

20 → 30

10+ YEARS LATER

YOU, TODAY THE LION YOU BECOME

What I Wish I Knew at Twenty

20 PILLARS FOR THE DECADE THAT DEFINES EVERYTHING

01 Party Less. Explore More.

Once a quarter is enough to celebrate. Every weekend is escape. Trade the crowd for the unknown. Weekly or fortnightly, go somewhere unfamiliar.

02 Begin Yoga Now.

Your body's elasticity is a gift you only understand after it's gone. Refine your energy centres while the nervous system is still supple. This is not flexibility. This is architecture.

03 Lift Weights.

Strength is not vanity. It is character forged under a barbell. The discipline to show up when your body resists will carry you through every domain of life.

04 Learn to Fight.

The fighter within is dormant, not absent. Getting beaten, feeling pain, and choosing to keep your ethics through all of it. That is what separates the domesticated from the sovereign.

05 Never Abandon Your Sport.

Whatever you played in school, do not stop. Movement is medicine. The game keeps you honest. Even if you must start again from zero, as I did, start.

06 Trek. Seek Wild Places.

Mountains strip away illusion. Three days of terrain and altitude will reveal more about your character than three years of comfort ever could.

07 Learn Your Spiritual Heritage.

Study your ancestors. Plant seeds now even if you cannot grasp the depth yet. I thought I'd understand in three months at 23. It took 13 years. But without seeds, there is nothing to harvest.

08 Learn to Sit in Stillness.

Meditation is the one skill that compounds silently beneath everything else. Train the mind before the world teaches you to run from it.

09 Live by the Mangala Sutta.

The Buddha's blueprint for a blessed life. Associate with the wise, serve those worthy of service, discipline your mind and actions. The architecture of a fortunate existence.

10 Study the Parabhava Sutta.

Know what destroys a man so you never become him. The path to ruin is predictable. Those who fell were warned by pattern long before catastrophe arrived.

11 Spend Time with Women as Equals.

If you treat the other gender as foreign territory, they become exactly that. Friendship before attraction is wisdom. Do not learn from screens. Learn from real human connection.

12 Date Intentionally. Do Not Rush Marriage.

Connection and experience are not enemies of commitment, they are its preparation. Parents: do you release a sheep or a lion? A sheep is sliced by the world. A lion commands it.

13 Master the Art of Happiness Now.

If you cannot find contentment here, with what you have, I have difficult news: you will not find it anywhere. Misery is a habit. So is joy. Which one are you rehearsing daily?

14 Start a Business. Let It Fail.

One failed venture puts you hundreds of steps ahead of anyone doing a degree alone. The classroom teaches what to think. Failure teaches how the world actually works. That gap is everything.

15 Chase Your Moonshot.

The biggest lie told to the young is that your dream is too large. The person saying it cannot be done is the one who stopped trying. I am telling you: you can. And I will help you.

16 Learn to Invest, Not Just Save.

Money in a bank loses to inflation every year. Government bonds, credible equities, real estate: learn how money works before money works against you.

17 Master Communication.

Your mother tongue first. Give it the utmost respect. It carries your ancestors. Then learn the language of the world you choose to inhabit. Articulate thought is the rarest form of power.

18 Choose to Lead.

Every room asks you silently: will you follow or will you lead? Leadership is not a title granted by an organisation. It is a decision made before you enter the room. Make it every day.

19 Build Your Emotional Intelligence.

Most of life's ruin traces back to a weak inner world. EQ does not strengthen automatically with age. Build it deliberately, or it stays exactly where it is today.

20 Guard Your Focus Above All Else.

The entire gap between those who have and those who have not comes down to one thing: where their attention goes consistently. The world is engineered to steal yours. Protect it.

TRACK YOUR
PROGRESS

--- OF 20
COMPLETE

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"Appamado amatapadam, pamado maccuno padam."

HEEDFULNESS IS THE PATH TO THE DEATHLESS. HEEDLESSNESS IS THE PATH TO DEATH. — DHAMMAPADA 21



SCAN TO FOLLOW

STAY WITH US

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