

8 THINGS TO DO WHEN YOU TURN 20: ESSENTIAL STRATEGIES FOR YOUR TWENTIES

By Various

Authors TABLE OF CONTENTS 1.

Introduction 2.

Thing 1: Define Your Personal Vision 3.

Thing 2: Build Your Financial Foundation 4.

Thing 3: Invest in Relationships 5.

Thing 4: Develop Career Skills 6.

Thing 5: Take Care of Your Health 7.

Thing 6: Cultivate Good Habits 8.

Thing 7: Embrace Failure and Learning 9.

Thing 8: Create Your Life Strategy 10.

How to Apply This Book in Your Life 11.

Conclusion INTRODUCTION Your twenties are a critical decade—a time of unprecedented opportunity, growth, and transformation.

The decisions you make and habits you form in your twenties will shape the rest of your life.

This book provides eight essential strategies to maximize this crucial period.

The Core Premise: - Your twenties are foundational -
Decisions compound over time - Small actions have huge
impacts - Strategic approach essential - Transformative
decade The Revolutionary Insight: Traditional twenties: -
Figure it out as you go - Trial and error - No clear
direction - Reactive approach - Wasted potential

Strategic twenties: - Intentional planning - Systematic approach - Clear direction - Proactive strategy - Maximized potential

Why This Matters: - Compound effects - Foundation for life - Critical decisions - Habit formation - Trajectory setting The Promise: - Clear direction - Strategic advantage - Accelerated growth - Avoided mistakes -

Exceptional outcomes **THING 1: DEFINE YOUR**

PERSONAL VISION The Foundation of Success Why

Vision Matters: The Principle: - Without vision, you drift - With vision, you navigate - Clarity drives action -

Purpose motivates - Direction essential The Cost of No

Vision: - Wasted time - Scattered effort - Regret later -

Unfulfilled potential - Reactive life Creating Your Vision:

The Life Areas: 1.

Career/Purpose: - What work matters to you?

- What impact do you want?
- What are you building toward?
- Professional vision - Meaningful contribution

2.

Relationships: - What kind of relationships?

- Who do you want to become?
- What family do you want?
- Social vision - Connection goals

Health/Wellness: - What physical condition?

- What mental state?

- What lifestyle?

- Health vision - Vitality goals 4.

Financial: - What financial freedom?

- What lifestyle?

- What security?

- Financial vision - Abundance goals 5.

Personal Growth: - What skills to develop?

- What knowledge to gain?

- What person to become?

- Growth vision - Development goals 6.

Contribution: - What legacy?

- What impact?

- How to serve?

- Contribution vision - Meaning goals The Vision

Exercise: 10-Year Vision: - Where do you want to be at 30?

- What have you accomplished?

- Who have you become?

- What does life look like?

- Detailed picture

5-Year Milestones: - What by 25?

- Key achievements - Progress markers - Measurable

goals - Clear targets 1-Year Goals: - This year's priorities

- Specific objectives - Actionable steps - Immediate focus - Starting point Writing Your Vision: The Process:
- Find quiet time - Reflect deeply - Write freely - Be specific - Dream big The Format: - Present tense - Detailed description - Emotional connection - Vivid imagery - Compelling narrative The Review: - Read daily - Visualize regularly - Adjust as needed - Stay connected - Maintain focus The Lesson: - Vision is essential - Clarity drives action - Write it down - Review regularly - Navigate with purpose

THING 2: BUILD YOUR FINANCIAL FOUNDATION

The Power of Early Start Why Start Now: The Compound Effect: - Time is your advantage - Small amounts grow huge - Early start = massive difference - Mathematical certainty - Strategic timing The Example: - Start at 20:

\$500/month = \$1.

4M at 65 - Start at 30: \$500/month = \$600K at 65 - 10
years = \$800K difference - Compound interest magic -
Time value of money Financial Fundamentals: 1.

Emergency Fund: What It Is: - 3-6 months expenses -
Liquid savings - Safety net - Peace of mind - Financial
security How to Build: - Start with \$1,000 - Then 1
month expenses - Build to 3-6 months - Automatic
savings - Consistent deposits Where to Keep: -
High-yield savings - Easily accessible - Separate account
- Not invested

- Safe and liquid 2.

Eliminate Debt: The Priority: - High-interest first -
Credit cards - Student loans - Strategic payoff - Freedom

focus The Methods: Debt Snowball: - Smallest balance first - Quick wins - Psychological momentum - Motivation building - Proven effective Debt Avalanche: - Highest interest first - Mathematically optimal - Saves most money - Logical approach - Maximum efficiency The Approach: - Stop new debt - Pay minimums on all - Extra to priority debt - Repeat until free - Systematic elimination 3.

