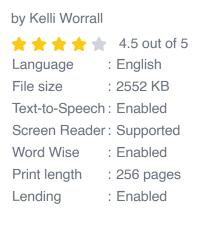
20 Things I Wish I Knew When I Was in My 20s

If I could go back in time and give my 20-year-old self some advice, I would tell her a lot of things. I would tell her to not sweat the small stuff, to focus on her goals, and to not be afraid to take risks. I would also tell her to enjoy her youth, because it goes by fast.



20 Things We'd Tell Our Twentysomething Selves





Here are 20 specific things I would tell my younger self:

- 1. **Don't sweat the small stuff.** Seriously, it's not worth it. There will be plenty of time to worry about the big things later on in life.
- 2. Focus on your goals. What do you want to achieve in life? Once you know what you want, make a plan and start working towards it.
- 3. **Don't be afraid to take risks.** Sometimes, you have to step outside of your comfort zone in order to grow and achieve your goals.
- 4. Enjoy your youth. It goes by fast, so make the most of it.

- 5. **Save money.** I know, it's hard to save money when you're young and broke. But trust me, it's worth it in the long run.
- 6. **Invest in yourself.** Take classes, learn new skills, and develop your talents. The more you invest in yourself, the more successful you will be in life.
- 7. **Build relationships.** Surround yourself with positive, supportive people. These people will help you through tough times and celebrate your successes.
- 8. **Don't be afraid to ask for help.** Everyone needs help from time to time. Don't be afraid to ask your friends, family, or mentors for help when you need it.
- 9. **Be kind to yourself.** Forgive yourself for your mistakes and don't be too hard on yourself. Everyone makes mistakes.
- 10. **Don't compare yourself to others.** Everyone is different and on their own unique path. Don't compare yourself to others and focus on your own journey.
- 11. **Be grateful for what you have.** Take time each day to appreciate the good things in your life. Gratitude will make you happier and more content.
- 12. Live in the present moment. Don't dwell on the past or worry about the future. Focus on living in the present moment and enjoying your life.
- 13. **Don't be afraid to be yourself.** Be true to yourself and don't try to be someone you're not. The people who love you will love you for who you are.

- 14. **Follow your dreams.** Don't let anyone tell you that you can't achieve your dreams. If you believe in yourself, you can do anything you set your mind to.
- 15. **Be happy.** Happiness is a choice. Choose to be happy, even when things are tough.
- 16. Love yourself. You are worthy of love, so love yourself unconditionally.
- Forgive others. Holding on to anger and resentment will only hurt you.
 Forgive others and move on.
- 18. Learn from your mistakes. Everyone makes mistakes. The important thing is to learn from them and move on.
- 19. **Never give up.** No matter what challenges you face in life, never give up on your dreams. Keep fighting for what you believe in.

These are just a few of the things I would tell my 20-year-old self. If you are in your 20s, I encourage you to take some time to reflect on these words. They may help you to make the most of this special time in your life.



20 Things We'd Tell Our Twentysomething Selves

by Kelli Worrall

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