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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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