# tactig.io free youtube transcript

# How To Make The Most Out of Your 20s

# https://www.youtube.com/watch/H\_XMgRhLhic

00:00:00.080

00:00:01.839

00:00:04.040

what's the worst that can happen yeah

and you just okay be explicit this

happens okay well if that happens yeah

then what can you do could you go get a

job they're like yes and I'm like okay

so the worst

case this is Dalton plus Michael and

today we're going to talk about how to

spend your

20s yeah we are as people who are no

longer in their 20s yeah we're qualified

extremely people on the internet man

have all the answers on how to live your

life that's we're Elder Millennials in

all honesty I think that uh we see a lot

of young people at YC become really

successful and so there are some lessons

that probably can be pulled out and they

would apply to people who might not even

ever want to do a startup so where would

you start how about how about here do

you know what the honic treadmill is

friends it's this thing where no matter

what's going on in your life you will

get used to it yes and so when you get a

new cool thing when you're a kid and you

get a new toy you're like wow this toy

is awesome what a great Christmas I'll

never want for anything again and then

two days later you're like oh yeah this

toy sucks it's just I want more new

stuff and so whenever you get new things

whenever you get new rewards you get

used to them and they no longer are

awesome the way you thought they would

be once you get them okay and so the

treadmill is you're always trying to

walk forwards on achieving new goals or

getting new stuff yes and it never feels

satisfying and you just keep running on

the treadmill forever okay well and I

think that there's some dangerous honic

treadmills in your

20s um and what's funny is like

Instagram kind of blew this up in a

really awkward way because it's like

everyone's sharing videos and photos of

them living their absolute best life

yeah it's fake like they're they're

clipping the © one% of their lives that

are awesome and they're putting on a

site and you're like wow everyone is

living a more awesome life than me like

every day every day all the time my life

sucks and and it changes kind of what

you think your goal should be so I and

it what's what's sad and unfortunate is

that like there's only so many I mean

wow this going to sound really

depressing there only so many good

things there's only so many toys yeah

this isn't a speedrun to get through

them and you know you know people who

grow up super rich like have this

problem of like oh crap like I already

did all the fun stuff and I have a lot

more Life to Live oh man this sucks so

we definitely people screw that up in

their 20s and we're arguing we are

arguing that there is a way to hack this

there's a way to hack the atomic

treadmill it doesn't mean you shouldn't

seek yeah like enjoyment and the hack is

to

intentionally delay each step yeah and

to give yourself room and upside yes so

there's always more steps for you to

climb in the future versus speed running

it and getting it all at once yes so for

example you gave this example the first

place you live after college yeah should

not be much nicer than your dorm room

yeah even if you got a job in Facebook

and you can afford

it and and the reason is you're living

you're leaving yourself a lot more

upside there yes um your first vacations

should probably not be that nice um

there are lots of examples your first

car is probably not be that nice I think

this in so many areas and um I think

that like if you can get those honic

distractions um a little bit out of your

20s you can focus on other stuff what

should people be focusing on the best

way I've heard this uh said is to do the

most hardcore thing early in your career

because you can always mellow out you

can always pull the rip cord and do less

hard things yes it's very hard to go the

way other way around like if you've been

on mellow chill mode and then you decide

you want to be very ambitious and

hardcore much hard to do it that way why

do people it's it's interesting to me

because that seems obvious that seems

like obvious advice but I also feel like

people are like afraid of it someh no I

think you're bombarded with you want to

have a good work life balance I think I

think you're actually bombarded with

like you might burn out the opposite of

that right it's it's weird I found these

messages very confusing when I was

younger well it's I I might argue maybe

I was just kind of in in a weird bubble

but I feel like I hear those m messages

now I didn't hear those messages then

like almost all of my friends were

trying hard but now it does it almost

feels like oh if you try too hard you'll

pull a muscle yeah which is so weird

it's kind of like oh if you run too hard

when you're young you'll hurt yourself

versus like you'll definitely hurt

yourself when you're old and you AR like

being young is when you actually how

about to Riff on it this way yeah if you

choose to go to med school that is a

hardcore thing and once you get your md

you could be a more mellow doctor you

don't have to be

crazy do you could be like a parttime

plastic surgeon once you go through med

school so you're doing the hardly and

you a lot of choices same thing with law

school I would say some same thing with

people that work at hedge funds or

investment Banks but I think a lot of

people that opt into other careers do

the less hardcore thing and again maybe

they should maybe if you want to be a

novelist you should be a really hardcore

novelist in your 20s and write a lot

yeah yeah and so I think regardless of

the career you're going down yeah the

more hardcore path just gives you more

option it when you're when you're older

and I think this comes back to a point

we talk about a lot which is that like

you don't really know your capacity yep

don't speedrun all the fancy things in

life and do hard early get used to

it get comfortable I think the third

thing that comes up a lot in your 20s is

it's an opportunity to be risk seeking

