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| How to Discover Your Authentic Self At Any AgeTed Talk by Bevy Smith (Notes by LMartin) |
| What others might think is great might not be:you need to discovery the path you want, even if its less travelledEmbrace that Age shows.Comparisons are traps. Stay ClearOnly You can be You.Dive deep to figure that out | * Don’t Settle Life might look good on the outside, but if you feel like there’s more your need a move
* Go Against the GrainIt might make people uncomfortable: that is okay!“where do you get your confidence” might seem like an insult, flip it!
* Find Your Own Version of Happiness
* Beauty in Aging/Changebe proud of your age
* Don’t second guess Decisionsthis just wastes time. Make decisions, and stand by them
* When you compare its’ bad newsyou might grow intellectually, but not emotionally: watch out for that
* Take a Note/Give a NoteRemember that someone else winning doesn’t relate to your worthinessAsk yourself if that’s something you truly wantedSend a Congratulations
* Be your most Authentic YouThis will require you digging deep and discovering you1) who am I at my core2) how am I being perceived?
* DO the WORKIt gets Greater Later
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| Your life is yours. Discover what you want to do, and do it. Even if it seems strange to others.Going against the grain might make others uncomfortable, but could be so freeing for yourself.Embrace your age. It’s a number, but it can mean so much with your experiences.Do NOT compare. If someone else has a win celebrate that with them by congratulating them. Remember that their win does not relate to your own worth.Do the work to discover who you are. “It get’s Greater, Later” |