

AI-00015 100 best advices to younger self

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1. Believe in yourself.
2. Don't worry about what others think of you.
3. Follow your dreams, not someone else's.
4. Don't be afraid to take risks.
5. Learn to say no.
6. Always be kind to others.
7. Take care of your health.
8. Don't sweat the small stuff.
9. Never stop learning.
10. Live in the moment.
11. Take responsibility for your actions.
12. Surround yourself with positive people.
13. Don't compare yourself to others.
14. Embrace failure as a learning opportunity.
15. Travel as much as you can.
16. Keep an open mind.

17. Practice gratitude.
18. Don't hold grudges.
19. Don't be afraid to ask for help.
20. Focus on what you can control.
21. Practice forgiveness.
22. Take breaks and rest when you need to.
23. Don't be afraid to make mistakes.
24. Learn to let go of things that don't serve you.
25. Invest in yourself.
26. Follow your intuition.
27. Don't take things personally.
28. Practice self-compassion.
29. Be true to yourself.
30. Don't dwell on the past.
31. Spend time with loved ones.
32. Be mindful of your thoughts and feelings.
33. Learn to communicate effectively.
34. Stay true to your values.
35. Practice self-care.
36. Take responsibility for your own happiness.
37. Don't be afraid to stand up for yourself.
38. Keep a positive attitude.
39. Be patient with yourself.
40. Learn from your mistakes.
41. Focus on what's important.
42. Treat others how you want to be treated.

43. Don't be afraid to try new things.
44. Cultivate a growth mindset.
45. Don't let fear hold you back.
46. Set boundaries.
47. Learn to manage stress.
48. Don't give up on your goals.
49. Prioritize your time.
50. Don't let others define your worth.
51. Practice empathy.
52. Find your passion.
53. Stay organized.
54. Don't be afraid to ask questions.
55. Learn to handle rejection.
56. Keep a journal.
57. Trust your instincts.
58. Be proactive.
59. Practice self-reflection.
60. Don't be afraid to take a break from social media.
61. Learn to love yourself.
62. Surround yourself with positive influences.
63. Find a mentor.
64. Learn to be assertive.
65. Practice self-discipline.
66. Take care of your mental health.
67. Don't let setbacks discourage you.
68. Learn to manage your finances.

69. Keep a positive outlook on life.
70. Don't be afraid to change direction.
71. Keep an open heart.
72. Learn to adapt to change.
73. Be flexible.
74. Practice active listening.
75. Don't be afraid to make mistakes.
76. Learn to let go of perfectionism.
77. Don't be afraid to express your emotions.
78. Don't take things for granted.
79. Practice mindfulness.
80. Don't compare yourself to others.
81. Be present in the moment.
82. Learn to forgive yourself.
83. Cultivate a sense of humor.
84. Take care of your physical health.
85. Don't be afraid to apologize.
86. Keep a positive attitude.
87. Learn to handle criticism.
88. Don't be afraid to be vulnerable.
89. Stay true to your values.
90. Practice gratitude.
91. Be curious.
92. Don't be afraid to stand out.
93. Learn to let go of things you can't control.
94. Practice patience.

- 95. Keep a growth mindset.
- 96. Don't be afraid to pursue your passions.
- 97. Learn to manage your time effectively.
- 98. Embrace change.
- 99. Practice self-acceptance.
- 00. Never stop believing in yourself.