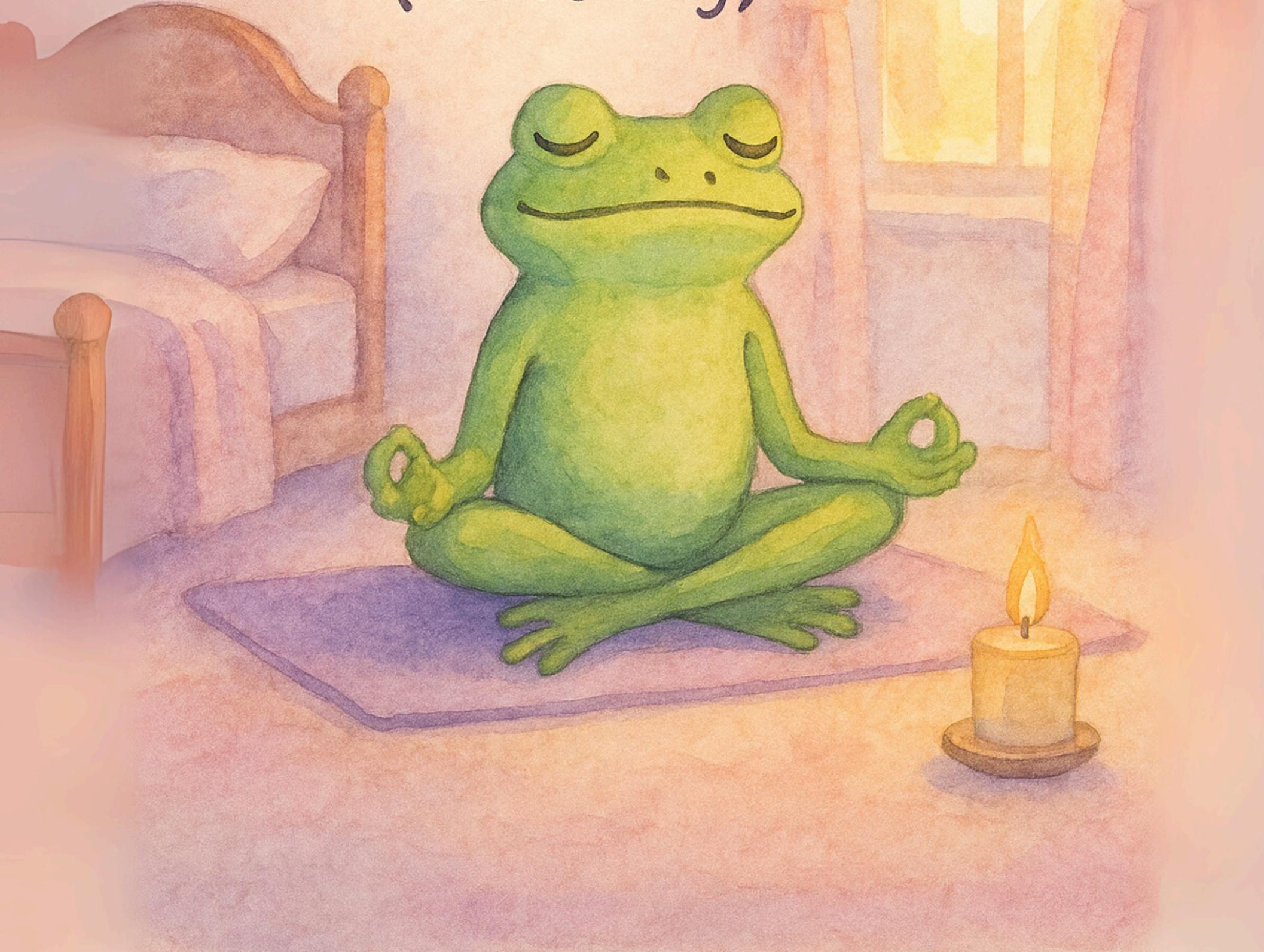


Telling people you've
done a good thing
destroys your
self-image over time.

