



 Md Riyazuddin

If Your Age is 20-55,
You Should Know This



No. 1

Take care of your body. Remember health is another form of wealth.

No. 2

Your circle is supposed to be proud not jealous.



No. 3

**Don't waste your energy on fear.
Use your energy to believe, learn,
create, and grow.**

No. 4

**If you want to be happy, always have zero
expectations of others.**



No. 5

You won't be young forever, do what makes you happy every day.

No. 6

Don't try to change anyone. Change how you deal with them.



No. 7

Be mature enough to control your emotions. Learn to react less.

No. 8

Free yourself from society's advice, most of them have no idea what they're doing.



No. 9

**Normalize walking some paths alone
because goals are personal.**

No. 10

**Master self-discipline + consistency and
watch your life change.**



No. 11

The family you create is more important than the family you come from.

No. 12

Don't go broke trying to impress people.





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