THE ROARING TWENTIES

As a teenager, 18 ager, life seems to be just beginning. Suddenly you've earned the right to challenge decisions regarding your life and the things you want out of it. It can be a bit befuddling to some young adults who figure out they can self-direct their own path well beyond the confinement adolescence provides. Pondering what is 'getting your own life', making career choices, and finding the path to happiness are just a few of the obstacles that we are faced with as we slide into our early twenty's.

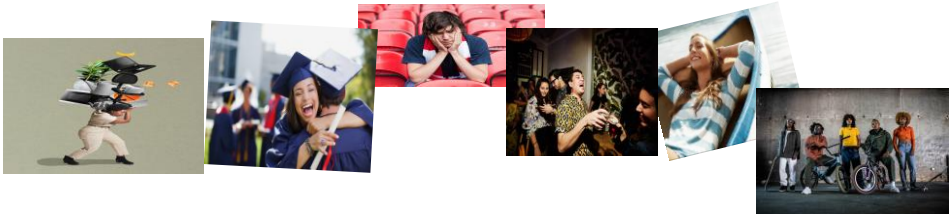
Researchers have suggested that the key thing to this time period is learning to put 'me' first is exactly what our twenty's are designed for. The pressure of obtaining quality employment, attending a university, earning a drivers license, traveling to broaden one's horizon etc….all become considerations for some and the only means toward redefining living and forming a life style for others. This is when a sense of 'freedom and adulthood' gradually consumes our psyche.

Early-on some generate barriers for themselves and somewhat reset the standards and privilege life itself offers us. And, it can form an undercurrent of confusion and rage. It's a rage of uncertainty and possibly anger that boils from origins most are ignorant of. At times, the change of leaving home, having to work and be responsible when you prefer to go shopping or loaf at home with friends amongst other awkward thoughts, can become frustrating. But it all resides in the 'desires' of the heart and thrill in foreseeing and believing the fulfillment the future can bring. Here, we also learn controls and that things such as party's and good times can go on during the night hours. The day is for money making, school, and other alternative interest that count. Prioritizing begins. This happens instantly for one and as they are adjusting to working, money, friendship for others. Time along with personal growth can be the best answer.

And, there is the confusion in deciphering the coordinates of survival while learning survivor skills. This aspect is most relative to the 'life' we live and the 'environment' we live it in. This aspect of development is reflective within the state of maturation we evolve to grounded through those who most closely impact our lives. As we have learned, it includes a wide array of people and personalities who give young adults a foundation and formulation of thoughts as to who they are in age, sexuality, race, culture, etc…. and form a mental path as to where this combination of matter will lead them in their lives. At this sacred moment, is when you accept and own the rational that it is actually your, whoever you've become, life you are living.

Buried within the aforementioned deciphering antics is the reality life often brings our way. In your twenty's is the lesson of 'life in birth', sickness and disease, loss of life as 'death', and the challenges faced when we are floating in between. The in between is survival. The twenties are for emergence onto adulthood or an extension of adolescence.

It has been said that the known indicators of maturity of the past are dead and gone. Home Economics class, completing refined education systems, having children, buying homes, or finding a really great job, no longer satisfy the thirst and drive during our early twenty's. These noted milestones were urged toward change and pushed for later in life through the wisdom of some, experience of others, economics, or culture issues. These obstacles are, hence, burdens for the thirties, well beyond graduating college, traveling the world, or indulging in other forms of



exploration throughout our twenty's. It is a time of risky business and learning that what is put out is often pulled in and rewards come from work.

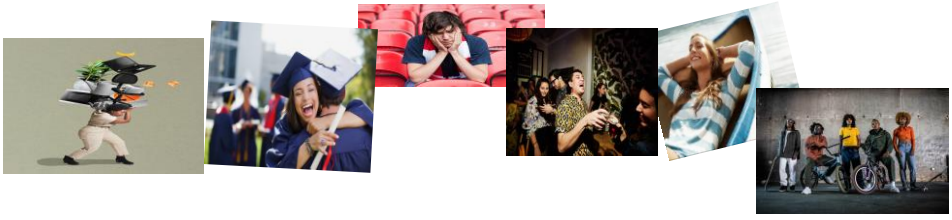
This too is a proven aspect of scientific design. Scientific research has suggested that our brains development extends into our thirties and is the reasoning behind this continuance of mental maturity during the twenty's. Biologically, the frontal lobes are fully functioning around our mid-twenty's. This happens to be the part of the brain for thinking response and emotion. Now, in the early years of the pre-frontal cortex, it's under formation is believably responsible for 'quirky, irrational' early twenty's behavior. As it forms complete mid to latter twenties, it is the primary section of the brain as it regulates emotion, impulses, delay's gratification, balance uncertainty, enables planning, decisions or judgment.

Thus, the twentysomething age is a time of risk and yet of opportunity in life, love and living!

From those who have lived through their twenties comes a wealth of wisdom, advice, and opinions for one to grow on and from. There is always, however, priority pause when executing such list and it takes on its own 'individual' character for each person. Instead of replicating any of those list, I've summarize my take on 'lessons for 20-something' and '30 year olds twenty checklist.' I figure at your leisure, one can take moments from some blah day and locate them on the web for yourself.

<u>Things All 20-Something Need To Know</u>

Living a quality life requires one to take care of him or herself emotionally, mentally, and physically. This includes simple task as drinking water, proper diet and exercise and all things which maintain our bodies for it's long lasting journey throughout your life. Traveling, broadening your horizon through text, leisure or education, expands our brains, uses cells while opening our eyes to the world, occupations, building blocks of survival, hustle-dom, and more magical dreaming of our futures. That something that wondering through a multitude of photographs reminds us of later as life moves along. Here is when we build upon relationships, search for love, and experience others openness, kindness, teachings. We begin to trust people outside of our family's and childhood associations and our environments dictate and require of us. We spend time seeking out the possibilities of loving, sex, and of those we believe are lasting friendships. Investing time is essential. Become financially fit. Having your own path minimizes the notion of jealousy of others as we accept that we all are faced with opportunity and the ability to work for what we want. Receive good fortune as a chance for more. As we find dismay, it will show it's face, we lean on the compliments, stare clear of insults, and store useable matter for later use. Like, somewhere in our thirty's.



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