Start Investing: The Vehicles: 401(k): - Employer match (free money!

) - Tax advantages - Automatic contributions - Long-term growth - Essential foundation

Roth IRA: - Tax-free growth - Tax-free withdrawal - Flexibility - Powerful tool - Strategic advantage Index

Funds: - Low cost - Diversification - Market returns -
Simple approach - Proven effectiveness The Strategy: -
Start small if needed - Increase over time - Consistent
contributions - Long-term focus - Don't try to time market
4.

Live Below Your Means: The Principle: - Spend less than
you earn - Save the difference - Avoid lifestyle inflation -
Financial freedom - Strategic discipline The Practice: -
Track spending - Budget intentionally - Avoid
comparison - Delayed gratification - Conscious choices
The Benefit: - Financial security - Options and freedom -
Reduced stress - Wealth building - Life flexibility

5.

Increase Income: The Approaches: Career Growth: -

Develop skills - Seek promotions - Job changes -
Strategic advancement - Earning power Side Hustles: -
Freelancing - Consulting - Online business - Additional
income - Diversification Investments: - Passive income -
Dividend stocks - Real estate - Long-term wealth -
Financial freedom The Lesson: - Start now - Compound
effect - Build foundation - Strategic approach - Financial
freedom **THING 3: INVEST IN RELATIONSHIPS** The
Foundation of Happiness Why Relationships Matter: The
Research: - Happiness predictor #1 - Not money or
success - Quality relationships - Social connection

- Life satisfaction The Harvard Study: - 75+ years of
research - Relationships determine happiness - Quality
over quantity - Investment essential - Proven importance
The Relationship Types: 1.

Romantic Relationships: The Twenties Challenge: -
Finding yourself - Career building - Location changes -
Relationship complexity - Strategic navigation The
Approach: - Know yourself first - Clear values - Healthy
boundaries - Communication skills - Intentional choice
The Red Flags: - Disrespect - Dishonesty - Controlling
behavior - Lack of support - Incompatible values The
Green Flags: - Mutual respect - Honest communication -
Shared values - Support and encouragement - Healthy
conflict resolution 2.

Friendships: The Twenties Shift:

- Quality over quantity - Intentional selection - Deeper
connections - Life-stage alignment - Strategic curation
The Investment: - Regular contact - Quality time -
Vulnerability - Support and care - Mutual growth The

Evaluation: - Who energizes you?

- Who drains you?

- Who supports growth?

- Who holds you back?

- Strategic selection 3.

Family Relationships: The Adult Transition: - From dependent to independent - New dynamics - Healthy boundaries - Adult relationships - Strategic navigation

The Approach: - Respect and appreciation - Clear boundaries - Regular contact - Forgiveness - Mature connection 4.

Professional Relationships: The Network: - Mentors -

Peers - Industry contacts - Strategic connections - Career

support

The Building: - Genuine interest - Provide value - Stay in touch - Strategic networking - Long-term investment

Relationship Skills: Communication: - Active listening - Clear expression - Honest dialogue - Conflict resolution -

Essential skill Boundaries: - Know your limits -

Communicate them - Enforce consistently - Self-respect

- Healthy relationships Vulnerability: - Share

authentically - Ask for help - Admit mistakes - Deep

connection - Trust building The Lesson: - Relationships

matter most - Invest intentionally - Quality over quantity

- Develop skills - Lifelong happiness **THING 4:**

DEVELOP CAREER SKILLS The Professional

Foundation Why Skills Matter:

The Reality: - Degree isn't enough - Skills determine success - Continuous learning essential - Competitive advantage - Career trajectory

The Opportunity: - Your twenties for learning - Brain plasticity - Time to experiment - Foundation building - Strategic development

The Essential Skills: 1.

Hard Skills: Technical Expertise: - Industry-specific knowledge - Tools and technologies - Specialized capabilities - Measurable competence - Career foundation

The Development: - Formal education - Online courses - Certifications - Practice and application - Continuous learning

The Strategy: - Identify in-demand skills - Your industry requirements - Future trends - Strategic selection - Focused development 2.

