

I sometimes ask people to write a list of what they would tell their younger self. I thought it might be a good idea to do the same for myself. The following is the life advice I would give myself at fifteen years of age, knowing what I now know. It is focused on creating a good life.

Selecting 15 years was arbitrary, no rhyme or reason to it. Feel free to use any age which suits you. I am reasonably sure that I could add more to this list given enough time. Twenty nice pieces of advice seems like a lot, but then life is complicated and can be messy.

One of the main points of the exercise is to recognize things you don't know and give

of a plane.

16. A paradox of life is we are perfect as is, but we should always be working on ourselves. Smooth out those rough edges, clean up those blind spots. Lift yourself up, push yourself to be better. That is perfect too.
17. Do not settle for mediocrity. Strive for excellence. Watch for the trap of becoming a perfectionist.
18. Treat people nicely but do not allow them to walk all over you. Set some clear boundaries. Know where to draw the line in all varieties of relationships.
19. Be grateful. Then be even more grateful.
20. Develop relationships, meet new people, lots of new people. Talk to strangers. Be nice to people, don't be mean. Do not treat people in ways you will regret later on.
21. Keep doing something creative in your life. Creativity is like soul food for the mind.
22. Be mindful that there are numinous things greater than self which influence life. Develop your spirituality as much as anything else.
23. Be generous, but allow others to be generous towards you. Make sure that the relationship does not become one sided where you are always giving.
24. Throughout your lifespan including old age try and expand. Do not recede or contract from life. Reach out in as many areas as you can.
25. You will die. Be mindful that life will pass in a blink of an eye. No need to be solemn, instead live life with passion.
26. Notice that you like everyone else is a gullibility eating machine. Learn to be less gullible.
27. Confront reality. Do not cover from the truth. Meet it headlong and integrate it into your life.
28. Emotions and thoughts are temporary. Do not get caught up in them.
29. Accept everything, then let it all go.