

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

by Kelli Worrall

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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.
17. **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.



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