

## Q11 Knowing what you know as a(n) {{ Q3 }} year old, what advice could you give to someone who is younger and less experienced that would be beneficial to them?

Answered: 406 Skipped: 220

#	RESPONSES	DATE
1	<p><b>Female</b> <b>Quora</b> Use EFT Tapping as a technique to get over the bad things that happen to you. I wish I had known this when I was a child. It would have changed my life for the better far earlier. Here's some links to the technique and how to do it. If you get headaches, suffer from pain, have been abused, people treat you badly, you're grief stricken, you can't find anyone to love.... You can use EFT for anything. It's free, only takes a few minutes and has amazing permanent good effects. Tap O' the Mornin' with Brad Yates - EFT EFT &amp; Ho'oponopono with Brad Yates Clearing Fear and Worry - Tapping with Brad Yates Healing - Tapping with Brad Yates I have no association with Mr Yates, I just like the way he does EFT. There's thousands of EFT Tapping videos on YouTube about everything that you can think of. Do Tapping daily for a month and see how you feel afterwards.</p>	9/25/2018 4:56 PM
2	<p><b>Ages 60 or older</b> <b>Female</b> <b>Quora</b> Be observant of older people and watch their behavior. Pick one who seems to be a bit more "cool" and respected by others. Don't be afraid to ask them for advice. All they can say is no. In that case, ask until someone says yes. Never stop learning. At nearly 77, I find myself still learning new things. Be curious about the world and the people in it. Read, read, read. A lot can be learned about manners, culture, geography, and more from reading. My motto is, "First you learn to read and then you read to learn." Learn how to dress appropriately for a job interview. That means clean, neat looking clothes and shoes. Get hair trimmed if needed. Stand up as if you are brave and shake the interviewer's hand even if you are shaking inside. It is the polite thing to do. Show older persons respect by calling them Mr. or Mrs. _____. Do not call them by their first name unless they suggest you do. Try to learn correct grammar. In 1959, when I graduated from high school, I had never heard of anything like financial aid. I did not have the confidence in me that I would be able to work my way through college. Careers for women were pretty limited. It was suggested that hair stylist, secretary, nurse, teacher, waitress, store clerk, or attending college briefly to meet husband material were suitable. There were very few women doctors, lawyers, or other higher paid positions available. Life is fascinating and waiting for you to make your mark no matter how small.</p>	9/25/2018 4:54 PM
3	<p><b>Ages 21-29</b> <b>Female</b> <b>Quora</b> I would tell them to just seize the moment. Don't be too rush because you might miss the important lessons life's throwing at you. You have all the time in the world so enjoy and learn from all of it.</p>	9/25/2018 4:51 PM
4	<p><b>Ages 21-29</b> <b>Male</b> <b>Quora</b> Learn about the stock market and even the cryptomarket and invest some money. Expect risk to be involved, but don't put all your "eggs" into one basket.</p>	9/25/2018 4:49 PM
5	<p><b>Quora</b> 1 ) If you have a dream ... try for it work hard for it .. but still after giving everything ..you are not getting it ... just leave it . 2) Most important asset is your relations ... invest in it as much as you can . 3) Life will be difficult at times .. it will be very difficult at time.. just stay there .. it will make you more stronger . 4) Don't overthink about future ... it will take your present moment and will make you sad . 5) Don't compare yourself with others .Each day try to get better than yesterday. 6) Have a balanced life . Money , relations ,goals ,health ... keep balance of everything . 7) Don't curse yourself if you are not going anywhere in your life . Just be true to yourself and keep searching for thing that keeps you happy . 8) Help others as much as you can .:)</p>	9/25/2018 4:45 PM
6	<p><b>Ages 30-39</b> <b>Male</b> <b>Quora</b> Here are top 9 pieces of advice I would give someone who is younger that would change their lives forever: Never let anyone out-work you Get yourself a world-class mentor Work with a sense of urgency always Surround yourself with the greatest minds possible Work for great people for free. Stay away from social media Ensure you learn how to manage money Master the art of written &amp; verbal communication Never assume you are equal to those better and more experienced than you. Loy Machedo</p>	9/25/2018 4:40 PM

