

21 Secrets for Your 20s eBook

a Paul Angone and AllGroanUp.com Production

Icon Credits

MOM WITH KIDS ATTRIBUTE

Monika Ciapala, from The Noun Project

HEART

catherine pleased, from The Noun Project

COMPUTER SCREEN DESIGNED BY

United Nations OCHA

FALLING GUY LICENSED UNDER

Public Domain

SHEILD ATTRIBUTE:

Christopher T. Howlett

MEGAPHONE ATTRIBUTE:

Simon Child

SHOE PRINT ATTRIBUTE:

Ben Rex Furneaux

MONEY ATTRIBUTE

Luis Prado, from The Noun Project

MEDIC ATTRIBUTE:

Anton Khristolubov, from The Noun Project

WAREHOUSE ATTRIBUTE

Saman Bemel-Benrud, from The Noun Project

FRIENDS ATTRIBUTE

Luis Prado, from The Noun Project

FAILING IN HOLE ATTRIBUTE

William J. Salvador, from The Noun Project

Broken Heart DESIGNED BY

Dave Tappy The Noun Project

Tie DESIGNED BY

Douglas Nash The Noun Project

Guy working ATTRIBUTE

Bart Laugs, from The Noun Project

Pick Pocket - ATTRIBUTE

Proletkult Graphik, from The Noun Project

Scared Quarter Life Crisis ATTRIBUTE

Hue Nicolas, from The Noun Project

Beer Bottle

Inês Delicioso, from The Noun Project

Cross DESIGNED BY

United Nations OCHA

BRA ATTRIBUTE AS

Pavel Nikandrov, from The Noun Project

Broken Computer DESIGNED BY

Chris Broughton, The Noun Project

Magnifying glass ATTRIBUTE

SimpleScott, from The Noun Project

Married Couple ATTRIBUTE

Luis Prado, from The Noun Project

Tie ATTRIBUTE

Prerak Patel, from The Noun Project

Light Bulb ATTRIBUTE

Olivier Guin, from The Noun Project

Growing up, we live life so linear. Middle school. High School. College. Grad School. Cubicle job.

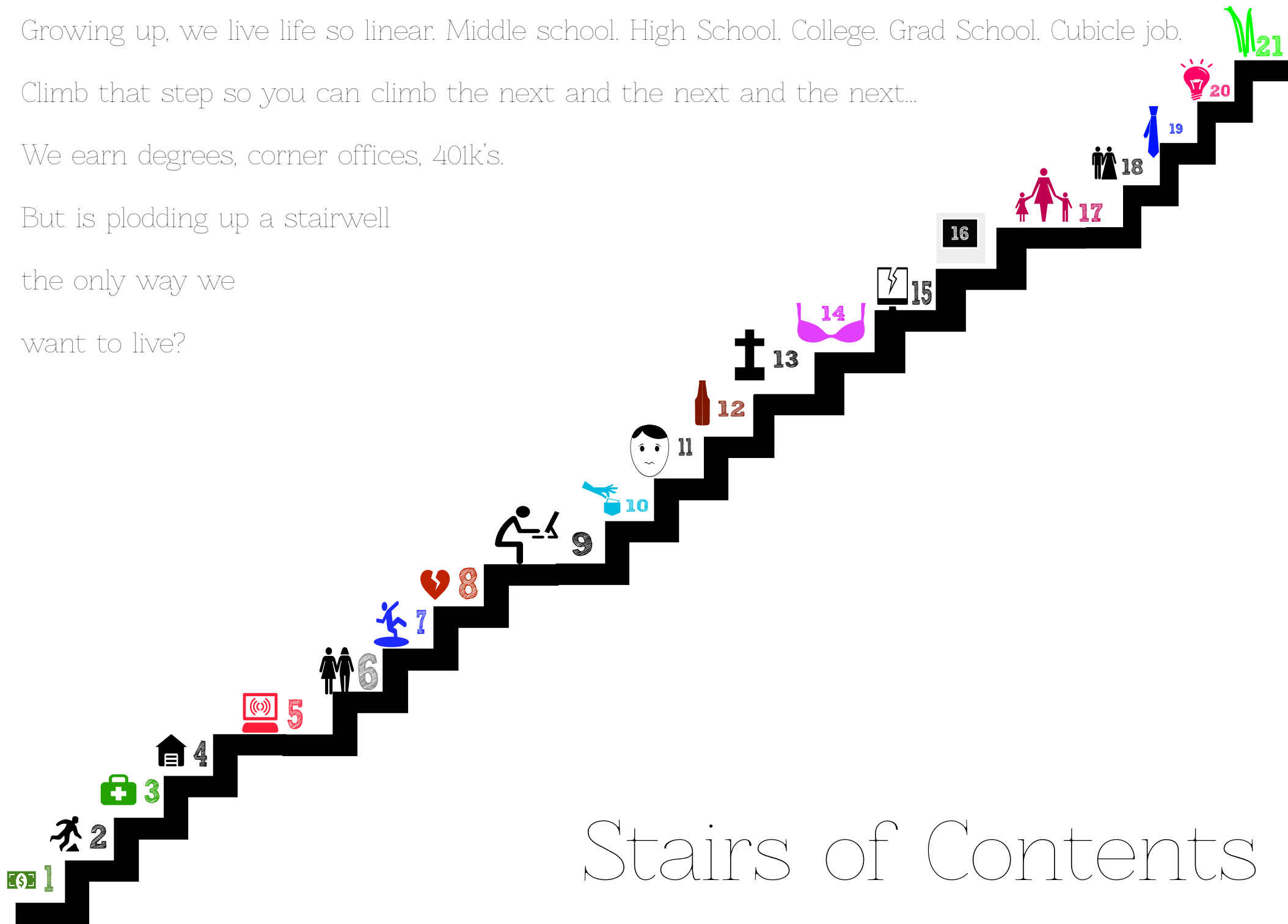
Climb that step so you can climb the next and the next and the next...

