

# 25 Lies Twentysomethings Need To Stop Believing

Being in your twenties is a time of self-discovery and figuring out who you are and what you want in life. However, it is also a period filled with uncertainties and misguided beliefs that can hold you back from achieving your full potential. In this article, we will explore 25 common lies that many twentysomethings tend to believe, and why it's crucial to let go of these misconceptions.

## 1. You Have To Have It All Figured Out

One of the biggest lies that twentysomethings often hear is that they need to have their lives completely planned out by this age. The truth is, none of us truly have it all figured out – and that's okay. Embrace the journey of self-discovery and allow yourself the room to grow and change along the way.

## 2. Success Is Measured By Your Bank Account

Contrary to popular belief, success is not solely measured by the amount of money in your bank account. True success lies in finding fulfillment and happiness in the work you do, the relationships you build, and the positive impact you have on others.



## 25 Lies Twentysomethings Need to Stop Believing: How to Get Unstuck and Own Your Defining Decade by Paul Angone (Kindle Edition)

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### **3. You Should Compare Yourself To Others**

We live in a world where social media constantly bombards us with the highlight reels of other people's lives. It's important to remember that everyone's journey is different, and comparing yourself to others only hinders your own progress.

Focus on your own path and celebrate your achievements, no matter how small they may seem.

### **4. Your Career Defines Your Worth**

It's easy to fall into the trap of believing that your worth is solely determined by the job title you hold. In reality, your worth goes far beyond your career. Your character, values, and the relationships you cultivate are what truly define your worth as an individual.

### **5. You Have To Get Married And Settle Down**

In a society that often places pressure on young adults to find their significant other and settle down, it's important to remember that there is no set timeline for love. Focus on building a strong foundation for yourself and trust that love will find its way into your life when the time is right.

### **6. Your Passion Should Be Your Day Job**

While it's wonderful to pursue your passion as a career, it's not always feasible or practical. Your day job does not have to define your entire identity. Pursue your passions outside of work and find ways to incorporate them into your daily life.

## **7. Failure Equals Defeat**

Failure is a natural part of life, and it does not equate to defeat. In fact, failure often leads to valuable lessons and growth opportunities. Embrace failure as a stepping stone towards success and remember that every setback brings you one step closer to achieving your goals.

## **8. You Are Running Out Of Time**

Feeling like you are running out of time to accomplish all your dreams and goals is a common lie that many twentysomethings face. Remember that life is a journey, and there is no rush. Focus on the present moment and take small steps towards your aspirations.

## **9. Your College Degree Determines Your Future**

While a college degree can open doors and provide valuable skills, it does not guarantee success or happiness. Your education is just one piece of the puzzle, and your future is determined by a combination of hard work, dedication, and personal growth.

## **10. You Have To Follow Societal Expectations**

Societal expectations can often make you feel trapped and limited. Breaking free from these expectations allows you to live life on your own terms and follow your own unique path. Embrace your individuality and dare to defy societal norms.

## **11. Travel Can Wait Until You're Older**

Many twentysomethings believe that they should prioritize work and responsibilities over travel. However, travel can be an incredibly transformative and eye-opening experience. Don't put off exploring the world – take the leap and create unforgettable memories.

## **12. You Shouldn't Ask For Help**

Asking for help is not a sign of weakness; it is a sign of strength. Recognize that you don't have to face challenges alone and that seeking guidance and support from others is essential for personal growth.

## **13. Your Opinions Don't Matter**

Your voice matters, and your opinions are valid. Don't be afraid to speak up and share your thoughts, even if they differ from others. Your unique perspective can contribute to meaningful discussions and spark positive change.

## **14. You Shouldn't Take Risks**

Taking calculated risks is a crucial part of personal and professional growth. Stepping outside of your comfort zone can lead to incredible opportunities and experiences that you may have never encountered otherwise.

## **15. You Have To Do What Everyone Else Is Doing**

The fear of missing out often leads twentysomethings to conform and do what everyone else is doing. Remember that your journey is unique, and doing what truly fulfills you will bring you greater happiness and satisfaction in the long run.

## **16. Your Happiness Depends On Others**

True happiness comes from within and should not rely on external factors or the validation of others. Take the time to discover what truly brings you joy and prioritize your own well-being.

## **17. You Have To Stay In Your Hometown**

There is a misconception that you have to stay in your hometown and maintain the status quo. However, moving to a new place can provide fresh perspectives,

new opportunities, and a chance for personal growth. Don't be afraid to explore beyond the familiar.

## **18. You Can't Change Careers**

Your twenties are a time of exploration and discovery. If you find that your current career path is not fulfilling, don't be afraid to make a change. It's never too late to pursue your true passions and find a career that aligns with your values and interests.

## **19. You Should Settle For Less**

You deserve nothing but the best in life. Settling for less than you deserve only limits your potential and hinders your personal growth. Keep striving for greatness and never settle for mediocrity.

