**Lesson #4: Don't Care What Other People Think**

One big key in your aesthetic journey is to not let what other people think or say affect your decisions.

I'm not trying to be negative here. I am being realistic.

Most people are not good people. They wish the worst for you. It's nothing personal, alright?

They wish the worst for everyone. Life is a giant competition, whether you like it or not. We are all competing for resources. People want you to fail because that makes them just a little bit more of a winner.

Now, hopefully, you can find a few close friends that truly care about you. But, other than that, people do not want you to succeed. People are going to say and do things to keep you from reaching your goals. But think about it. These are basically your enemies. Why would you listen to them? You should be doing the opposite of what they want you to do.

What they want you to do is quit, so don't.

When you start to build an aesthetic physique, people are going to get jealous. It is inevitable.

They're going to say things to discourage you and say things that they don't even mean. You have to learn to not care about what these people think. These people should not have an influence on your life or happiness.

You need to surround yourself with people who lift you up, people that help you reach your goals. It might be hard, but it doesn't even matter whether they were your close friends or even family, man. If they are keeping you from reaching your goals, cut them out of your life.

Remember, this is your life. This is your happiness, not theirs.