

25 years and 25 lessons



Via Genesis

Waking up on February 20th and realizing that I'm 25 wasn't easy. Research suggests that at age 25, your brain is fully developed. So I believe my decision-making will improve. I hope.

At this moment, I want to continue to explore the world and learn more about myself. The truth is that I still have much to learn about life. I believe wholeheartedly that my choices in these past 25 years have molded me into the person I am today.

I don't regret any of those choices. Each moment is a learning experience, whether it is a good one or a bad one.

The following are 25 life lessons I've learned in the 25 years of my life. No matter what age you are, I believe you can relate to a few of these life lessons.

1- **Family is the key to success**

I grew up with my mother and three brothers. I never felt out of place with them, and they are the first people who accept me for who I am. Family is the definition of unconditional love.

2- **Love yourself**

I can tell you first-hand learning to love yourself first will bring you happiness. Once you get to that point, no other opinion will matter but your own. Loving yourself is accepting your flaws and no one can use them against you.

3- Don't **worry about what you can't control**

As humans, we want to control every situation presented. The reality is we can't control the actions or choices of other people. We can only control our own choices.

4- **Being alone**

I'm learning to take advantage of my alone time. Remember that being alone doesn't mean you're lonely. The world is a chaotic place, but getting away to relax can help tremendously.

5- **Surround yourself with people who support your dreams**

The people you surround yourself with are a reflection of you. People who want you to succeed will motivate you and celebrate your success in life. These people don't let you lower your standards.

6- **Keep learning**

Learning and growing should be a constant thing. For example, receiving a higher education to reading new books. Keep exploring and constantly obtaining knowledge.

7- Don't **be afraid of vulnerability**

What breaks my heart is jaded hearts. It saddens me that people are afraid of opening up because the people they opened up to in the past didn't stick around. Scars heal and vulnerability is beautiful. Don't let past experiences stop you from opening up and letting people see your soul.

8- **Rejection is not the end of the world**

We all experienced getting denied from a job or a crush. At times it doesn't work out to our advantage. Rejection is a new opportunity to try harder to achieve the primary goal. The key is to persevere.

9- Keep laughing

This can be difficult when you feel your world is crumbling, but laughter keeps you young. Go and hang out with the people who make you laugh the most. You will realize life isn't as bad as it seems.

10- Learn to forgive yourself

Forgiveness brings peace. You have to realize not everything is meant to be, and that isn't your fault. If someone doesn't want to love you, that isn't your problem anymore, and never forget your worth.

11- Cry sometimes

If you're like me, you hate crying in front of people, or you hate crying in general. I've learned that bottling your emotions is much worse. Don't forget you're human, and you have feelings.

12- Travel to new places

You can start by traveling to new cities in your state. Explore new scenic views and talk to the people from that town. Learn why they love their town and if they recommend any new places. Once you save enough money, explore other countries. People have different viewpoints, and you can learn something new.

13- Read poetry and books

Literature, in general, is a way to continue to expand your horizons. It helps with relaxing and self-expression.

14- You don't owe anyone an explanation

If people don't accept your reasons and your actions, you don't need to justify them. You must do what is best for you.

15- Compassion goes along way

We tend to forget to be kind to people. Just being there for someone and listening to their problems can go a long way. You never know who is having a bad day.

16- Don't wear makeup every day

Sometimes you want to walk around all-natural, and that is perfectly fine. It can be refreshing not to overthink or have to wake up to put on makeup.

17- Be grateful

Never forget about your blessings. Don't forget you're fortunate to be in the position you're at. You will learn to cherish your struggles and successes in life.

18- Your mom will always love you

I can't tell you how often my mom has seen me at my lowest points but never has she loved me any less. Don't forget to thank her once in a while.

19- People don't change; circumstances do

You can't make anyone do anything they don't want to. People change because they solely want to. No matter if the scenarios change, people tend to stick to their morals.

20- Never change your morals

If people don't accept your beliefs or choices in life, you don't settle for less. When someone cares enough about you, they won't judge you or pressure you to change.

21- If you're in love with someone, tell them

Being in love is the best and the worst feeling in the world. It's scary, but what is scarier is keeping that secret.

22- Taking care of your body

Exercising will make you healthier and give you more energy. Start slowly and don't rush yourself. Set goals for yourself and compare yourself to anyone.

23- Go for the kiss

Sometimes you gotta risk it for the biscuit.

Only two outcomes can come out of it. One is they don't like it, or they do. I can guarantee you that you won't regret it.

24- Giving out advice is easier than taking it

I like to say when it comes to giving advice, I am pretty good, but I am hypocritical because it's difficult for me to follow my advice. Take into consideration your own words and how taking your own advice can change your life.

25- I'm still learning

Age is just a number. So far, this year has taught me so much about my dreams and self-worth. I will continue to grow emotionally, physically and mentally.

