

## 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