

Daily Trading & Life Wisdom - January 09, 2026

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1. High ambition + high discipline = legends. High ambition + low discipline = dreamers. Low ambition + high discipline = workers. Low ambition + low discipline = spectators.

2. Modern parenting is outsourcing discipline to screens.

3. Best advice I've ever received: Trust no one. Worst advice I've ever received: Trust no one.

4. what is your biggest insecurity teaching you rn?

5. Name something the 21st century gave us that wed be better off without.

6. How do you deal with a friend who is more successful than you?

7. We crave connection but build lives designed for isolation.

8. people started wearing headphones everywhere or are simply opting out of small talk. is there a reason?

9. What phase are you in right now? Learning. Unlearning. Healing. Building. Surviving. Thriving. Name it.

10. High self-awareness people change themselves. Low self-awareness people try to change others.