

20 Lessons That Made Me Who I Am Today

It is my birthday and in my 36 years of life today I want to share with you what I've learnt or what I wish I knew earlier.

- @02:20 1. Don't waste more than a year dating the wrong person or the person you are unsure about.
- @05:34 2. Invest in yourself or get a coach.
- @07:04 3. Do what makes you happy even if it makes someone else upset.
- @08:43 4. Exercise is the best thing you can do for your mental health.
- @10:39 5. Not reacting is one of the best skills you can have.
- @12:25 6. The relationship you have with yourself is the most important.
- @13:18 7. Don't just journal. But write down what you want to happen.
- @14:12 8. What you want to happen as if it's going to happen.
- @15:30 9. Don't wait until you're ready to do something.
- @17:09 10. Take action instead of talking about what you're going to do.
- @18:29 11. If you're unhappy, work out why.
- @19:43 12. How someone responds to your feelings tells you everything about that person.
- @20:36 13. Stop wishing for the perfect body.
- @21:44 14. Fitness is about what works for you and it requires a level of consistency and effort even when you don't feel like it.
- @24:43 15. You don't need to be super smart or attractive to be successful.
- @26:27 16. It takes work to be happy.
- @28:17 17. Your thoughts are the things that will change your life.
- @28:52 18. Outsource stuff you don't want to do.
- @29:43 19. Dissatisfaction with the body.
- @30:53 20. Go for what you want and don't hold back.