5 Skills You Need to Learn at Young Age

1. Build a foundation for health

In your twenties it's easy to feel like you're invincible. That fast food and the five margaritas you downed the night before burn right off and you wake up the next morning feeling fine. This does not last. Start building healthy habits now before they catch up to you later. At 30, I'm still struggling with this one myself. Get in the habit of eating healthfully and exercising. Your body will thank you for years later.

1. Learn resiliency

Your twenties is a time when most are relatively free of the responsibilities that will increase into your thirties and forties. This is a great time to experiment, fail, and bounce back. Learn how to ride out failure and persevere. Life is full of challenges. The twenties are a great time to toughen up and start teaching yourself how to be emotionally and mentally resilient enough to weather both the joys and hardships to come.

1. Figure out your lifestyle

I felt like a failure throughout my twenties because most of my university friends seemed happy in corporate jobs that made me miserable. I felt constant pressure to fit a specific mold. It's only within the past year that I've started to come to terms with who I really am and what really makes me happy. Life is not one-size-fits-all.Choose the career and lifestyle that are true to you, not a version of that you wish you were.

1. Learn to live within your means

This point is a related one to the financial advice Jason shares in his answer. Learn smart financial management now. Learn how to live within a budget and maintain good credit. A mistake I once made, and one I still see a number of my peers making, is being a slave to lifestyle: taking cabs everywhere, buying expensive clothing, and having meals out constantly. This is stupid and reckless. I know people who were left completely adrift despite having made great salaries because they had no savings when their careers hit a rough patch. Their income was spent all on things that are frivolous. Luxuries are a wonderful thing only if you can truly afford them. Don't be a slave to funding a lifestyle that will not last. Learn to live modestly and save up, and then you will have earned the right to purchase yourself some treats, in moderation.

5 Choose your fiends wisely

Time is a precious commodity and you start to realize that increasingly into your mid to late twenties. Choose your friends wisely. Separate yourself from toxic or negative influences, those who would waste your time, and those who encourage you to focus on the unimportant. Seek out people who give you happiness, who inspire you, who support you, and nourish those relationships instead.

青春不是年华，而是心境；青春不是桃面、丹唇、柔膝，而是深沉的意志，恢宏的想象，炙热的感情；青春是生命的深泉在涌流。

青春气贯长虹，勇锐盖过怯弱，进取压倒苟安。如此锐气，二十后生而有之，六旬男子则更多见。年岁有加，并非垂老，理想丢弃，方堕暮年。

岁月悠悠，衰微只及肌肤；热忱抛却，颓废必致灵魂。忧烦，惶恐，丧失自信，定使心灵扭曲，意气如灰。

无论年届花甲，抑或二八芳龄，心中皆有生命之欢乐，奇迹之诱惑，孩童般天真久盛不衰。人人心中皆有一台天线，只要你从天上人间接受美好、希望、欢乐、勇气和力量的信号，你就青春永驻，风华常存。

一旦天线下降，锐气便被冰雪覆盖，玩世不恭、自暴自弃油然而生，即使年方二十，实已垂垂老矣；然则只要树起天线，捕捉乐观信号，你就有望在八十高龄告别尘寰时仍觉年轻。