

# Remember Who the Real Enemy Is

Never participate in a contest over who's the most disadvantaged. Everyone loses in that scenario.

If someone is fighting with you to achieve the status of "person with the hardest life," let them win.

Build your legacy on helping yourself and others overcome hardship, not on using personal struggles to make others feel inferior.

Instead of racing others to the bottom, find a common ground that you both can use as a foundation for personal growth.

Resistance is the enemy.

Debates about who faces the most resistance is a distraction that keeps us from defeating that enemy.