Soft Skills: Communication: - Written and verbal -

Presentations

- Persuasion - Essential everywhere - Career multiplier

Leadership: - Influence without authority - Team

collaboration - Project management - Strategic thinking -

Advancement essential Emotional Intelligence: -

Self-awareness - Self-regulation - Empathy - Social skills

- Success predictor Problem-Solving: - Critical thinking

- Creative solutions - Analytical skills - Decision-making

- Value creation Adaptability: - Learning agility -

Flexibility - Resilience - Change navigation -

Future-proofing The Career Strategy: 1.

Explore Widely: The Twenties Advantage: - Time to

experiment - Low risk - Discovery phase - Find your fit

- Strategic exploration The Approach:

- Try different roles - Various industries - Side projects -
Informational interviews - Broad exposure 2.

Develop Deeply: The Focus: - Identify your strengths -
Build expertise - Deliberate practice - Mastery pursuit -
Strategic depth The 10,000 Hour Rule: - Mastery takes
time - Consistent practice - Quality matters - Start early
- Compound expertise 3.

Build Your Brand: Personal Branding: - Online presence
- Professional reputation - Thought leadership - Visibility
- Strategic positioning The Elements: - LinkedIn profile -
Portfolio/website - Content creation - Networking -
Reputation management 4.

Seek Mentorship: The Value: - Accelerated learning -
Avoid mistakes - Guidance and support

- Network access - Career advancement Finding Mentors:

- Identify potential mentors
- Provide value first
- Ask for specific help
- Maintain relationship
- Strategic connection

The Lesson:

- Skills determine success
- Continuous development
- Hard and soft skills
- Strategic approach
- Career foundation

THING 5: TAKE CARE OF YOUR HEALTH The Foundation of Everything Why Health Matters: The Principle:

- Health enables everything
- Without it, nothing else matters
- Prevention easier than cure
- Habits formed now last
- Strategic priority

The Twenties Trap:

- Feel invincible
- Neglect health
- Bad habits form
- Consequences later
- Preventable damage

The Health Pillars: 1.

Physical Health: Exercise:

- 150 minutes moderate weekly
- Strength training 2x/week

- Cardiovascular fitness - Flexibility and mobility -
Consistent routine The Benefits: - Energy and vitality -
Disease prevention - Mental health - Longevity - Quality
of life The Approach: - Find what you enjoy - Make it
convenient - Build habit - Consistency over intensity -
Sustainable practice Nutrition: - Whole foods focus -
Balanced diet - Adequate protein - Fruits and vegetables
- Hydration The Principles: - Cook at home - Limit
processed foods - Moderate portions - Mindful eating -
Sustainable approach Sleep: - 7-9 hours nightly -
Consistent schedule - Quality matters - Recovery
essential - Performance foundation The Habits: - Regular
bedtime - Dark, cool room - No screens before bed -
Wind-down routine

- Priority treatment 2.

Mental Health: The Importance: - Equally critical - Often neglected - Affects everything - Preventive care - Strategic attention The Practices: Stress Management: - Identify stressors - Healthy coping - Boundaries - Balance - Sustainable approach Mindfulness: - Meditation - Present moment - Awareness - Emotional regulation - Mental clarity Therapy: - Professional support - Process experiences - Develop skills - Growth tool - Preventive care Social Connection: - Quality relationships - Regular interaction - Support system - Belonging - Mental health foundation 3.

Preventive Care: Regular Checkups:

- Annual physical - Dental cleanings - Vision exams -

Preventive screening - Early detection The Benefit: -

Catch issues early - Prevent problems - Peace of mind -

Long-term health - Cost savings Healthy Habits: - No smoking - Moderate alcohol - Sun protection - Safe practices - Risk reduction The Lesson: - Health is foundation - Invest now - Habits compound - Prevention key - Lifelong benefit

THING 6: CULTIVATE GOOD HABITS

The Power of Systems Why Habits Matter: The Principle: - We are what we repeatedly do - Habits shape life - Compound over time - Automatic behavior - Destiny determinant The Math: - 1% better daily = 37x better yearly - Small improvements compound - Consistency beats intensity

- Long-term thinking - Exponential results The Habit Formation: The Habit Loop: - Cue (trigger) - Routine (behavior) - Reward (benefit) - Repetition - Automaticity

Building Good Habits: 1.

Make It Obvious: - Visual cues - Environment design - Implementation intentions - Clear triggers - Automatic activation Examples: - Workout clothes out - Book on pillow - Fruit on counter - Visible reminders - Environmental prompts 2.

Make It Attractive: - Pair with pleasure - Temptation bundling - Social motivation - Immediate reward - Enjoyable experience Examples: - Favorite music while exercising - Podcast while commuting - Friend accountability - Reward system - Positive association 3.