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7	<b>Ages 21-29</b> <b>Male</b> <b>Quora</b>	If you do not have a savings account set up, SET ONE UP! Also, make it automatic. 23 Dizzying Average American Savings Statistics Most Americans do not even have \$1,000 saved up for emergencies. I have been saving for a while and it is such a great feeling to be able to buy something in cash or pay for a large unexpected expense (car battery dying, sink breaking, popped tire, broken phone etc.) Your stress levels will reduce dramatically! I recommend you read this book. The Automatic Millionaire, Expanded and Updated: A Powerful One-Step Plan to Live and Finish Rich: David Bach: 9780451499080: Amazon.com: Books	9/25/2018 4:38 PM
8	<b>Ages 21-29</b> <b>Female</b> <b>Quora</b>	I would advise the younger version of me to be more kind. Not just to others, but also to myself. I'd tell anyone this especially our youth. Kindness is just so rare these days that I have witnessed a jaded person or two have tears in their eyes when extended kindness from a stranger. I'd also tell anyone in their teens and early 20's to not be in such a rush when it comes to a romantic relationship, merely because all of their friends are paired up. When you are hasty in this way you could end up (at worst) with a psychopath whom tries to kill you whenever you try to leave him or (less extreme, but still awful) someone whom doesn't treat you well. You are deserving of love and of a special someone who will treasure you and at times perhaps spoil you a little bit on special occasions. I was with a psycho and the man really tried his best to snuff my life out three times. I still have nightmares about him to this day. Fortunately, I am with a very good, kind, and strong person who adores me and I absolutely adore him right back. It isn't always easy, but that's the nature of relationships. They are very hard work and must be tended to constantly to grow and thrive...very much like a garden.	9/25/2018 4:36 PM
9	<b>Reddit</b>	Save now as it compounds later	9/25/2018 1:16 PM
10	<b>Reddit</b>	dont follow people be your own man	9/25/2018 1:15 PM
11	<b>Reddit</b>	Watch Jordan Peterson's videos on YouTube. Listen to what he has to say very carefully.	9/25/2018 1:15 PM
12	<b>Reddit</b>	Find a mentor to help guide you where you want to be. Get proper amount of sleep. Don't stick stuff up your nose.	9/25/2018 1:14 PM
13	<b>Reddit</b>	Make friends so you can have a guy for everything. Computer guy, car guy, law guy, doctor guy, tax guy... if you have a guy for whatever problem you need they can guide you through the proper steps and you'll learn for the future.	9/25/2018 1:13 PM
14	<b>Reddit</b>	Believe yourself or no one will	9/25/2018 1:12 PM
15	<b>Ages 17 or younger</b> <b>Female</b> <b>Interview</b>	Repeat the question. To anybody? Do I, like, say a name or something? So, like giving advice to somebody, like from my personal experience? Okay. Um... One of my friends who continues to date people constantly, one to another. Probably tell her to stop doing that. That she doesn't need somebody to make herself happy. She doesn't need to be in a relationship to think that she needs to feel loved by other people. Tell her to start loving herself and stop thinking what other people think about her.	9/25/2018 12:38 PM
16	<b>Ages 17 or younger</b> <b>Female</b> <b>Interview</b>	To, like, go on with your life. Like, you can't just keep acting like a child, if you're at like work or something.	9/25/2018 12:34 PM
17	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b>	To remain yourself. Just be yourself. Don't compare yourself to anybody else, their success or what they're doing or how to be like them. Just be yourself and do what was put in your heart to do. Just follow that.	9/25/2018 12:30 PM
18	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b>	I know it sounds stupid, but just do what—do something that you enjoy doing. You know, like if you enjoy doing it, you'll be good at it, and you'll make it grow. And eventually, you'd want to work for yourself. You don't want to work for someone else cuz they'll never allow you to grow. So, I always recommend doing, going out on your own, doing whatever you wanna do, and taking it by the wheel, you know. Hah.	9/25/2018 12:28 PM
19	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b>	Listen... to your elders. Hah. I think my biggest—not biggest mistakes, but not listening to my parents when they say, "Don't do something." Like learning from them and just thinking that I was right and wanting to rebel. I look back, and I'm just like, "Wow. I wish I would have taken their advice."	9/25/2018 12:25 PM
20	<b>Ages 17 or younger</b> <b>Female</b> <b>Interview</b>	Can you repeat that? Don't do bad things. Um... I just had it. Don't do bad things and don't do anything that you don't wanna do because somebody's like pushing you. So like, if you don't wanna do it, do not do it. (Don't be peer pressured) Yeah, like just don't... If you don't feel like doing it, don't do it. If you feel like... I don't even know. Ahhh! I don't know. I don't know. But yeah, like that.	9/25/2018 12:23 PM