We earn degrees, corner offices, 401k's.

But is plodding up a stairwell

the only way we

want to live?



Stairs of Contents

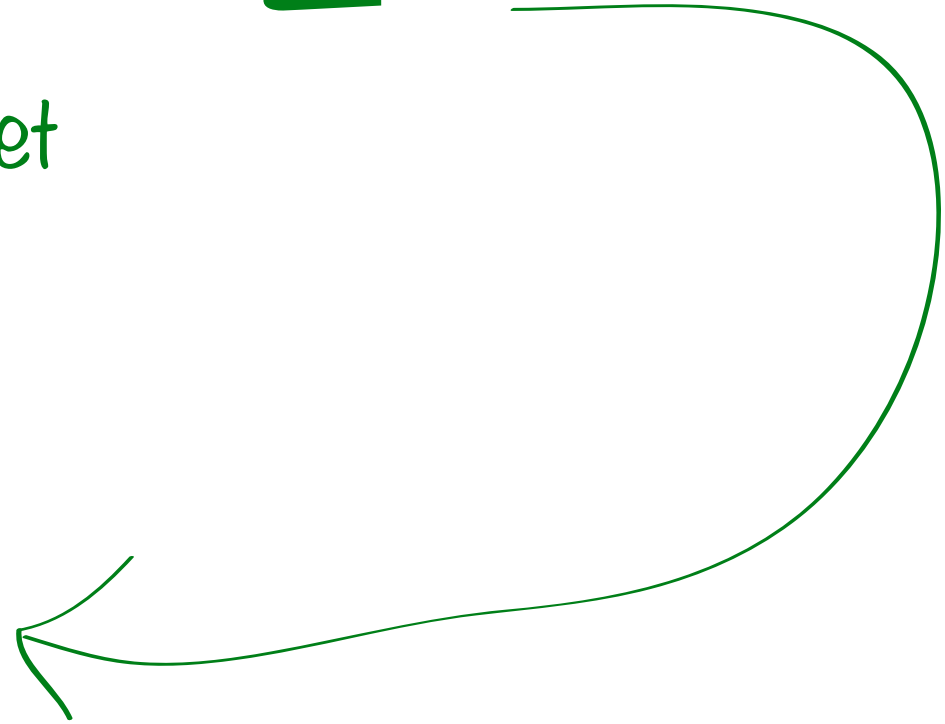
**21
Secrets
for Your
20s**

Never
Looking
At Your
Budget

a
n
d

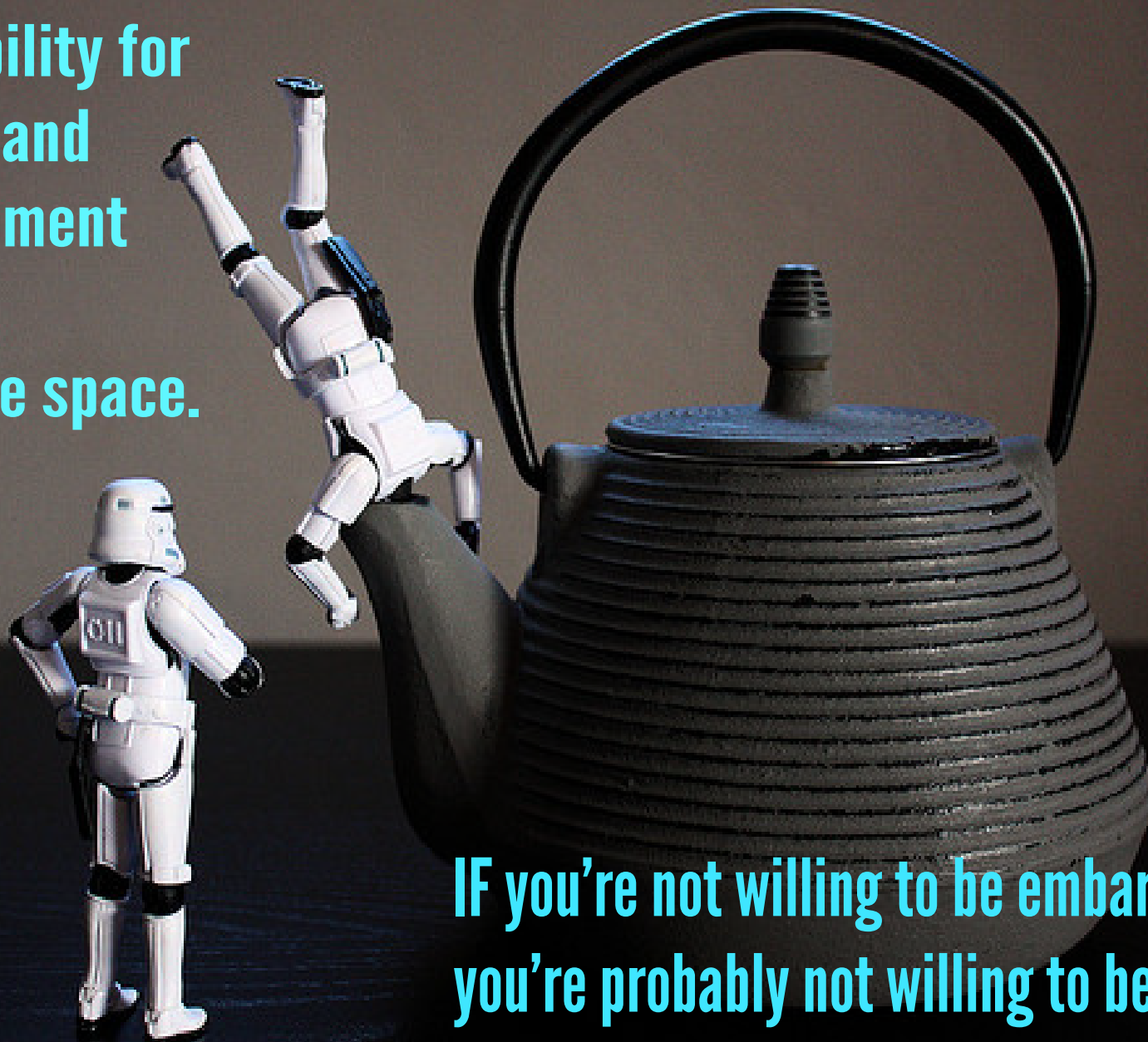
Never
Making
a
Budget

=



**THE EXACT
SAME THING**

THE possibility for
greatness and
embarrassment
both exist
in the same space.



IF you're not willing to be embarrassed,
you're probably not willing to be great.



Stefan - Flickr

THE REAL RISK OF EMBARRASSMENT

by Paul Angone

I hate being embarrassed.

I don't like being laughed at. Don't like being talked about. Don't like the perception that I'm not in control.

Who does, really?

But all the time, effort, energy that I've spent trying to avoid embarrassment — have I just kept myself from actually being myself? How many opportunities have I missed?

WHO WANTS A FREE GUITAR

Example — 4th of July three years ago at a park in San Diego. I heard music playing on the far side, so I rode my bike to find a Beach Boys cover band up on stage playing to a crowd of about 500 people. I'd stood there no more than three minutes when the band made an announcement:

“This will be our last song. We need five volunteers to come on stage and play some air guitar. The crowd will vote on the best performance with the winner getting this!” The lead singer held up a beautiful white Les Paul guitar. “First five that make it up front, make it on stage!”

