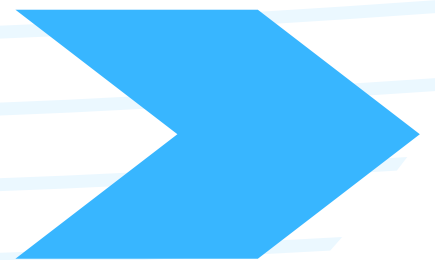


#PERSONALGROWTH

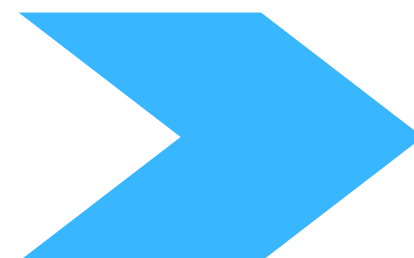
# TIPS FOR PERSONAL DEVELOPMENT TO ACHIEVE YOUR GOALS

BY TALHA



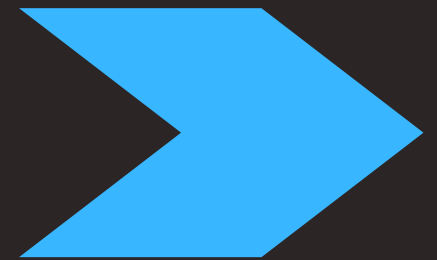
# Learn visualisation techniques

Visualise yourself taking the steps necessary to achieve your goal and achieving that success will help you to break toxic thought patterns.



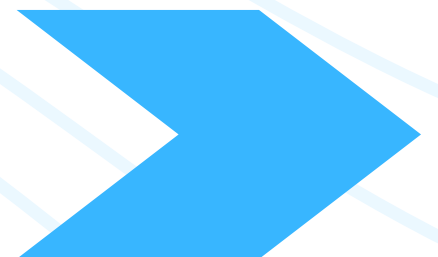
# Avoid negative thoughts

It is essential you keep a positive attitude. Monitor your thoughts and, when you start running an old, toxic film, cut those negative thoughts at the root.



# Only compete against yourself

Toxic competition with other people will only wear you out. Focus on your goal and how you are going to achieve it.



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**MUHAMMAD TALHA**