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21	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b>	Um. Don't sweat the small stuff. There are going to be a lot of hard things in life. And most of them are going to seem like the hardest thing in life, but it's not. To trust your instincts and trust the process and you'll get wherever you need to be.	9/25/2018 12:21 PM
22	<b>Ages 17 or younger</b> <b>Female</b> <b>Interview</b>	Give advice for what? Um...hah. Probably... Don't let what people say get to you. :) Haha. Focus on school and not people. :) Haha.	9/25/2018 12:18 PM
23	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b>	Um... I would, like, inform them like not to be peer pressured. Like, don't let somebody tell you like... Like, don't be peer pressured to do drugs. Don't be peer pressured to do something you don't want to do. You know what I mean? You have a voice of your own. So, I really just personally, just do what you want to do. Do what you feel is right. Like, don't let nobody tell you that this is what is destined for you. You know what I mean? Let you choose your own path, your own destiny. You know.	9/25/2018 12:15 PM
24	<b>Ages 40-49</b> <b>Female</b> <b>Interview</b>	Em... Experience in what kinda? Just to be eh... I don't know. The experience I will say, in general, is, like, to be yourself and then be balanced in life. And then, I know that we make mistakes, you know, when you are younger, and then when you are older you say, "Oh my God." But the experience, I will say is—my experience—to be strong in life. You know, because you go through to so many up and downs. And then everything—you have to make sure that you enjoy life every minute. And then, go ahead in life and everything whatever you want to do. My experience is be happy, be yourself, and then have fun. You enjoy your life every minute. And then—And then again, life is all about balance. Mhm.	9/25/2018 12:10 PM
25	<b>Ages 40-49</b> <b>Interview</b> <b>Male</b>	Uhh... Finish what you start. That's it. I would just say finish what you start, be dedicated, and just focused. You know, don't let anything get in your way.	9/25/2018 12:05 PM
26	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b>	I would say in general to, you know, give advice to somebody younger, based on my professional experience, would just be to, you know, continue on the path that makes you happy for whatever, whichever path that is. If, you know, it doesn't have to be the same field that I'm in. Just continue on that path and make good decisions along the way—good, moral decisions, you know. Don't ever let somebody sway you the wrong way and, you know, try to benefit from something that's gonna hurt others. Just do the right thing and continue to better yourself in your profession through, you know, continued education, online courses, if that's suitable to what you're doing. And just education, you know. Continue to educate yourself in whatever profession you're in, in order to become greater.	9/25/2018 12:01 PM
27	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b>	Hm. Some advice I would give to someone younger than me with the experience I have is to learn as much as possible about different cultures and not, you know, not only cultures but people in general just... You know, I think talking to people from different places you learn a tremendous amount. And, you know, being in a restaurant, I meet people from all over the world, from all, you know, different countries. And, you know, I spend sometimes—I spend hours sometimes I spend you know how long with them, but I think it's important to talk to people like really talk to people and learn about them not just, you know, oh small talk. I think it's important to really just learn about people cuz it helps you. You grow empathy for people, you know. It helps you become aware of, you know, that other people's situations exist outside of your little, you know, bubble. So yeah, I think that's in general, is to just talk to people and learn about people.	9/25/2018 11:50 AM
28	<b>Ages 50-59</b> <b>Interview</b> <b>Male</b>	Knowing all I know, what could I give to somebody who's younger or my experiences? Um... I think the older that you get, the more you tend to—is to like yourself. The quicker you can do that and be comfortable with who you are in your own skin, the easier it will be to pull in people that are gonna be more helpful to you than, you know, than be more of a hindrance, you know. Hinder you in what you're trying to accomplish or try to distract you. So I think that would be the first thing is—or the most important thing is learn to love yourself very quickly.	9/25/2018 11:46 AM