versus risk avoing and it's hard to

contextualize how much of your life

you'll spend being risk avoided yep but

it's like your kids you have a mortgage

you have elderly parents you yourself

are elderly you

are less willing to take risk so most

people in their 20s don't have any of

those things to worry about um or many I

shouldn't even say most yet sometimes it

seems like they're not taking as much

risk yeah what what do you think's going

on there from talking to Founders a lot

of them are told by their parents to not

do something risky and to not take

career risk in their 20s again I'm not

really sure EX where that's coming from

but doing a startup is seen as risky

like you can destroy your life if you do

a startup yeah or something like that so

I think it's fear and again perhaps

Justified I don't really get it this is

the thing that always gets me it's it's

it's not the idea that you get a job and

you can do that job at that company for

the rest of your life is already been

disproven yeah like so it's like I

understand the feeling of fear but like

the

result like oh if I get a job at IBM

today like I build there until I'm 60

like probably not sorry and so I think

the other thing that happens when people

think about risk is they have to test

themselves it's hard to kind of know

what you're made of it's easy to like

Think You Know What You're Made Of and

never test it then to actually be out

there in uncomfortable area and like

have to put I think one good exercise

you could do on that point whenever

people talk about risk or they're

worried about it is I encourage them to

just be like okay well let's talk about

it what's the worst that can happen yeah

and you just okay be explicit this

happens okay well if that happens then

what can you do could you go get a job

they're like yes and I'm like okay so

the worst

case like it's like I would just I

advise this for everybody out there yeah

you know talk through explicitly what

the worst thing that could happen if you

take a risk is and it might not sound as

bad as you think once you name it once

you talk about it explicitly well and

and here's the interesting thing because

we're making this for General audience I

want to leave open the door that maybe

it it is really bad yeah right like and

if it really is bad don't take risk

don't take the risk like we're not

saying you should always no matter what

starting conditions be R risk-seeking I

think what we're trying to say is there

are a lot of people who their starting

conditions would allow them to be

risk-seeking but they don't realize it

yep and that's or they realize later and

they're like wow yeah whoops like that

was dumb yeah that's a tricky one you

brought up parents I think it's probably

worth revisiting um we're parents yep

it's hard to not

want to have a vision for your kids yeah

it's hard to not have expectations it's

hard to not have dreams and maybe

they're not like oh I want them to be a

doctor right for some people it is but

it's hard to not have that right it's

hard to not feel responsible yeah but

your 20s is really the first moments

where your plan's kind of your own if

you're following your parents plan you

chose that

like right when you're 14 if you're

following your parents plan maybe your

parents chose that yeah but when you're

23 and you're following your like that's

your are you living your own life for

the expectations of you yeah because at

some point you're going to wake up and

realize this is my plan this is my life

yeah yeah and I think what's interesting

is like maybe your parents plan's great

maybe it's bad like who knows but um I

think there are a lot of people who kind

of look back and they're like oh I

didn't question my plan enough in my 20s

yeah like I woke up in my 30s and was

like wait did I really like the path

that I walk did I ever spend a lot of

time thinking about what do I want that

or not and then they realize in their

30s like that's a little some of that's

baked yep I think the biggest Point

around these lines is also peers yes and

who you spend time with like I I always

like to reference your personality is

just an amalgam of whatever the six or

seven people you spend the most time

with yeah and a lot of the things that

we think are our own ideas is or our own

identity is no it's not it's

just your like this is you just soaked

it up from your peer group and so to the

extent you're thoughtful about who

you're spending time with and asking are

they making me better yeah am I around

people that make me more optimistic yeah

that make me want to do things that is

kind of a a big factor into all the life

decisions we make it's funny think about

how much of our lives are dictated by

who we get randomly assigned as

roommates in college huge like is there

any bigger decision in

what yeah what kind of person you grow

up to be is like random roommate

assignments like freshman year okay big

deal and so this is hackable kind of

like the honic treadmill yeah you could

choose to spend more time with different

people based on who you want to be more

like we're not trying to say your

friends are bad what we're trying to say

is like if you want something different

like if you want to

change if you want to do a startup

having more friends that are startup

people that won't be like startups are

dumb startups are risky why would you

want to do that and instead of like oh

yeah I'm doing a startup 2 do you see

how that would yeah like everyone

becomes a Centrist in whoever they're

surrounded by and so if you're

surrounded by extremists on any topic

you'll think you're a Centrist but

you're actually an extremist yeah and so

startups aren't weird at all in certain

friend groups and in some friend groups

they don't get it yeah and it's tricky

because it's like you know we don't want

to make this corporate and transaction

it's just more like hey know how

powerful those people are around you and

like understand a hack to changing your

life is changing those people um and hey