I couldn't have pulled up at a better time as I had a 50 foot head start on anyone in the crowd. People began to stand. A few started to run. I took two steps. Then froze. I looked at the size of the crowd. Anxiety rushed through me like Mountain Dew.

Making a fool of myself for a free guitar? Was it worth it?

I didn't know a soul in the crowd. Get me on stage and I'll come alive and put on a show. But that takes me getting on stage.

I deliberated. I debated. And by the time I slowly sauntered over, they had chosen the five.

I missed the moment.

I then watched the five who made it on stage give half-hearted, lame attempts at air-guitar — their fear of embarrassment making it embarrassing. I felt sick. That guitar could've been mine.

But you have to be on the stage to win. They weren't going to give the guitar to the bystander in the front row who swore he could've done better.

WHERE EMBARRASSMENT THRIVES

The possibility for embarrassment and greatness, usually exist in the same space. It's difficult to remove one and not the other. When you do, you exist in the middle. Mediocrity your brand. No one saying a thing about you — good or bad. Why would they?

That's where I've existed most days. How many moments have I lived in a sterile, white-walled existence where my perceived appearance is the wild card that trumps all?

Well freaking nuts to that. What question am I most afraid of?

What's my most embarrassing moment?

or

What's my biggest regret?

People love laughing when sharing their most embarrassing story. I haven't heard too many snickers when people are sharing their biggest regrets.

The fear of embarrassment poisons creativity. The fear of embarrassment mitigates risk. The fear of embarrassment lets insecurities call the shots.

The fear of embarrassment feeds our compulsive comparison disorder. Embarrassment thrives like a fungus in the petri dish of “what will others will think?”

Damn what others think. Let them exist in the middle. I want my guitar.

Who's with me?



FEEL

NO SHAME

IN SEEKING HELP

FROM A COUNSELOR OR THERAPIST.

WE ALL HAVE CRAP WE TRY TO WRAP AND HIDE UNDER

THE CHRISTMAS TREE. GET RID OF IT BEFORE IT SMELLS UP

ALL YOUR

HOLIDAYS



**ALL JOB LISTINGS
ON CRAIGSLIST
LEAD YOU TO
A WAREHOUSE
IN DOWNTOWN L.A.**

**“WEARING SOMETHING NICE
WITH SHOES YOU CAN WALK IN”**

DON'T EVER, EVER CHECK FACEBOOK WHEN YOU'RE:

- A. DEPRESSED**
- B. DRINKING.**
- C. DEPRESSED AND DRINKING.**
- D. UNEMPLOYED.**
- E. ANYTIME AFTER 9:17 PM.**
- F. STRUGGLING WITH BEING BLESSED WITH SINGLENESS WHILE ALL YOUR FRIENDS SEEM TO BE BLESSED WITH 2.4 KIDS AND THAT BLAZING WHITE-PICKET-FENCE SHINING WITH THE GLORY OF JESUS CHRIST HIMSELF.**

This Friend-Shoot Ain't Easy.



Making and keeping
friends in our twenties
takes intentionality.

HOW DID FRIENDSHIP BECOME SO HARD

by Paul Angone

Making friends was so easy when we were kids. Or at least that's how my nostalgia remembers it (successful counseling sessions blocking my freshman and sophomore years of high school).

You tackled a kid at recess. Partnered with someone for Bio Lab. Played a pick up basketball game at the park. Got cast in a play. Moved into a dorm.

Then *bam*, you had a friend. Lots of them.

Like the kid who's dad worked for Nintendo — friends just waiting at your doorstep. And then college happened — the height of friend-mania. And then college ended.

You sang "...friends are friends forever..." arm to arm with your best friend for life you swore you'd never forget.

WHERE DID ALL THE FRIENDSHIPS GO?

Then you entered the abyss — the friend-abyss. The deep, uncharted waters of your 20's – 30's were friends are dumped in black bags never to be seen again. All those friends-are-friends-forever friends, gone – the apparent expiration date on "forever" lasting about two and half years.

Because you move. Get married. Have kids. Work a 60 hour a week job.

All of the sudden keeping friendships becomes harder than Chuck Norris' Abs. Because no longer do you have have any shared experiences.

So after a couple back-and- forths on voicemail, then a couple texts, then a couple Facebook messages — next thing you know your friendship has been reduced to throwing out the once-a-year "Happy B-Day!!!!" Facebook wall post, giving it four "!!!!" to show just how really excited you are about your "friend."

