How we train our brains now in our 20s truly matters when it comes to setting ourselves up for a less stressful and more fulfilling life.

Your brain is a complex system of neurological pathways. You can think of it like a complex system of roads. The more you drive specific routes, the more ingrained those habits and behavioural patterns become. And that is why it's so important we start specifically choosing which routes we continue to drive down.

These emotional skills, these are not what we call soft skills. These are life changing, life saving, society altering skills.

Unlearning. There are many unhelpful social constructs that weigh down today's youth. Being the grade on your paper determines your intelligence. Or you're supposed to be nothing but young and dumb right now. Or my personal favourite. This needs to be the best time of your life. But the most harmful of all is the way many of us are socially conditioned to determine what a happy and successful life looks like and how to actually achieve it.

I urge you to take audit of what social conditionings and mindsets you have inherited. Question why you think, believe, act or speak in the way that you do. And from there you can reconstruct your views to be more aligned with you and the future that you want to have for yourself. As we unlearn social conditionings, we free up space to then create an authentic way of being.

Our 20s don't need to be so confusing and they don't need to be miserable. Start being intuitive and intentional as soon as possible. No waiting for a traumatic event or the stereotypical midlife crisis to change and to grow. Take radical responsibility as soon as possible as this is where joy and fulfillment are born. An idea we're spreading to every teen and 20 something. The sooner you grow, the better. Thank you.