

Key Takeaways

Navigating the Quarter Life Crisis

#1 Correlation of information quality and decision quality

Whether it's switching careers or starting a business, research and consider the different moving parts thoroughly. It's not about getting to the perfect decision, but making a well-informed decision where you can handle the cons. The rest is a leap of faith!

#2 The answer may already be within you

Visualise and write out what an ideal future looks like to you. Then ask yourself, "how do I make it happen?". Try not to constrain yourself to binary thinking, as different goals aren't necessarily mutually exclusive.

#3 Coherence between your future and your daily life is key

Does your current job provide a stepping stone to your long-term goals? Don't lose sight of the bigger picture. Perhaps try keeping a gratitude journal to remind yourself.