Make It Easy: - Reduce friction

- Start small - 2-minute rule - Simplify process - Lower barrier Examples: - Gym near home - Meal prep Sunday - Lay out clothes - Remove obstacles - Effortless start 4.

Make It Satisfying: - Immediate gratification - Track progress - Celebrate wins - Visual progress - Positive reinforcement Examples: - Habit tracker - Progress photos - Celebration ritual - Visible results - Rewarding feeling Breaking Bad Habits: 1.

Make It Invisible: - Remove cues - Avoid triggers - Environment redesign - Out of sight - Reduced temptation 2.

Make It Unattractive: - Highlight costs - Negative association - Future consequences - Reframe thinking - Reduced appeal 3.

Make It Difficult: - Add friction

- Increase steps - Commitment device - Barriers to action
- Reduced accessibility 4.

Make It Unsatisfying: - Accountability partner - Public commitment - Immediate cost - Negative consequence - Reduced reward

The Essential Habits: Morning Routine: - Wake early - Exercise - Healthy breakfast - Planning - Positive start

Evening Routine: - Review day - Plan tomorrow - Wind down - Quality sleep - Strong close

Weekly Review: - Assess progress - Adjust course - Plan week - Continuous improvement - Strategic reflection

The Lesson: - Habits shape life - Small changes compound - Systematic approach - Consistency key - Transformative power

THING 7: EMBRACE FAILURE AND LEARNING

The Growth Mindset Why Failure Matters: The Principle: - Failure is feedback - Learning opportunity - Growth requirement - Success prerequisite - Strategic asset

The

Twenties Advantage: - Low stakes - Time to recover -
Learning phase - Experimentation time - Strategic
opportunity The Mindsets: Fixed Mindset: - Abilities are
fixed - Failure is permanent - Avoid challenges - Give up
easily - Limited growth Growth Mindset: - Abilities can
develop - Failure is temporary - Embrace challenges -
Persist through obstacles - Unlimited potential The
Impact: - Determines trajectory - Affects everything -
Self-fulfilling - Changeable - Strategic choice
Developing Growth Mindset: 1.

Reframe Failure:

From: "I failed" To: "I learned" From: "I can't do this"
To: "I can't do this yet" From: "This is too hard" To: "This
will take effort" The Practice: - Notice fixed mindset
thoughts - Challenge them - Reframe positively -

Consistent practice - Mindset shift 2.

Embrace Challenges: The Principle: - Challenges create growth - Comfort zone limits - Stretch yourself -

Deliberate difficulty - Strategic discomfort The Practice: - Seek challenges - Try new things - Take risks - Learn from results - Continuous growth 3.

Value Effort: The Principle: - Effort creates ability - Process over outcome - Persistence pays - Strategic investment - Long-term thinking The Practice: - Celebrate effort

- Not just results - Consistent work - Delayed gratification - Process focus 4.

Learn from Criticism: The Principle: - Feedback is gift - Others' perspective - Growth opportunity - Strategic input

- Improvement tool The Practice: - Seek feedback -

Listen openly - Extract lessons - Apply learnings -

Continuous improvement The Learning System: 1.

Experiment: - Try new things - Test ideas - Take action -

Gather data - Strategic testing 2.

Reflect: - What happened?

- Why?

- What worked?

- What didn't?

- Strategic analysis 3.

Learn: - Extract lessons - Identify patterns - Understand principles - Strategic insight - Knowledge building

4.

Apply: - Use learnings - Adjust approach - Try again -

Continuous improvement - Strategic iteration The

Lesson: - Failure is feedback - Growth mindset essential

- Embrace challenges - Learn continuously - Unlimited

potential **THING 8: CREATE YOUR LIFE STRATEGY**

The Master Plan Why Strategy Matters: The Principle: -

Intentional > accidental - Strategy > tactics - Planning >

reacting - Direction > drift - Strategic living The

Opportunity: - Your twenties for foundation - Decisions

compound - Trajectory setting - Strategic advantage -

Transformative decade The Strategic Framework: 1.

Vision (Where): - 10-year vision - Life areas - Detailed

picture - Compelling future - Directional clarity 2.

Values (Why):

- What matters most - Guiding principles - Decision criteria - Authentic alignment - Foundational clarity 3.

Goals (What): - Specific objectives - Measurable targets
- Time-bound - Aligned with vision - Strategic milestones
4.

