

## Twitter Thread by [Sahil Bloom](#)



**[Sahil Bloom](#)**

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### 11 harsh truths that changed my life (and may change yours):

Harsh Truth: You'll only see your loved ones a few more times.

In May 2021, I had a conversation with a friend that changed my life.

I was talking about living in California—so far away from my parents in Boston—when my friend asked how often I saw them and how old they were...

I said I saw them about once per year, and that they were in their mid-60s.

He said, "Ok, so you'll see them 15 more times in your life."

Gut punch. It sounds insensitive—but it's just real.

Our time is finite, but we fail to recognize it until it's too late...

Later that month, we sold our house in California and moved to the East Coast to be closer to our parents.

It was the best decision I've ever made.

I'll never regret those tiny moments—of doing nothing in particular—that we'll get to spend together in the years ahead.

Harsh Truth: Most of your friends aren't really your friends.

They're just along for the ride when it's fun, convenient, or valuable.

Your real friends are the ones who are there for you when it's none of those—when you have \*nothing\* to offer in return.

Cherish them.

Harsh Truth: Money is the terrible barometer of happiness.

I used to see people with lots of money and assume everything in their life must be amazing.

I was wrong.

Money is correlated with happiness up to a baseline level—that level is lower than you think...

Beyond it, there are diminishing returns to more money.

If you think that you'll be happy once you have X, you're probably wrong.

You'll get there and just want 3x more.

The hedonic treadmill is real—we simply adapt and look for what's next.

Prioritize internal happiness.

Harsh Truth: Failure doesn't always lead to growth.

There's this common Twitter adage that failure is a good thing because it leads to growth.

But sometimes failure just leads to pain.

Sometimes you fail and it just hurts—you don't grow, you don't find light. It just sucks...

Sometimes you get knocked down and can't get back up.

In those instances, know you're not alone.

It's ok to admit that the glamorized version of failure isn't always in sync with reality.

When you're in it, find a friend to lean on.

When someone else is in it, be that friend.

Harsh Truth: You'll literally never know what you want to be when you grow up.

The idea that you should know what you want to do with your life by the time you are 20 is one of the worst lies we are told.

I spent years stressing out over my lack of a clearly defined path...

But then I realized that most hyper-successful people still have no idea what they want to do.

They just have a bias for action that has allowed them to capitalize on opportunities and compound effectively over time.

If you have a bias for action, you'll always be fine.

Harsh Truth: Most people don't really care about you.

The Spotlight Effect says that we overestimate the degree to which other people are noticing or observing our appearance or actions.

Basically, we think people care about us WAY MORE than they actually do.

I used to worry about every little thing I did, thinking that people would scrutinize or judge me.

It's pretty liberating to realize that, for the most part, everyone is really just going through life worried about themselves.

Be yourself and live life according to your values.

Harsh Truth: You probably won't be remembered or have a legacy.

I used to be obsessed with the idea of leaving a legacy and being remembered.

But I eventually realized that even the most amazing and successful people will eventually be forgotten if you extend the time horizon.

In a few thousand years, chances are we will all be forgotten.

It's not a bad thing to want to be remembered, but chasing legacy can be a recipe for disappointment.

I've chosen to chase something else—the lives I can impact today, the happiness I can create in those around me.

Harsh Truth: The timelines we create for ourselves are mostly just arbitrary nonsense.

On my 28th birthday, I was driving and had this random rush of anxiety.

I was like "Holy shit, I'm turning 30 next year, and I've accomplished nothing. I gotta get going!"

Then I remembered I was turning 28—not 29—and felt relieved that I had 2 years to figure out my life...

We create timelines in our minds:

- X title by X age
- Y salary by Y age

It's stupid.

Be curious and spend time with great people. The rest will take care of itself.

Harsh Truth: There's no such thing as a hack.

Everyone wants the hacks or shortcuts, but there's literally no such thing.

If anyone tries to sell you one, you should run away as fast as you can.

The only hack is painful, relentless consistency. It's not sexy, but it works.

Harsh Truth: Hard work and consistency isn't always enough.

There's a common phrase: "Hard work beats talent when talent doesn't work hard."

I had a coach who used to add: "...but if talent works hard, you're pretty much f\*\*\*\*\*, so let's hope it doesn't."

Funny, but true.

Do your best, but don't assume it's always going to be enough.

Hard work and consistency will always give you a shot, but sometimes you're just going to get beat.

If you lose, it better be that the person is simply more talented than you. Never beat yourself.

Harsh Truth: The world is definitively not fair.

Bad people win and good people lose—all the time.

