This took me 9 years to learn, I'll teach it to you in 3 minutes.

Here are 9 uncomfortable truths about life...

1. If you continue to wait for the **"right time"**, you'll waste your entire life and nothing will happen.

2. You'll lose 99% of your close friends if you **start upgrading** your life.

3. You'll be **10x happier** if you forgive your parents and stop blaming them for your problems.

4. Train yourself to let people win arguments on purpose to conserve your **mental health.**

5. You become more mature when you train yourself to **take nothing personally.**

6. You don't need 100 self-help books, all you need is **action & self-discipline.**

7. You can't expect **honesty** from people who even lie to themselves.

8. Most people are stuck in toxic relationships because they are **afraid to be alone.**

9. The most difficult mission on earth is to **focus on your dreams;** The easiest task is to **complain.**

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RITIKA THAPA

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