Twitter Thread by Humble Flow



Humble Flow
@HumbleFlow

21 signs that you have a tough mentality:

1. You balance self-acceptance with self-improvement.

2. You chose productive behavior.

3. You feel confident in your ability to adapt to change.

4. You balance emotions with logic.

5. You face the fears that hold you back.

6. You learn from your mistakes.

7. You genuinely celebrate other people's success.

8. You are comfortable living according to your values.

9. You focus on sharpening your skills, rather than showing them off.

10. Your self-worth depends on who you are, not what you achieve.

11. You practice delayed gratification.

12. You bounce back from failure.

13. You live an authentic life.

14. You view life's hardships as opportunities for growth.

15. You're a realistic optimist.

16. You work on your weaknesses, rather than masking them.

17. You engage in active problem-solving.

18. You're open to learning more from all that surrounds you.

19. You accept personal responsibility for your choices.

20. You express gratitude.

21. You focus on what you can control.

Work on your Mental Models:

- think better
- think in new ways
- master skills to breakthrough

Understand new skills to make wiser choices and take better actions.

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