MAKING NEW FRIENDS

If keeping up with old friends is Chuck-Norris'-Abs-hard, making new ones is Chuck-Norris'-Fists-of-Destruction-harder.

A two year old who can't count could count all the new friends I have made post-college.

Between work, wife, baby, work outside of work, and then those silly things like the need to sleep, who has time to go meet new people? And then actually go through the long, awkward process of developing a friendship?

And the only thing harder than finding new friends post-college? Finding new couple friends post-college – now four people to toss into the Compatibility-Blender.

And the only thing harder than finding couple friends post college? Finding couple married friends with young babies. Now even if all four adults somehow magically like each other, next thing you know the other baby keeps slapping yours in the face and throwing temper tantrums like an Orange County Teenager who gets a KIA for her first car instead of BMW.

THIS FRIEND-SHOOT AIN'T EASY

Are we willing to pursue this *crazylittlething* called friendship? Are relationships going to be a priority in our lives? Or are we going to Lone Ranger this thing, the final scene of our lives just you and your horse riding into the sunset?

And while that makes for a kick-booty Hollywood ending, who's actually going to be in the audience to watch it?

Whether in our 20's, 30's, 40's, whenever — friendships don't lose their value just because we've decided we're too busy for them.



the only real failure of our 20's,
would be if we never had any.

fail. just don't call yourself a failure.



Every
break up
consists of
two break ups

AND IN THE SECOND BREAK UP THERE IS A LOT MORE BREAKING.



**THE FRESHMAN-FIFTEEN IS NOTHING
COMPARED TO THE CUBICLE-CINCUENTA**

BUST OUT BEFORE YOUR BUTT DOES

CUBICLES DON'T MAKE SENSE TO ANYBODY



ACTUALLY HAVE A POSITIVE OUTLOOK ON LIFE.

OF ALL "CUBICLE AMERICANS"

AND HALF OF THAT 3% IS STEALING FROM THEIR COMPANY.

OTHER THAN UPPER-MANAGEMENT.

I WOULD BE WILLING TO BET THAT ONLY 3%



IF AT SOME POINT IN YOUR 20'S YOU FEEL LIKE YOU'RE SIX YEARS OLD AGAIN,
LOST AT THE SAN DIEGO ZOO (IT'S A BIG-FRIGGIN-ZOO), FRANTICALLY SEARCHING FOR A FAMILIAR FACE

















 **HOLD TIGHT,**
YOU'RE EXPERIENCING A BIT OF A QUARTER-LIFE CRISIS.

KEEP HOPE.

PRAY A LOT.

AND IN NO TIME SOMEONE WILL CALL

YOUR NAME ACROSS THE LOUD SPEAKER TO TELL YOU **WHERE YOU CAN BE FOUND.**

WHY YOUR QUARTER-LIFE CRISIS IS A REALLY GOOD THING

by Paul Angone

Quarter-Life Crisis (def): *Experienced in one's twenties, involving anxiety/fear/confusion over the direction and quality of one's life.*

What if I told you that experiencing a quarter-life crisis is the best thing that can happen to you?

This turbulent season in your 20's where you're emerging into adulthood, and in the process, feel like you're getting the insides ripped out of you like crab legs at a Las Vegas buffet. Yes, this season will be the most important season of development in your entire life.

Let me explain.

LIFE LIVED LINEAR

Growing up, we live life so linear. Middle school. High School. College. Grad School. Cubicle job. Climb that step so you can climb the next and the next and the next...

don't question. don't look back. don't turn. Climb you fool. Climb! higher.faster.farther.further.

We earn degrees, corner offices, 401k's — but is plodding up a stairwell the way we want to live?

TIME TO EXPLORE

The Quarter-life Crisis is simply when you finally stop climbing the stairs and start exploring the unknowns of the 15th floor.

The door locks behind you. You strain your eyes but can only make out a dimly lit hall that appears to never end. You feel stuck in a Stephen King novel and at any second train headlights might start hurdling toward you.

No syllabus. No textbook. No professor with a flashlight to shed light on all the answers.

No, just you and an endless amount of rooms. All you can do is start opening doors. And it's a tad terrifying, if we're honest. Because exploring the dark has always been that way.

Because we'll enter rooms that smell like mothballs and old pee. Because we'll get lost and there's no assurance that we'll ever find our way out.

But the more rooms we go in, the more the maze begins to make sense. Exploring in the dark is not easy. But our eyes begin to adjust. We start learning how to really see.

We learn how to fail.

