

## Twitter Thread by [RahOwl11](#)



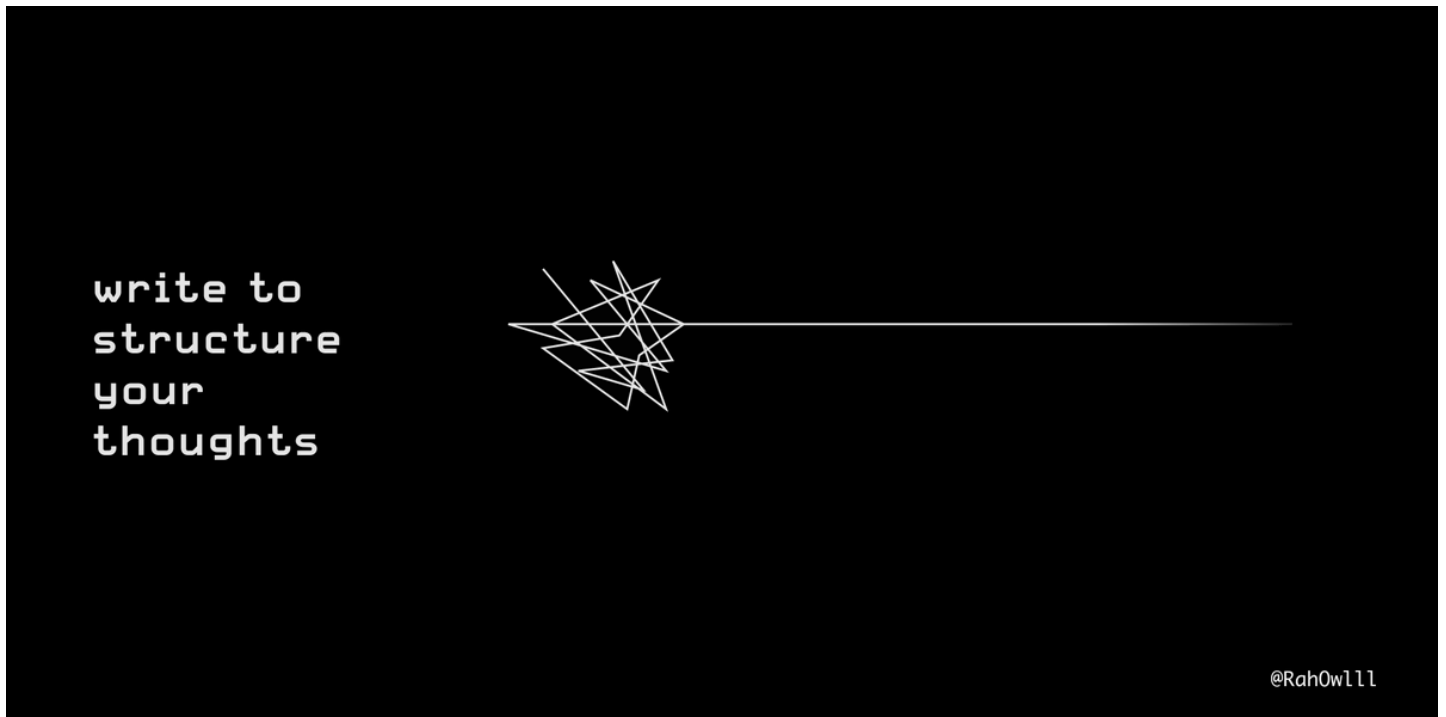
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**90 days challenge.**

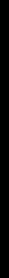
**A visual thread**

1. Write



2. Speak confidently

record yourself  
speaking on any  
topic.



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### 3. Sugar craving

reduce  
sugar  
compustion



sugar



+



chewing  
gum

water

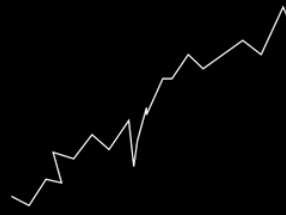
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### 4. Read a lot.

read  
everyday



mind



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## 5. Meditate

meditate  
daily



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## 6. Get comfortable with rejection

get  
rejected

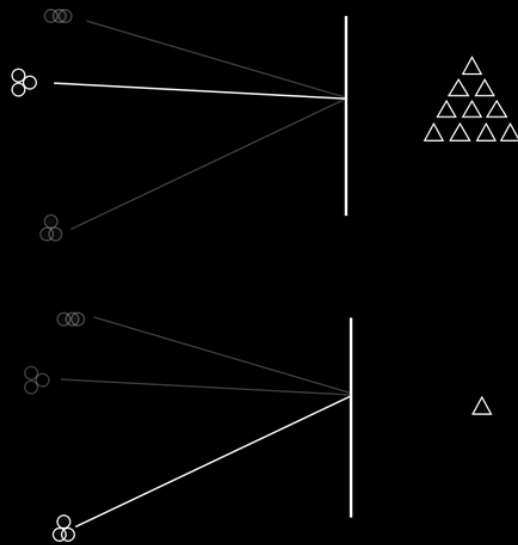
rejection

regret

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7. Look beyond the obvious.

resist the  
obvious.



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8. Wake up on time.

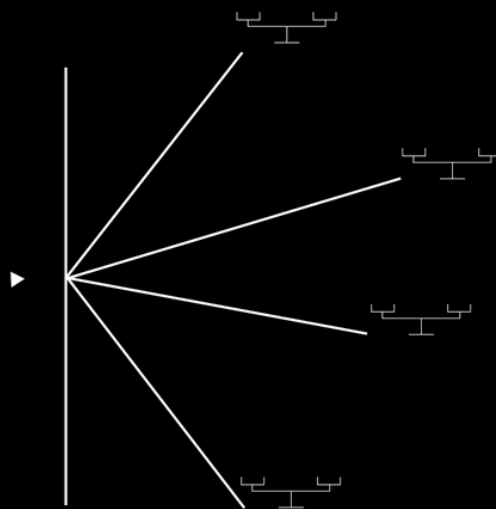
sleep  
early,  
wake-up  
early



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#### 9. Overthinking.

assign  
probabilities  
to  
possibilities



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#### 10. Procrastination

our time  
is  
limited,

what we  
think



reality

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Read the full thread here.

<https://t.co/0omCMtXJbO>

Ten 90-day challenges for your mind, body and soul.

A thread...

— Ankur Warikoo (@warikoo) [November 5, 2021](#)