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29	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b>	Uhh...What... I mean as far as what?... I don't know. I feel like you're wanting something deeper than that. As far as what? Given my life experiences, what advice would I give? Um...Hmm...Hmhmhm. Man. I wish you would send me these beforehand cuz I could come up with some good stuff. It's the 'on the spot' cuz I'm thinking of a thousand things right now but. Trying to bring it all in. Trying to bring it all down. Hmm... All my life experiences... Pshew. Man. Haha. Cuz I could go so many different avenues with that. Uh... I mean phew... Um... Man, I don't know. I guess... Do—try to do as many things that you love to do...that mean something to you. Don't try to do things to make other people happy. Try to do as much as you can to make yourself happy. And always try to have fun doing it. Even if you're mowing the lawn, which some people haven't done. Even when you're mowing the lawn, try to have fun with it. Putting some music in your ears. Make something fun out of whatever you're doing is the advice I would give. Is that the kind of answer you're looking for? For that question? Particular question? I think...I think that was it. Try to have fun with everything you do. Try to have a positive attitude with it. Yeah. Definitely, a positive attitude and have fun doing those things.	9/25/2018 11:43 AM
30	<b>Ages 18-20</b> <b>Female</b> <b>Interview</b>	Like success-wise or career-wise, since you mentioned, I'm a receptionist? Um... This question is so... It's so broad like I can't. It's hard for me to gear an answer because I give advice a lot. Not saying that I should. But like that's just how I am personally. Like... The reason why I say that is because you say a certain advice, you know, to what they're, you know, going through, or what they wanna do. Most beneficial to them? Depends. Depends on like what they wanna do or what they're struggling with. Success-wise? Career-wise? Like success in life? Um... Well, okay. I know something. Something that a lot of younger people do. Most young people go through this. Is like stop caring what other people think. Like that's something I'm still like struggling on. Like, stop caring what people think. And not in a bad, reckless way. Like in a way where it just doesn't matter what people say about you. It doesn't matter what people are doing. You just—you know what you want to do. You know what makes you happy. And it's a good thing. Then don't care what anyone else thinks like don't worry about, you know, people who say you can't do something or someone who says you're not fit for something. Don't care about it. You know it doesn't—It's not important. That's it.	9/25/2018 11:32 AM
31	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b>	Personally, I would say spend time with the elderly. That is a huge, huge benefit to anywhere you're going in life, anything you want to do and dream. Spend time with those who've been alive longer on this Earth, who've experienced things twice, four times as much as people even younger than me have, could ever imagine. They have so much wisdom and spending time with the elderly is definitely... definitely helps you see perspective and see how everyone else has handled their life and lived their life to their fullest. When they share a story, my advice is to just stop and listen. Just look at them, like "Wow, you've lived your life fully."	9/25/2018 11:29 AM
32	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b>	Um... I guess never stop working. I watched a movie called The Founder, recently and it's about the guy who basically took over McDonald's. And the whole movie he's screaming "persistence." And so, that's basically what it is. Like, when I moved into my building, I could hear pool parties down, you know, downstairs and I'm here on the weekends still working because I have that set goal and that's ultimately more important to me than partying all the time. So, if you wanted me to get more in depth, write lists. You know, every day down, write a list. I typically like to clean my place in the mornings because it gives a sense of accomplishment. You do that first task, and then it kind of is like a free-for-all to getting other stuff done. So, if you set lists and then small goals and then long-term goals, all that usually helps... But yeah, I mean really when it comes—I mean, I'm from Seattle. I'm from like a city where entrepreneurship is huge. And the reason why it's so huge is the weather is terrible in the fall and winter time. And so, what do you think all those people are doing? They're inside working on their business. So, if you put in the time, eventually, you'll...you know, you'll be paid off. Of course, it depends on the idea and what, you know, you're trying to build, but hypothetically, if you have a decent—a good idea, and you believe in yourself and are able to put in the time and effort, then it will pay off in the future so.	9/25/2018 11:26 AM

