



11 Enchanting Things Every 20-Something Woman Must Know!

Your 20s are an exciting time in your life and you'll probably never forget your 20s. If you're a 20-something woman, you know this is a crucial time in your life when you're figuring out who you are and who you are going to *become*. It's strange in some ways because you are no longer a teenager, but you are not completely an adult either. This is the time you are experimenting, discovering, starting careers, renting apartments, and creating new relationships. Having just turned 28, I compiled a list of 11 enchanting things every 20-something woman must know so that you can make the best of your 20s!

1. **Listen to Yourself & Express Your Emotions.** Lots of people will tumble into your life and you will learn their opinions on various subjects and living life. It's easy to let their voices cloud your mind and confuse you. Learn to listen to your feelings and do what you feel is comfortable and right for you. And only when you listen to yourself, will you be able to express your emotions. This will ultimately help you communicate better and understand your relationships with family, friends, romantic partner, and most of all, yourself.
2. **Be Patient.** Instant gratification has become the way of the world today. I've seen around me how my peers and friends want to rise up the career ladder swiftly or jump around from fling to fling, only to be left unsatisfied ultimately. Cultivating a little patience would help and sometimes the best things and people in life come to you after you've let it simmer like good old wine.
3. **Learn How to Budget.** Your 20s are the perfect time to learn how to manage your budget. If you are renting an apartment, create an Excel spreadsheet listing your expenses and bills. Set aside a portion of your money for your own leisure and also an amount you will save every month. Learning to budget is going to prove to be an enormously useful skill in the future.
4. **Use Minimal Makeup.** I know, I know! There are so many parties and you want to look your best so you experiment with your makeup. I love makeup! When I go out, I doll up and love to experiment with eye shadow and eyeliner to make my eyes stand out. But you will do your skin a HUGE favor if you lay off the makeup once in a while and go au

naturel. If I'm 28 years old, you can guess how old my mother is. She is constantly complimented about how young she looks and how fresh her skin still looks. I once asked her how she managed to have such beautiful skin at her age. She answered that she wore minimal makeup when she was my age.

5. **Live on Your Own.** Even if you have the most wonderful parents on the planet, you should try living on your own at least once during your 20s. I don't mean the dorms, but actually renting a place and living there. When I turned 25, I moved out into an apartment. I did it mostly because I wanted to be more independent and enjoy freedom away from my parents. But ironically, it made me appreciate my parents even more. Living on your own is not entirely all fun. You must pay your bills, cook, do laundry, and do a million things you didn't do because your parents were already taking care of it for you!
6. **Say Thank You.** This is something our generation has forgotten. Make it a habit to say thank you when someone has opened the door or complimented you. It's something I do often and it sets me apart. Even professionally, I will send a thank you note, either handwritten or via email. However you decide to say thank you, you're making a strong impression.

Never underestimate the power of a thank you. It goes a LONG way.

7. **Sleep!** Ah, the consequence of being young. You want to party all night and stay up drinking. Sure, I get it, partying is super fun! And who wants to sleep when you're having a blast! But sleeping is an integral part of healthy living. When you get proper sleep, you'll be able to go through the days and function to your optimal best. And beauty sleep does a ton of good to your skin. You'll thank yourself when you're older.
8. **Accept You Are Beautiful.** I can't tell you how many times I hear my friends and other women around me telling me what they think are wrong with them. Either they are too tall, short, fat, or thin. You name it and they'll find something wrong with themselves. Do yourself a favor and be nice to yourself. Accept that you are beautiful the way you are. Your beauty comes from being comfortable with yourself physically and emotionally.

If you feel beautiful and confident, you'd be surprised how guys and others will pick up on that vibe and be drawn to you effortlessly. Beauty is a state of mind.

9. **Give that Sweet Guy A Chance.** Does he take four days to respond to your text? Does he (never) ask you out on a date? Does he stand you up when a date is finally scheduled? Chances are the guy is not interested in you. Then, why are you wasting your time on him? I've done this myself and seen many girls do the same. They run after that guy instead of giving a chance to the sweet guy who may actually like them. You won't know your future with him completely, but you can at least give him a chance. You never know...
10. **Seize Opportunities & Take Calculated Risks.** Did you land your dream job in another part of the country? Think about making a move. You are young and with less responsibility, so you could do it now if it feels right to you! Or perhaps you want to volunteer abroad? Or you want to have your own start-up venture? Well, try it! Some

fabulous opportunities will drop into your lap, sometimes with little effort on your end, your 20s are the perfect time to seize them. Just make sure whatever you do, your heart is in the right place and you take calculated risks, understanding all the pros and cons associated. Then, jump for it!

11. **Learn from Your Mistakes.** Lastly, it's perfectly alright to make a mistake, no matter how small or large. After all, if you don't make it in your 20s, then when the heck will you make it? The only catch? Don't make the same mistake twice. Don't put yourself down that you made a mistake, but take the lesson from the experience and move forward with that newfound wisdom.

Now please go ahead and feel free to share this list with your other 20-something fabulous girl friends!

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