Twitter Thread by Mind and Glory ■

Mind and Glory ■
@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.

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https://t.co/pLWhKGlBOh

This account exists to help you:

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

> If you're feeling lost in life, read this thread. pic.twitter.com/tRT8PKAdVP
>
> — Mind and Glory \U0001f396 (@mindandglory) July 2, 2022