(Here's why)



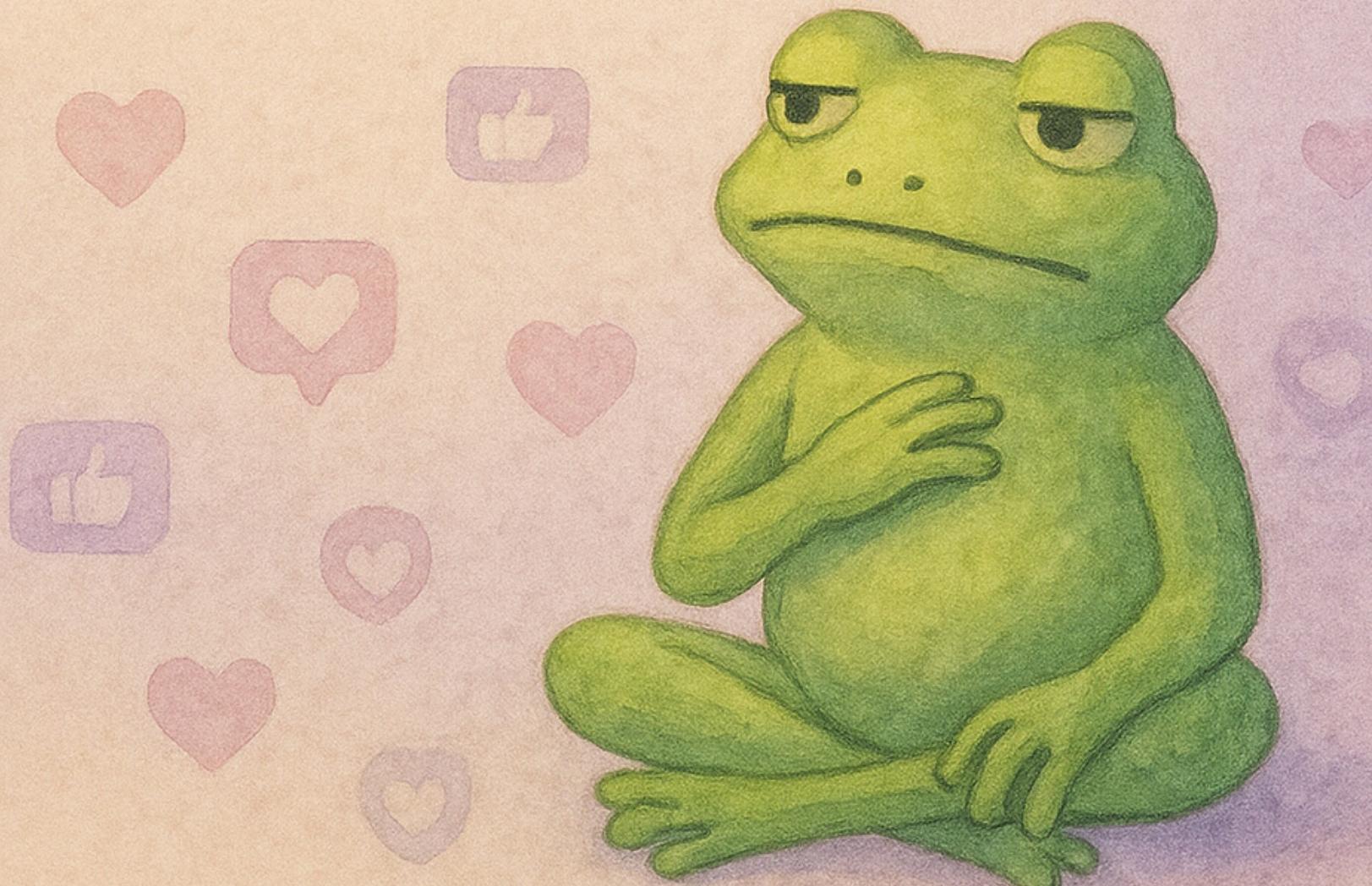
We all crave acknowledgement.

The pat on the back.

The validation.

The subtle “well done.”

But here's the problem—
the moment you announce
your good deed,
you trade intrinsic pride
for external approval.



When you tell people what you did,
your brain starts associating the act
with recognition, not integrity.



Over time, you stop doing things
because they are right. You start
doing them because they are noticed.

This rewires your motivation.
Your self worth becomes a mirror-
shaped by how others react,
not by what you quietly know to be true.



You begin to chase
validation instead of growth.

And that is the fastest way
to lose trust in yourself.



True confidence comes
from private victories.

The things nobody sees.
The moments only you
know about.



Every time you do something
good and stay silent,
you remind yourself that
you are the audience.

You stop outsourcing
pride to others.



Do the right thing.
Tell nobody.

Let your results speak
in silence.

That is how
self respect
compounds.



Discipline is doing good things
quietly.

Ego is needing others to know
you did them.

Choose the first.

Your future self will thank you.

