

Tips for Smoother Sailing Through Twenty-Something

- Take time to think about what you want and set small goals.
- Get involved in activities you loved in the past or always wanted to check out.
- Balance career/job-related energy with fun.
- See the world – even just outside your door.
- Let go of perfection – let them see you sweat.
- Develop an exercise routine that fits for you – it will keep you grounded when the world is shifting.
- Let go of “shoulds” – be authentic.
- Hang onto friends that are happy to see you thrive.
- Say what you need.
- Cut yourself slack when things don’t work out and try a new avenue.
- Take a leap of faith...