Strategy (How): - Approach and plan - Resource allocation - Priority setting - Strategic choices -
Systematic approach 5.

Tactics (Actions): - Daily behaviors - Specific actions -
Habit formation - Consistent execution - Strategic
implementation The Annual Planning: Year-End Review:
- What went well?

- What didn't?

- What learned?

- What to change?

- Strategic reflection Year Ahead Planning: - Key priorities - Major goals - Strategic focus - Resource allocation - Intentional design The Quarterly Review:

Progress Assessment: - Goal progress - What's working?

- What's not?

- Course correction - Strategic adjustment Next Quarter

Planning: - Priorities - Specific goals - Action plans -

Strategic focus - Tactical execution The Weekly Planning:

Week Review: - Wins and challenges - Lessons learned -

Progress made - Strategic reflection Week Ahead: - Key

priorities - Specific tasks - Time blocking - Strategic

execution The Daily Execution: Morning: - Review priorities - Plan day - Set intentions - Strategic start Throughout: - Execute priorities - Stay focused - Adjust as needed - Strategic action Evening:

- Review day - Plan tomorrow - Reflect and learn -

Strategic close The Life Areas Balance: Career/Purpose:

- Professional growth - Meaningful work - Impact creation - Strategic development Relationships: - Quality connections - Investment time - Depth building -

Strategic nurturing Health/Wellness: - Physical fitness -

Mental health - Energy management - Strategic

foundation Financial: - Wealth building - Security

creation - Freedom pursuit - Strategic planning Personal

Growth: - Skill development - Knowledge acquisition -

Character building - Strategic evolution Contribution: -

Service and giving - Impact making - Legacy building -

Strategic meaning The Lesson:

- Strategy essential - Intentional living - Systematic approach - Balanced focus - Transformative results

HOW TO APPLY THIS BOOK IN YOUR LIFE The

Implementation Plan: Month 1: Foundation - Define

vision - Clarify values - Set goals - Create strategy -

Build foundation Month 2-3: Habits - Morning routine -

Evening routine - Exercise habit - Nutrition improvement

- Habit formation Month 4-6: Skills - Identify key skills -

Learning plan - Consistent practice - Skill development -

Strategic growth Month 7-9: Relationships - Evaluate

current - Invest in quality - Build new connections -

Deepen existing - Strategic cultivation Month 10-12:

Financial - Emergency fund - Debt payoff - Investment

start - Budget creation - Financial foundation

The Daily Routine: Morning (30-60 min): - Wake early -

Exercise - Healthy breakfast - Review goals - Plan day

Workday: - Focus on priorities - Skill development -

Relationship building - Strategic execution Evening (30

min): - Review day - Plan tomorrow - Wind down -

Quality sleep The Weekly Routine: Sunday: - Week

planning - Goal review - Preparation - Strategic setup

Mid-week: - Progress check - Adjustment - Course

correction - Strategic alignment Friday: - Week review -

Celebration - Learning capture - Strategic reflection The

Lesson: - Start now

- Systematic approach - Consistent action - Patient

persistence - Transformative results CONCLUSION

Your twenties are a critical decade—the foundation for the rest of your life.

The eight things in this book provide a strategic framework for maximizing this transformative period.

Key Takeaways: The Eight Things: 1.

Define your personal vision 2.

Build your financial foundation 3.

Invest in relationships 4.

Develop career skills 5.

Take care of your health 6.

Cultivate good habits 7.

Embrace failure and learning 8.

Create your life strategy The Core Principles: -

Intentional living - Strategic thinking - Consistent action

- Long-term focus - Balanced approach The Compound

Effect: - Small actions compound - Habits shape destiny

- Early start = massive advantage - Time is your asset -

Strategic investment The Transformative Power: These

strategies transform: - Your career trajectory - Your

financial future - Your relationships - Your health - Your

life outcomes

The Journey Ahead: Your twenties are beginning: - Start

with vision - Build systematically - Act consistently -

Learn continuously - Grow exponentially The Ripple

Effect: Your twenties decisions affect: - Your thirties and

beyond - Your career success - Your financial freedom -

Your relationships - Your life satisfaction Final Thoughts:

Your twenties are not for drifting—they're for building.

Not for reacting—for creating.

Not for wasting—for investing.

The question isn't whether your twenties matter.

They do, profoundly.

The question is: will you approach them strategically?

Start today: - Define your vision - Build your foundation
- Develop your skills - Invest in health - Create your
strategy Day by day, decision by decision, you'll build an
exceptional life.

Welcome to your strategic twenties.