And struggle.

And persevere.

We learn that sometimes life must suck before it's sweet.

We learn how to explore again like we're eight years old in the field behind our house.

We think back to our life on the stairwell and realize it wasn't much of a life after all.

LOST WITH CONFIDENCE

So yes, I'd rather we experience crisis now. I'd rather we ask questions when we're twenty-six years old and have the rest of our lives to live it. Than when we're freaking-fifty-five with so much of our lives already cashed in.

A quarter-Life crisis, as Professor Robert Quinn writes in *Deep Change*, is really about being willing to get "lost with confidence".

Because if you explore the 15th floor long enough you'll begin to find the way.

Thank you quarter-life crisis.

FRIENDS DON'T LET FRIENDS DRIVE, OR FLIRT, DRUNK.



photo by
Rob Broadus

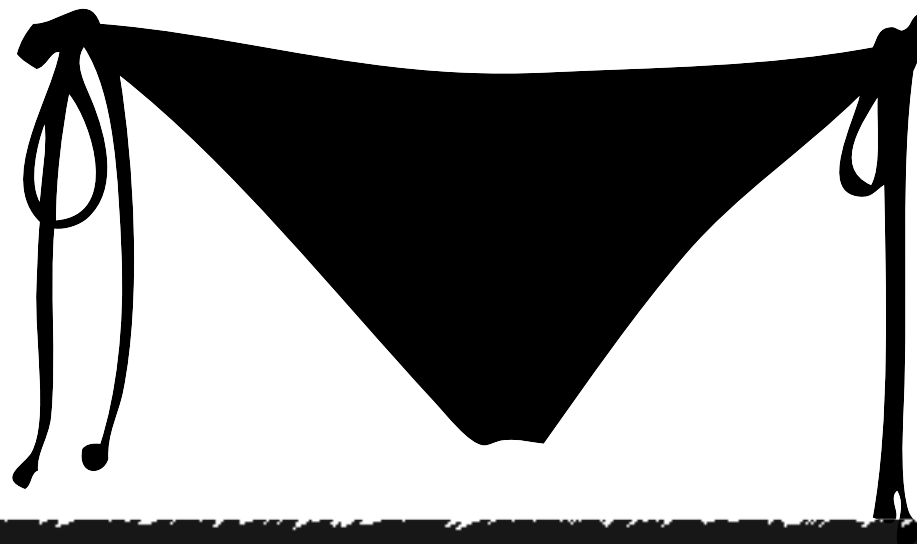
 Photo by
Jasmic - Flickr

†13

Your twenties are a
process of making faith
your own
apart from your
parents and childhood.



SWIMSUITS



**Remember everyone's too busy putting a PR spin
on their own Facebook profile to care much about yours.**

Post

life will never
feel like
“it’s supposed to”




MARRIAGE

WILL



NOT

FIX ANY OF YOUR PROBLEMS

CRAPPY JOBS 
ARE A 20SOMETHING
RIGHT OF PASSAGE

**FIGURE OUT
WHAT YOU NEED
TO LEARN THERE
AND LEARN IT.**

THEN...

RUN
RUN
RUN
RUN
RUN
RUN
RUN

GREAT IDEAS ALONE MEAN NOTHING

YOUR ABILITY TO PERSEVERE THROUGH:

- ~ 16 major setbacks,
- ~ forgetting why you started this great idea in the first place
- ~ a lack of passion
- ~ all the people who allude that your great idea is actually quite terrible

THAT'S WHAT MAKES A GREAT IDEA GREAT

21 Secrets for Your 20's

a Paul Angone/AllGroanUp.com Production



THE GRASS IS
ALWAYS GREENER
ON THE OTHER SIDE,
UNTIL YOU GET
THERE AND REALIZE
IT'S BECAUSE OF ALL
THE MANURE.



Thank you for reading. I hope this is the best free eBook you experience all day.

Please tell friends to pick up their copy of the *21 Secrets for Your 20's* eBook at AllGroanUp.com
You could tell them through Facebook, Twitter, Pinterest, or go super-old-school, and tell them in person.

I'd love to connect more with you at:

@PaulAngone

Facebook.com/AllGroanUp

Pinterest/PaulAngone

I am an Author, Speaker,
Entrepreneur, Story-Teller,
Husband, Humorist, and New Dad
who's heck bent on really discussing what's really going on in our Emerging Adult years.

My debut book **All Groan Up: Searching for Self, Faith, and a Freaking Job!**
hits bookstores March 2013.