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33	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 50-59</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Interview</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	<p>Hm! Well, I've never been asked for this advice before haha although I'm always willing to give it. Haha. Sometimes when someone doesn't even think they need it or want it. So, I would say... To use a quote from Shakespeare: "To thine own self be true." In this life, you know, as you can tell from us having known each other for the amount of time. When you get a little older, you realize that sometimes in life you get to do the things you want to do, but most of their time you spend your day doing the things that you're required or have to do. In order to maintain, again, just the basics of your lifestyle and to support the people around you that you love or just sometimes to even support yourself. So, I would say that if you can search actively for a way to make the things that you enjoy doing part of the things that you have to do, then you're already on your way toward success. You gotta find your passion. I mean not always possible. Sometimes our talents and the things that make us capable of financial success or you know economic stability don't pair with what we enjoy doing. Or sometimes even the things that we enjoy doing if you try to use them to make money don't seem enjoyable anymore. I've seen many people do that, make that mistake. Where they take a hobby or something that they're really passionate about, and then they try to turn it into a profession. And when you are involved in a profession whether you run your own organization or whether you have to report to someone in a chain of command like a boss or a supervisor of some sort—just the act of having to do that—having to be accountable takes the enjoyment out of what it is that you are passionate about. So, you gotta be careful. Those are the pitfalls, yeah.</p>	9/25/2018 11:19 AM
34	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 21-29</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Interview</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	<p>Uh. A stranger or younger self? Like myself? Or like a stranger? Mm... Hah. Now that I've taught for a year, there's so many. Haha. There's so many that I—I feel like, you know, for a year, as a teacher, I think I've been preaching more than I've been teaching. I mean this is so cliché, but I think self-love. Like love yourself. I think that is so important because like everything else like I want to say like know your strengths and weaknesses. That's probably the second thing I would say. But I think first and foremost, love yourself. Because I think the ladder, like knowing your strengths, whatnot... So much—so much of life, in life, I think in general, loving your—that's where your strengths—like loving yourself gives you strength for other things. Right, to tackle, you know, new journeys and passion projects, whatever it may be. Or challenges cuz life is never short of challenges or obstacles or disappointments. And so, I would say, love yourself because if you love yourself, it prepares you for all the amazing things in life or it also it opens the door for many amazing things in life. And also, it prepares you for all the hardships and the difficulties in life. So you're able to weather all those things and, you know, you don't vacillate, you know, where your emotion dictates as, you know, as fickle as the wind blows. You know, whichever direction it blows, "Oh I go this way, I go that way." But and, you know, obviously, those wind can be a metaphor for many things like peer pressure or just wrong advice or, just I don't know. You catch feelings for different things or wrong things or the wrong person. But if you love yourself, like, it anchors you. And I think that's something that would help you and last like the entire duration of your life. So love yourself. There's many others, but love yourself, yeah.</p>	9/25/2018 11:16 AM
35	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 40-49</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Save cash	8/18/2018 4:47 PM
36	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 30-39</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Always go with your gut and follow your dreams	8/12/2018 9:47 PM
37	<span style="background-color: #ffc107; color: white; padding: 2px;">Ages 17 or younger</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Go after life don't let life go after you	8/12/2018 9:46 PM
38	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 18-20</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Be free don't let anyone drag you down	8/12/2018 9:44 PM
