

7 Things You Won't Give a F*ck About in 5 Years:

Swipe 



Whenever I'm **overthinking something.**

I ask myself...

“will this matter in...

5 weeks?

5 months?

5 years?”

If the answer is “no”, then I let it go.

How “Silly” You Looked

It's a tragedy **how many dreams die** simply because people are scared of looking silly.

- Start that YouTube channel
- Ask that person for a date
- Go back to school

Those who mind don't matter.
And those who matter don't mind.

Getting Rejected

Rejection is not failure, it's redirection.

5 years from now—you'll look back on these as important turning points in your life.

Shoot your damn shot, and do it often.

A few "no"s aren't going to hurt you.

Your Age

If you're 25 now,
no matter what, in 5 years you will be 30.

You have the choice to be:

30 year old who:

- built their business
- learnt an instrument
- went back and got a degree

OR

30 year old who:

- thought it was too late to start

P.S. This applies if you're 30, 40, 50...

Other People's Opinions

**Opinion's are like assholes.
Everyone's got one—and they're full of shit.**

But really.

**Other people don't know your life, and
it's not their responsibility to.**

Stop taking what they think so personally.

Saying “Yes” to Everything

How many times have you done something simply because you felt obligated?

Or you didn't want to hurt someone's feelings?

Let the **power of “no”** liberate you.

A full-hearted “no” will always be better than a half-hearted “yes”.

Instant Gratification

Things you will never say 5 years from now:

"I'm glad I watched that extra episode of Netflix"

"I wish I had spent more time on my phone"

"If only I had eaten more Big Macs"

Start caring about **"Future You"**.

Not just **"Right Now You"**.

Shiny Objects

Look around your room.

Odds are that there are only a **handful of items** you'll still be using in 5 years.

Hop off the **hedonic treadmill**.
Shift your focus to **gratitude**.

Remember this:

The easiest way to have more—is to want less.

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