

THE DEFINING DECADE

- Meg gay.

1. Consider next 10 yrs of ur life → your defining decade.
↳ never too early to start paying attention.
 2. About 80% of life's most significant events take place by age 35.
 3. Everybody wants to be 20 something except them.

WORK

⑧ You can't think your way through life.

↳ only way to figure out what to do is to

DO SOMETHING.

⑨ Saying Yes means you'll do something new, meet someone new and make a difference.

⑩ People we hardly know will swiftly & dramatically change our lives for better - WEAK TIES.

⑪ Similarity breeds connection → birds of same feather flock together
bcz of the love for ↗
the same.

⑫ People are more likely → with those most like
to form close relationships themselves.

⑬ Info & opportunities spread farther & faster through weak ties than through close friends.

⑭ New things always come outside your inner circle.

⑮ As we look for jobs or relationships or opportunities of any kind, it is people we know the least well who will be the most transformative.

⑯ If we do a favor for someone

↓

we come to believe we like that person.

(17) Ben Franklin effect → one favour begets more favors and over time small favors beget larger ones.

(18) Weak ties are the people who will better your life, right now and again & again in the years to come - if you have the courage to know what you want.

(19) Best thing to do in 20s → Yes to our weak ties or give 'em a reason to say yes to us.

(20) Make yourself interesting. Make yourself relevant.

The fastest route to something new is one phone call, one text, one box of books, one favour.

(21) Ask myself: what will you do if you didn't win any lottery?

(22) Next job: what if I start & I change my mind?
↳ Then you'll do something else.

↳ This isn't the only jar of jam you'll ever get to buy.

(23) Not making choices → isn't → consequences are just safe further away in time

(24) You need to find: 1) can v make a living?
out 2) will v like the work?

(25) On avg social media user → spend more time examining others' pages than adding content on their own

(26) They don't get in touch
↳ as much as they are clicking on them.

(27) We don't recognize that most everyone is keeping their troubles hidden.

(28) You can't pull some great career out of a hat in your thirties, you've got to start in your 20s.

(29) Those who can tell good stories about themselves sleep over those who can't.

(30) Way to Good → to pursue things that are not only interesting to you but that makes sense.

(31) Debating ain't going to take you anywhere → Action will.

(32) Claiming a career or getting a job → isn't the end of it, there is still a lot more to know & a lot more to do.

LOVE

- ① The most imp decision any of us make is who we marry.
② even though marriage may seem almost irrelevant → most 20 something will be married or dating their future partner within about 10 yrs time.
↓
Marriage goes from being something we worry about at thirty to being something we want at 30.

③ Common Refrain - "I'd better not be alone at 30".
↓

everything was ok at 29 suddenly feels awful and, in an instant, we feel behind.

④ getting married suddenly seems pressing
↓

bcz many 20 somethings → don't take their relationships seriously or don't think they're allowed to.

⑤ "what I really wish I'd done & is thought more about marriage sooner. Like when I was in my 20s"

⑥ good relationships → may take a few thoughtful tries
don't just appear before we know → when love & commitment really are.

⑦ SUCCESSFUL → generally filled
PEOPLE with CONFIDENCE.

⑧ RESILIENT (those who recover quickly from difficulties) → are usually very likeable.

⑨ COMMON MISCONCEPTION → Living together is a good test for marriage.

"couples who live together first are actually less satisfied with their marriages & more likely to divorce than couples who do not." ↑

⑩ COHABITATION EFFECT ↑

⑪ couples → who live together & mutually committed to each other → ① poorer comm' n
② lower levels of commitments

③ greater marital instability.

- (12) After becoming → making you closer → live happier.
engaged & feeble commitment
- (13) It's not easy to get out of a live-in relationship.
- (14) Many people in late 20s or early 30s wish they hadn't sunk yrs of their 20s into relationships that would've lasted only months had they not been living together. They ended up killing more time.
- (15) A story you wrote might have made sense to you at the time you wrote it, but it has to make sense for everyone who reads it. You can see where it doesn't make sense.
- (16) People love those who are like themselves.
- (17) Similarity is the essence of compatibility
- (18) couples with similarities are more likely to be satisfied with their relationships & are less likely to seek divorce.
- (19) In Young Couples → the more similar 2 people's personalities are, the more likely they are to be satisfied in relationship.
- (20) BIG FIVE - 5 factors that describes how people interacts with world.

