Twitter Thread by Gesare Chife



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A Thread - If my 48 year old self could talk to my 20 year old self I would say:
- No one's born knowing anything - we all learn. Never stop learning.
- You can do anything you set your mind to. Don't limit yourself, set your own goals, don't listen to naysayers.
- Love you /1

-Set your goals, have a plan, focus, focus, focus.
- Life will be there when you achieve your goals
- Trust your gut, especially with people. If you feel funny about a person, trust it.
- Keep your circle small and tight
- Create healthy habits
- Be spiritual - stay centered. /2

- Don't enter into any long term commitments if you have reservations, especially marriage.
- Never compare yourself to others. It is a recipe for unhappiness.
- It is okay to fail, I have learned more from failing than succeeding.
- Be kind.
- Be curious
- Forgive yourself. /3

- Learn to accept criticism, especially from those who truly love you.
- Perfection is a myth - we all make mistakes, try to learn from them
- Choose a life partner whom you are compatible with, have same interests, goals, respect and love
- Don't forget to have fun /4