

1. Try New Things

- a. Experiment, experiment, experiment. Time is on your side.
- b. Join a sports team
- c. Start an online business
- d. Travel to an exotic country
- e. It's better to try than to regret never trying at all.

2. Never Let a Broken Heart Stop You From Loving

- a. Everyone goes through heartbreak.
- b. Heal, then find the courage to open your heart and love again.

3. Feel the Fear and Do It Anyway

- a. Expand your comfort zone.
- b. Fight fear by being brave enough to take a small step outside of your comfort zone every day.

4. Challenge Your Beliefs

- a. You're conditioned from birth to believe what's convenient for your parents and society.
- b. Question your beliefs.
- c. You will find your authentic self in the process.

5. Failure is the Step Before Success

- a. People fear failure as much as death. But we cannot achieve success without failure.
- b. Failure is not the opposite of success, it's the path towards it.

6. Take Care of Your Body

- a. Being physically fit has more benefits than just looking great.
 - i. You'll feel great
 - ii. Think more clearly
 - iii. Have more confidence
 - iv. Have increased energy
- b. The more fit you are, the more likely you are to live a longer, healthier life.

7. You Don't Have to Have Everything Figured Out

- a. Don't be too hard on yourself. It's not realistic to have everything figured out in your life.
- b. Even people in their 90s don't have everything figured out.
- c. Take one small step forward at a time.
- d. You'll figure it out as you go.

8. Popularity Isn't Everything

- a. Being true to yourself sometimes means going against the pack.
- b. Do what feels true and right. Even when it's unpopular.

9. Don't Worry About Finding "the One"

- a. Stop trying to find the one.
- b. Focus on yourself instead.
 - i. Get in shape
 - ii. Find a hobby you like
 - iii. Increase your income
 - iv. Seek new and novel experiences
- c. Create the life you want to live.
- d. "The One" will find you along your journey.

10. Follow Your Gut

- a. Your gut is always right.
- b. Learn to listen to it.

11. It's Okay to Ask for Help

- a. Knowing when to ask for help is a sign of strength, not weakness.
- b. Don't skip this step.
- c. Find a mentor who has what you want and ask them for help.

12. Invest in Experiences, Not Things

- a. Invest in experiences instead of Rolex's, fancy cars, or designer clothes.
- b. Backpack across Eastern Europe
- c. Travel to the coast and learn to surf
- d. Take your loved one to a new restaurant
- e. The memories will be worth every penny.

13. Start Saving Money Early

- a. Put 10-40% of every paycheck away for a rainy day and your future retirement.
- b. The earlier you save, the better off your future self will be.