

A GUIDE TO BLOOMING & THRIVING IN YOUR 20s

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CAREER



CLAIM SOMETHING.

Challenge yourself. Working toward something makes us happier.

experts practice for
10,000 hours

(i.e. 5 years of 40 hour weeks)

ACTION

breeds confidence
and courage.

Each experience builds
your professional identity
and your confidence.

Set goals
then become the
person who can
achieve them.

SELF LOVE



Use your intuition. treat your body
like a gift
WHEN FACED WITH A CHALLENGE,
do what *feels* right to you.

Step away from the computer. Make your own certainty.

Live simply
Sometimes, the only
way to figure out what is
really important in your
life is to get rid of
everything that isn't.

choose happiness. **DANCE** **BE YOUR UNIQUE SELF**
your weirdness is your gift.

DATING & RELATIONSHIPS



look inside

"Try to love souls; you
will find them again."

-Victor Hugo

WE ARE THE COMPANY WE KEEP

We become what we see, do, and hear each day.
Surround yourself with inspiring people who love you.

In life, we get what we are.

If we want more, we have to be more.

LOVE YOURSELF FIRST

do your *thang*

ONLINE DATING matches you with someone
based on who you are—not what you *think* you want.

MYTHS

You only live once (YOLO)

Life continues beyond your 20s, and it might be beautiful. Being an adult is about planning to be happy in the long run.

"Follow your dreams"

This abstract notion can lead to confusion. Some people know what they are on this earth to do and that is wonderful. If you don't, decide what you can do well enough to support the life you want. What would you enjoy enough that you wouldn't mind working?

30 is the new 20

Time is real. Humans age. Although it is more rare that people marry and have kids at 20 like our grandparents did, our biology is still the same.

YOU ARE DECIDING YOUR LIFE RIGHT NOW.