

10 ways to live life like it's your second time around:

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- 1.** "Do more things that make you forget to check your phone."
- 2.** Consider the things you won't care about in 5 years. Other people's opinions, petty disagreements, sensationalized news. Allow yourself to stop caring now.

3. Shift your mindset from 'I don't know how' to 'I don't know how yet.'

In the words of Adam Grant:

Impostor syndrome: 'I don't know what I'm doing. It's only a matter of time until everyone finds out.'

Growth mindset: 'I don't know what I'm doing yet. It's only a matter of time until I figure it out.'

The highest form of self-confidence is believing in your ability to learn.

4. Spotlight Effect (Bias): We think people are paying far more attention to us than they are.

Harsh truth: Your freedom begins the day you realize nobody is thinking about you.

5. Psychology says, the way you talk about others is the way you talk to yourself (so be kind).

6. Spend more time with people who give you energy. Spend less time with people who steal your energy.
7. Master the “gift of goodbye.” You don’t owe loyalty to a friend or employer who belittles you. Successful & happy people simply say goodbye.

8. Learn from your mistakes (after-action review):

1. What did I intend to accomplish?
2. What happened?
3. Why did it happen that way?
4. What will I do next time for a better outcome (or to repeat my success)?

9. Make 'No' your default.

Whether it's new work projects or social gatherings,

Saying 'Yes' to non-priorities ruins your priorities.

In the words of Mark Manson,

If it's not a 'f*ck yes,'

It's a no.

10. Normalize being weird:

“Weirdness is what sets us apart, gets us hired. Be your unapologetically weird self. In fact, being weird may even find you the ultimate happiness.”

—Chris Sacca