

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.

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.

