20 Things I Wish I Could Tell Myself 20 Years Ago

If I could borrow Doc Brown's Delorean to go back in time and hand my 20 year old self a letter, here's what it would say.



- 1. Save 20% of everything you make.
- 2. Invest in index funds.
- 3. Buy real estate, and as much as you can
- 4. Stand (don't sit) at your desk, or your back will be jacked for life
- 5. Learn to control your emotions.
- 6. Meditate once per day. Your brain needs a break too.
- 7. Take extra care of your teeth. They are important to your Health.
- 8. Sugar will kill you and they do not Care!
- 9. Always keep your mind open. Things are not always what they seem.
- 10. Take responsibility for everything. Never make excuses!
- 11. Don't believe all the hype.
- 12. Walking is as important as eating and breathing.
- 13. Be in the present. Anxiety lives in the future.
- 14. Travel More and meet different people
- 15. Move around. You can settle down later.
- 16. Talk to aging loved ones because one day they will be gone.
- 17. Journal once per day. Your future self is curious

- [ ] 18. Learn self-awareness and how you impact others.
- [ ] 19. Listen, don't wait to talk. There is a difference.
- [ ] 20. Trust your gut. It's usually right!

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