



sufferingextremely

Member



 Oct 9, 2021

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Oct 23, 2023

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Education and skills development are the keys to so many things in life, certainly including what you describe here. You need to learn about people and relationships. Study psychology and get self-help books and courses on this topic. In everything that you learn, as you research, have a bias for things that have a scientific foundation. Not all self-help resources are created equal. Many are a waste of time. You want to learn and you want to apply your knowledge. Keep a journal where you record your experiences, what you have learned, and your progress. Set your goals regularly and measure your progress. There is a book called the 12 week year that is extremely good. There is also a book about habits. I believe it is written by a man named James Clear. It is pure gold. Prepare to be disappointed and to fail, over and over. Also prepare to make progress and to feel a sense of mastery over your life. Prepare to become immersed in what you learn. All of the above will happen, repeatedly, in your journey. When the disappointments and the failures come, you just take the blow, recover, and get right back to your goals. In baseball, you get 3 strikes and you're out. In your life, you get as many strikes as it takes. The only person who can call you out is you.

  Morana and platypusfan

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