

25 HARSH TRUTHS I WOULD TELL MY 25-YEAR-OLD SELF

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1. TIME WON'T

WAIT

Start now,
whatever it is.

2. PERFECTION

IS A MYTH.

Progress over
perfection, always.

3. FAILURES

ARE LESSONS.

Embrace them, learn,
& move forward.

4. CHANGE IS THE

ONLY CONSTANT

Adapt or be left behind.

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5. MONEY
MATTERS,

but it's not
everything.

6. HEALTH IS

WEALTH.

Seriously, take
care of yourself.

7. RELATIONSHIPS

NEED WORK.

Don't take them for
granted.

8. YOU'RE NOT

ALWAYS RIGHT.

Listen more.

9. COMFORT ZONES

ARE GROWTH'S

ENEMY.

Step out.

10. FEEDBACK IS

GOLD.

Seek it, accept
it, use it.

11. NO ONE

OWES YOU
ANYTHING.

Entitlement
is a trap.

12. HARD WORK

DOESN'T ALWAYS

PAY OFF.

But it's worth it.

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13. SUCCESS
ISN'T LINEAR.

Prepare for ups
and downs.

14. MINDSET
MATTERS.

Cultivate a
positive one.

15. YOU CAN'T
PLEASE
EVERYONE.

Stop trying.

16. BOUNDARIES ARE
NECESSARY.

Set them,
respect them.

17. TIME
MANAGEMENT IS A
SUPERPOWER.

Learn it.

18. KNOWLEDGE IS
POWER,

but action is key.

19. YOU'RE STRONGER
THAN YOU THINK.

Believe it.

20. THE WORLD OWES
YOU NOTHING.

Go out and earn it.

21. HAPPINESS IS A CHOICE.

Choose it daily.

22. YOU DEFINE YOUR
SUCCESS.

Don't let society dictate it.

23. REGRET IS WORSE
THAN FAILURE.

Take the leap.

24. YOU'RE NOT ALONE.

Everyone's figuring it
out.

25. LIFE IS SHORT.

Live it fully, love
deeply, laugh often.