## **20. You Have To Have A Picture-Perfect Life**

Life is messy, and it's unrealistic to expect everything to be picture-perfect all the time. Embrace the imperfections and challenges that come your way, as they are the lessons that shape you into a stronger and more resilient individual.

## **21. You Should Forgo Self-Care**

Self-care is crucial for your overall well-being. Taking the time to prioritize your physical, mental, and emotional health allows you to show up as your best self in all aspects of life. Make time for self-care activities that nourish and rejuvenate you.

## **22. You Can't Pursue Your Dreams While Paying Bills**

Pursuing your dreams alongside financial responsibilities may seem daunting, but it is not impossible. Find ways to balance your obligations while taking small

steps towards your goals. With determination and perseverance, you can achieve both financial stability and pursue your passions.

### **23. You Should Keep Toxic Relationships**

Toxic relationships drain your energy and hinder personal growth. Surround yourself with people who uplift and support you, and let go of toxic connections that no longer serve you.

### **24. You Should Have It All Together By Now**

Feeling like you should have everything figured out by your twenties is unrealistic and puts unnecessary pressure on yourself. Remember that life is a continuous learning process, and it's perfectly okay to still be exploring and discovering who you are.

### **25. You Can't Make a Difference**

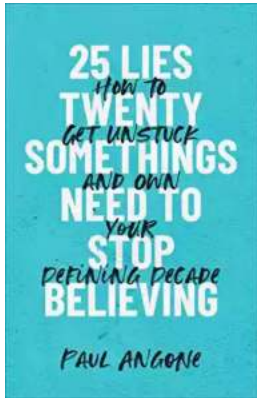
Never underestimate your ability to make a difference, no matter how small. Every action, no matter how insignificant it may seem, has the potential to create a ripple effect and contribute to positive change in the world. Believe in your power to make a difference, and go out there and make your mark.

, twentysomethings need to let go of these 25 lies that often hold them back from reaching their full potential. Embrace your individual journey, prioritize self-discovery and personal growth, and remember that success is defined by your own unique standards, not societal expectations.

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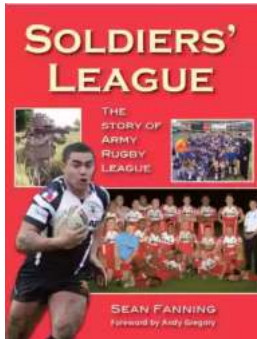
Your twenties are your defining decade, the time in which you are setting the course for the rest of your life it. You don't want to look back later and realize you ended up somewhere you never intended to go in the first place. How do you block out all the lies, half-truths, and "supposed-to's" constantly assaulting you from articles, social media posts, and well-meaning friends and family? How do you find something real, something true, something infused with purpose and meaning?

Funny, vulnerable, and to the point, this book exposes the false beliefs that can derail your current happiness and future impact, like

- having big dreams is naïve
- success just happens
- everyone else is experiencing the success you were supposed to
- when you fail you're a failure
- and many more

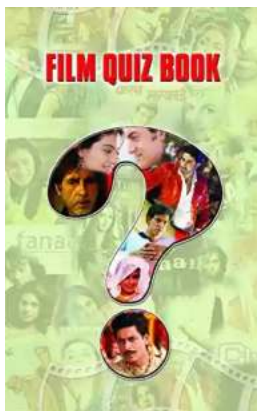
This story-driven book shows you that you're not alone in your insecurities and second-guessing, then shows you how to replace the lies with the truth--that you

can live a life of purpose, earn a good paycheck, leave a legacy, and have fun doing it.



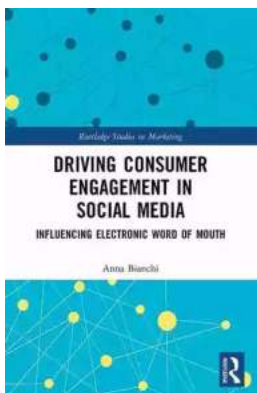
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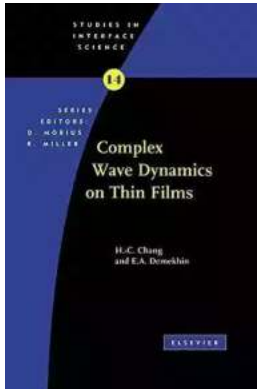
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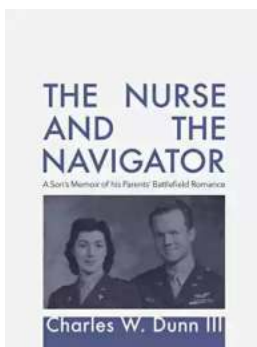
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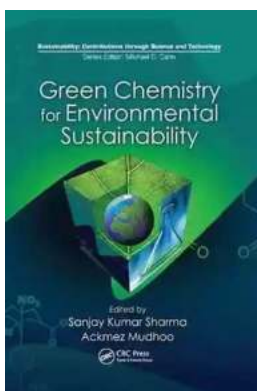
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