

# Twitter Thread by Mind and Glory ■

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@mindandglory



If you're feeling lost in life, read this thread.



- Develop healthy habits you can stick to. Consistency breeds success.
- Journal! Put your thoughts on paper. Brain dumps help you find patterns that you can fix.
- Accept that these feelings are normal. Not every day will be a good day but learn to find the good in it.
- Remember social media is only a highlight reel.
- Practice gratitude, being thankful for the small things will transform your mindset.
- You are in control of your destiny, make decisions based on what you want.
- Read personal development and growth books. These will give you new ideas.
- Change your environment. Book a trip or even simply go outside.
- Find your passion! You were put on this earth for a reason. Go find it.
- Ask for help. A problem shared is a problem halved.
- Nobody has it all figured out. No matter how rich or successful someone is, they still don't know everything.
- You are strong enough. Look how far you've made it already.
- Take action. Inaction breeds anxiety which intensifies your problems.
- Set goals. Have something to work towards. Remember 1% better every day.

If you enjoyed reading this thread, please retweet the first tweet and follow [@mindandglory](https://twitter.com/mindandglory)

<https://t.co/pLWhKGIBOh>

This account exists to help you:

- Unlock your true potential
- Control your thoughts
- Build a successful life

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— Mind and Glory \U0001f396 (@mindandglory) [July 2, 2022](#)