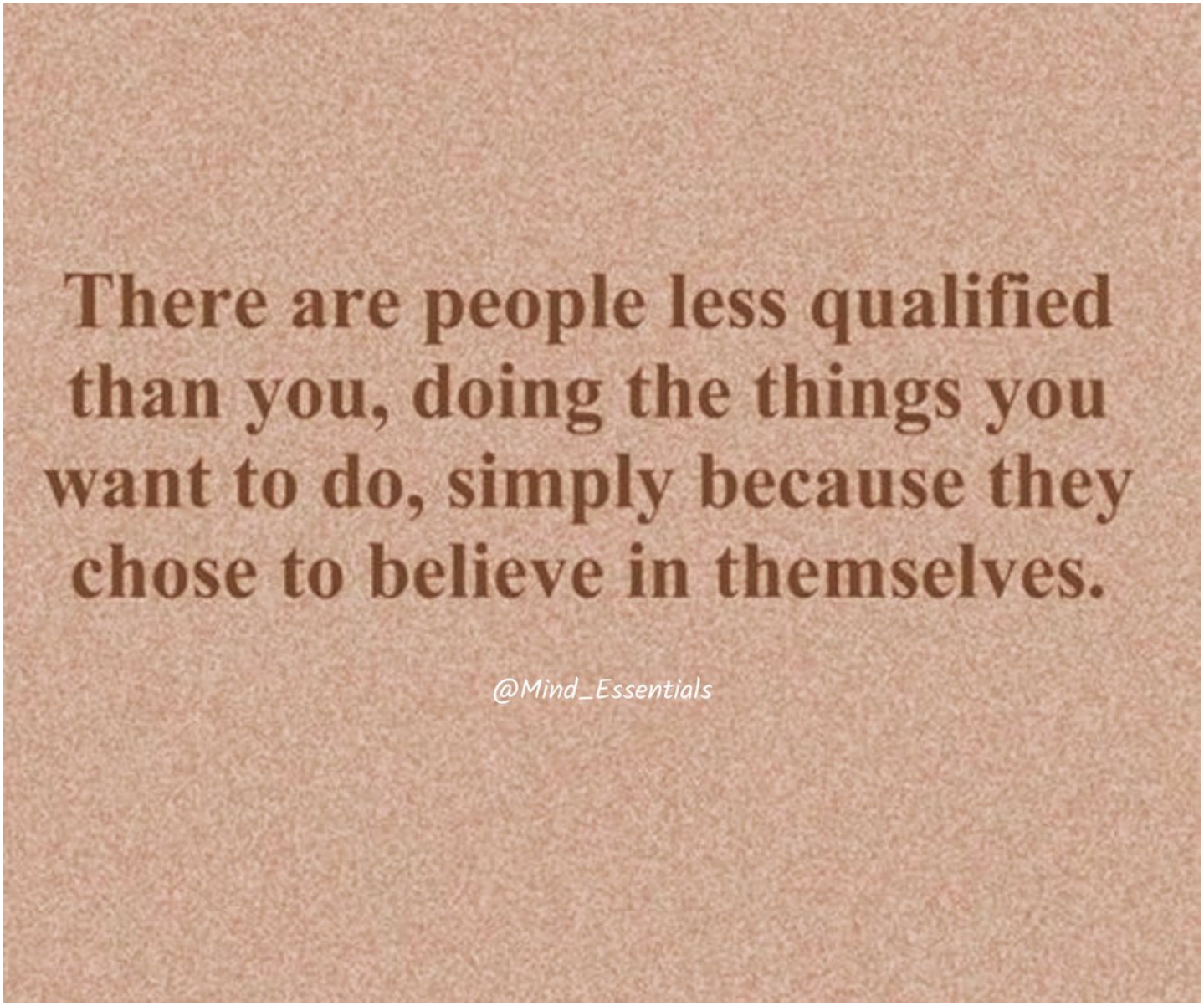
10.


“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

11.


Don't waste your time chasing butterflies. Mend your garden, and the butterflies will come.
- Mario Quintana
@Mind_Essentials

12.



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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