There is an uncontrollable luck that impacts our lives. Where we are born, who we are born to, and the circumstances of our early childhood all have an outsized impact.

But within that context, there are bright spots.

The opportunity playing field is leveling.

The Internet and access to technology is opening up the world.

The world may never be truly fair, but it will always belong to those who make the most of what they have before them.

Those are 11 harsh truths that changed my life (and may change yours).

Follow me [@SahilBloom](#) for more threads on life, business, and decision-making.

I'll write a deep-dive on this topic in my newsletter. Join 82,000+ and subscribe! <https://t.co/qMB8i60ney>

And be sure to check out my podcast—Where It Happens—where we cover a lot of these topics in fascinating discussions with the most fascinating minds! <https://t.co/aZU12dSBly>

Join me tomorrow at 12pm EST on [@getcallin](#) for a live discussion and AMA on these (and more) harsh truths of life.

I'll be taking live questions from those who join.

If anyone wants to join as a speaker, text or DM me. <https://t.co/lnrmEtEipr>

This was a wonderful, vulnerable conversation on harsh truths of life on [@getcallin](#).

Several incredibly powerful questions from the audience and an eye-opening discussion.

Worth a listen. <https://t.co/lnrmEtEipr>

Beautiful visualization from [@SachinRamje](#) summarizing this thread.

More writing to come on this topic...

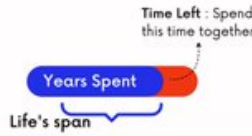


# harsh truths that may change your life

SAHIL BLOOM + SACHIN RAMJE

## YOU'LL ONLY SEE YOUR LOVED ONES A FEW MORE TIMES

Our time is finite, but we fail to recognize it until it's too late. You'll never regret those tiny moments with your loved ones of doing nothing in particular that we'll get to spend together in the years ahead.



## MOST OF YOUR FRIENDS AREN'T REALLY YOUR FRIENDS

Your real friends are the ones who are there for you when you have "nothing" to offer in return. Cherish them.



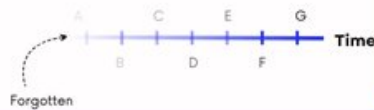
## THERE'S NO SUCH THING AS A HACK

Everyone wants the hacks or shortcuts, but there's literally no such thing. The only hack is painful, relentless consistency. It's not sexy, but it works.



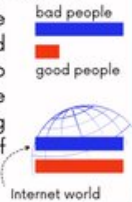
## YOU PROBABLY WON'T BE REMEMBERED OR HAVE A LEGACY

Even the most amazing and successful people will eventually be forgotten if you extend the time horizon. It's not a bad thing to want to be remembered, but chasing a legacy can be a recipe for disappointment.



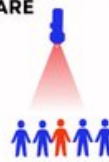
## THE WORLD IS DEFINITELY NOT FAIR

Bad people win and good people lose—all the time. The Internet and access to technology is opening up the world. The world may never be truly fair, but it will always belong to those who make the most of what they have before them.



## MOST PEOPLE DON'T REALLY CARE ABOUT YOU

We think people care about us WAY MORE than they actually do. It's pretty liberating to realize that, everyone is really just going through life worried about themselves. Be yourself.



## MONEY IS THE TERRIBLE BAROMETER OF HAPPINESS

Money is correlated with happiness up to a baseline level—that level is lower than you think. Beyond it, there are diminishing returns to more money. The hedonic treadmill is real—we simply adapt and look for what's next. Prioritise internal happiness.



## FAILURE DOESN'T ALWAYS LEAD TO GROWTH

Sometimes failure just leads to pain. You don't grow, you don't find light. It just sucks. You're not alone. It's ok to admit that the glamorized version of failure isn't always in sync with reality.



## THE TIMELINES WE CREATE FOR OURSELVES ARE MOSTLY JUST ARBITRARY NONSENSE

We create timelines in our minds:

- X title by X age
- Y salary by Y age

It's stupid. Be curious and spend time with great people. The rest will take care of itself.



## YOU'LL LITERALLY NEVER KNOW WHAT YOU WANT TO BE WHEN YOU GROW UP

The idea that you should know what you want to do with your life by the time you are 20 is one of the worst lies we are told. The most hyper-successful people still have no idea what they want to do. They just have a bias for action that has allowed them to capitalize on opportunities and compound effectively over time.

~~PLAN~~  
~~PLAN~~  
~~PLAN~~  
**ACTION**

Have bias for Action

## HARD WORK AND CONSISTENCY ISN'T ALWAYS ENOUGH

Hard work and consistency will always give you a shot, but sometimes you're just going to get beat. If you lose, it better be that the person is simply more talented than you. Never beat yourself.

