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1. Worry about yourself (not what everyone else is/should be doing)
 2. Don't wish your life away; be present in the now
 3. Cautiously trust, but always verify
 4. Learn at least one thing about someone and commit it to memory for next time you see them; people will like you more for remembering
 5. Go home early/go to bed early
 6. If you know better, then do better
 7. Have a mentor
 8. If you're too much for some people, they aren't your people
 9. Read more books
 10. Give more grace; assume everyone is carrying around trauma in their invisible backpack. Don't take others' behavior personally, it likely has nothing to do with you
 11. Remember everyone's just out here trying to do their best
 12. Pet more dogs
 13. Have your wishes written down in case your POA is a shit bag
 14. Don't borrow emotions from tomorrow
 15. Follow the rules and don't be a dick
 16. Reach out to your friends more, tell them you love them before you no longer can
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