

Tochukwu @growthclinicc

Want to become the best version of yourself? Read this:

1. It's okay to overthink. But at least take action.
2. Love can't be forced. Love can't be bought. Have some dignity and move on.
3. Solitude is where you grow.
4. You may doubt yourself, but don't ever verbalize it.
5. When everyone around you feels weak, be the strongest.
6. When you're disrespected, leave.
7. Wisdom saves you from a lot of mistakes.
8. Discernment will show you when to smile and walk away. And when to stand up for yourself.
9. Define your path and show up everyday.
10. Be the most generous person you know.
11. Be insanely positive.
12. If the energy around someone new feels off, trust it.
13. Not everyone needs to know your plans. Keep things to yourself until the results come.
14. Learn to say No without explaining yourself.
15. Your choices determine your destiny.
 - a. Choose to do the hard things.
 - b. Choose peace.
 - c. Choose to forgive.
 - d. Choose Love.