



---

## Always do what's right. No more. No less.

Social Media creates hyper-comparability between people.  
This causes us to think too much about what others think of us  
And this is a hopeless endeavor - because it's anyway outside your control

2.000 years ago Marcus Aurelius said it well:



*"It never ceases to amaze me:  
We all love ourselves more than other people,  
but care more about their opinion than our own."*



We take ourselves way too serious, and we fantasize about something over which we have no control (our reputation).

Spare yourself that pain, that frustration, that wasteful behavior.

Therefore:

- Don't worry about your reputation.
- Don't spend time on your reputation.

Gossip or hits on Google or envy may anyway cause a 'shit storm' or people to speak ill of you.

Instead, do two things:

1. Focus on doing what is right (without regard for what others may think of it. Think of Warren Buffet)
2. Focus on what is within your control (your reputation is not)

This is a good habit to build.

You can find more tools and inspiration on our website: [www.growinghabits.online](http://www.growinghabits.online)  
Stick with it