

## 33 things I learned by the age of 33

1. Sleep well. It's the most important thing in life.
2. Eat healthy. You don't want junk food affecting your body and mood.
3. Exercise. You don't want to feel wrecked when you're old.
4. Stay away from toxic people. Your mental health is as important as your physical well-being.
5. Be kinder to others. Be more attentive, listen and empathize. You will receive the same in return, and even more. Kindness attracts kindness
6. Read more books. They will not only expand your vocabulary, but also will give you more perspectives and insights on life.
7. Learn new things, acquire new skills. They will keep your brain young.
8. Travel more. Explore new places, new cultures. Meet new people, listen to their stories. This is invaluable experience nothing else in life can give you.
9. It's always better to try and regret than not to try and regret.
10. The most unforgettable trips are the spontaneous ones.
11. Keep trying. Eventually you'll make this.
12. Often, if you let go of the situation, it will resolve itself.
13. If you look at an electron, it will start to behave differently.
14. Sometimes you need to make a step back before going forward.
15. If you give in to the moment and stop resisting, you'll make it more fun and enjoyable.
16. If you're afraid of doing something but you really won't to do that, then most likely you should do that.
17. It's always people who make an experience better, not places, maybe not even the experience itself. A party with good people in a bad place is always better than a party with bad people in a great place.
18. Sport will heal anything, your body, your soul, your mind. Anxiety will disappear, and you'll become happier and stronger.
19. If YOU don't do it, no one else will come and help you do it.
20. Do everything with passion. Read, exercise, your job, your hobbies, love. Especially love.
21. Don't be greedy and petty. Generosity begets generosity.
22. It's okay to lose. To lose a game, you'll win next time. To lose a friend, you'll find a better one. To lose a battle, you'll win the war. To lose vision and to lose yourself. Just don't lose hope. And you'll find yourself again, and you'll get back on track. "If you find your feet, you can eclipse the sun". (c) Architects
23. Live this life with a smile on your face, and keep your hopes up high, even in the darkest times.
24. Keep dreaming, small and big. Dream of something tangible as well as of something (seemingly) unreal. Don't let anyone diminish your dreams. "Fuck it, I'm a dreamer and I'm dreaming on" (c) Architects

25. Your path is yours. Everything will come in its time. Don't rush things up, be patient.
26. Learn from people's mistakes (if possible), but better learn from your own. The faster you make a mistake, the faster you'll learn a lesson from it.
27. It's okay to make mistakes. You can't be perfect, but you can strive for it. You stumble, you fall, you stand up and keep grinding.
28. Don't fret. Everything will pass, even the worst nightmare ends and a dawn follows the darkest night.
29. Pain is temporary. Success is permanent.
30. Embrace the pain. Embrace the struggle. Suffering is part of life.
31. Be sincere and vulnerable. But don't let people use it and abuse it.
32. Be honest, especially to yourself. Appreciate people being honest with you, even if it hurts.
33. Always believe in yourself, even if no one else does. "Find a little light, and hold it close. Don't lose sight, of what matters most". (c) Architects