- ① Openness
- ② Conscientious
- ③ Extraversion
- ④ Agreeableness
- ⑤ Neuroticism

Sometimes the only thing we say with another person is that he or she is a poor match for our personality.

- (i) People often split bcz things doesn't change.

22) Research → long term marriage → what we need in married changes over time → by 40s it becomes less complemented.

THE BRAIN AND THE BODY

1. The frontal lobe doesn't mature till some 20-30 age.
 - ↳ in 20s → pleasure seeking emotional brain is ready to go
 - ↳ while → fuel thinking frontal lobe is still work in progress.
2. Being a fuel thinking adult → how you think + act in uncertain situations.
 - ↳ doesn't come → comes with age
 - ↳ practice & experience.
3. Time is of "great risk and great opportunity!"
 - ↳ opportunities is that never again in our lifetime will the brain offer up countless new connection & see what we make of them.
 - ↳ Never again will be so quick to learn again.
 - ↳ — " — be so easy to become the people we hope to be
 - ↳ The risk → We MAY NOT ACT NOW.
4. New frontal lobe connections → preserved & quick ed.
 - ↳ those who don't use → just waste.
5. We become what we hear & see & do everyday.
6. 20 something who doesn't use their brain → become 30 something who feel behind
 - ↓
 - They miss out on making most of life.
 - as professionals & partner
7. 20s → TIME TO GET BUSY.
8. 20 something → who DON'T feel anxious & incompetent at work are usually
 - overconfident } or
 - underemployed. }

You have to get some roots & stand in the mind.

ASHA
Date _____ Page _____

9. People → more likely to → highly emotional, happy / sad moments → events or awkward
10. 20 something life → full of new & surprising → even flashbacks memories.
more vivid memories come from early adulthood than any other development stage.
11. EVERYONE LEANS THINGS THE HARD WAY AT SOME TIME OR ANOTHER & our brain takes picture → so the learning stays with us.
12. 20 som → brain reacts → more strongly to -ve info than of older adults.
13. Smart adults → 'choosing to let it be.'
Art of being wise → knowing → what to overlook.
14. "Tough days are just winds blowing by."
15. People who have some control over emotions are -
 - greater life satisfaction
 - optimism
 - purpose
 - better relationships with others.
16. Inaction breeds fear and doubt
Action breeds confidence and courage.
If you want to conquer fear, do not sit home & think, go out & get busy.
17. Fixed mindset → gets in the way of success.
18. Confidence that overrides insecurity comes from experience

mastering our emotions
at work builds

Date _____
Page _____

19. REAL CONFIDENCE, → comes from → mastery experiences where we actually lived moment of success (imp when things seems difficult).
↑
Trusting yourself to get the job done.
20. For work success → JOB has to be challenging and it needs to lead to confidence to meet require effort.
21. For many time in life to recharge → 20 something are best
22. Our personalities recharge more during 20 something yrs than ANY TIME BEFORE OR AFTER.
23. 20 some → you not far → Life isn't over. → It's not too late post mortem.
24. feeling better doesn't come from avoiding adulthood, it comes from investing in adulthood.
25. Working towards a goal relationship or a job to be part of makes us happy.
26. 20 some → who experience → workplace or financial → are success security more confident, positive & responsible. ↗
27. GOALS → building block of adult personality.
28. Entering into stable relationship → helps 20 some feel whether these relationships last or not more secure & responsible
29. Stable Relationship → reduces social anxiety & depression
give us the opportunity to practice interpersonal skills.
30. Those who remained single throughout their 20s experience a significant dip in self esteem near 30.
31. Timing affects everybody → postponing marriage & children leads to more stressful life for families.
32. "Why didn't someone drop the manners & tell me I was wasting my life?"

20 some → prone. The future isn't written in the stars.

ASHA
Date _____ Page _____

33. PRESENT BIAS → people of all ages & walks of life discount the future, favouring the rewards of today over the rewards of tomorrow.

↳ we would rather have £100 this month than £50 next month

34. Do The Math → our 20s are 1 when we start creating our own life, sense of time, our own plans about how the yrs ahead will unfold.

Create Timeline → see time flies when it can give us the it really is a LIMITED reason to get up & get going.

35. There are things that just are what they are. The smartest thing to do is know as much about them as you can

36. @ NICEST PART ABOUT GETTING OLDER :-

↳ knowing how ur life worked out, especially if you like what you wake up to everyday.

↳ if u are paying attention to ur life → the real glory days are still to come.

YOU ARE DECIDING YOUR LIFE RIGHT NOW.