39	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 30-39</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Love the Lord and your neighbor	8/12/2018 9:42 PM
40	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 30-39</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Go to college and push yourself to the next level. Find a mentor to copy.	8/12/2018 9:42 PM
41	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 21-29</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Remember what you know now. Don't become distracted. Maintain the essentials.	8/12/2018 9:42 PM
42	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 21-29</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Find the truth and pursue it.	8/12/2018 9:40 PM
43	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 40-49</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Find a passion, build a value for others in that passion, and do it all the way.	8/12/2018 9:39 PM
44	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 21-29</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Go to college and get a degree in a field that needs workers.	8/12/2018 9:38 PM
45	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 40-49</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Think long term. Save money.	8/12/2018 9:37 PM
46	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 21-29</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	Everything counts	8/12/2018 9:36 PM
47	<span style="background-color: #e91e63; color: white; padding: 2px;">Ages 18-20</span> <span style="background-color: #ffc107; color: white; padding: 2px;">Benchmark</span> <span style="background-color: #2196f3; color: white; padding: 2px;">Male</span>	it is miami dade college experience work to information software hardware	8/12/2018 9:35 PM

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48	Ages 21-29	Benchmark	Male	I would tell someone who is younger than me, that money is not powerful but knowledge is.	8/12/2018 9:34 PM
49	Ages 21-29	Benchmark	Male	If you get a job hold on to it	8/12/2018 9:33 PM
50	Ages 21-29	Benchmark	Male	take risks	8/12/2018 9:31 PM
51	Ages 21-29	Benchmark	Male	Work hard to be successful	8/12/2018 9:31 PM
52	Ages 21-29	Benchmark	Male	Do your best in school it pays off later	8/12/2018 9:29 PM
53	Ages 30-39	Benchmark	Male	Don't be in a rush to grow up, enjoy your youth you'll miss it when it's gone	8/12/2018 9:29 PM
54	Ages 18-20	Benchmark	Male	Stay in school	8/12/2018 9:27 PM
55	Ages 21-29	Benchmark	Male	Save money	8/12/2018 9:26 PM
56	Ages 40-49	Benchmark	Male	Be happy	8/12/2018 9:25 PM
57	Ages 30-39	Benchmark	Male	take any opportunity you can get and learn/grow from it	8/12/2018 9:24 PM
58	Ages 18-20	Benchmark	Male	Know what it is that you want to do in life. What are you passionate about, so that you can chose a good major and profession.	8/12/2018 9:24 PM
59	Ages 30-39	Benchmark	Male	don't get hurt	8/12/2018 9:22 PM
60	Ages 30-39	Benchmark	Male	Don't get complacent - things change, and fortune favors those that keep working to improve and meet future challenges	8/12/2018 9:21 PM
61	Ages 40-49	Benchmark	Male	Education learn multiple languages	8/12/2018 9:20 PM
62	Ages 18-20	Benchmark	Male	Learn from mistakes don't just keep making the same mistakes over an over	8/12/2018 9:19 PM
63	Ages 21-29	Benchmark	Male	Stay in school	8/12/2018 9:18 PM
64	Ages 21-29	Benchmark	Male	Don't sacrifice goals so early	8/12/2018 9:16 PM
65	Ages 21-29	Benchmark	Male	take a deep breath and just do it	8/12/2018 9:16 PM
66	Ages 40-49	Benchmark	Male	Don't be afraid to change jobs	8/12/2018 9:14 PM
67	Ages 30-39	Benchmark	Male	To study hard and work hard	8/12/2018 9:14 PM
68	Ages 30-39	Benchmark	Male	Do your best to excel (and at times endure LOL) in school. Work hard now. But don't forget to enjoy the younger years. Not only does time pass quickly, it doesn't have rewind. Don't make choices that could negatively affect you in the future	8/12/2018 9:12 PM
69	Ages 40-49	Benchmark	Male	Save	8/12/2018 9:09 PM
70	Ages 30-39	Benchmark	Male	Some individuals are really good at what they do, but not everybody is perfect so if you make mistakes don't feel to bad because mistakes are created for us; but in the end let the professionals take care of the rest, so you have some freedom with liberty to heighten your socioeconomic status	8/12/2018 9:08 PM
71	Ages 30-39	Benchmark	Male	This world is temporary. Eternity is coming.	8/12/2018 9:07 PM
72	Ages 30-39	Benchmark	Male	Work hard early to be successful and enjoy life later on	8/12/2018 9:04 PM
73	Ages 40-49	Benchmark	Male	Put down the cell phone and walk away; nothing on that screen is as important as the people around you. Life doesn't exist in a 5" screen and it's too short to be wasted on "social media", LOLs, or angry birds - get out there and experience life with people you truly care about.	8/12/2018 8:46 PM
74	Ages 18-20	Benchmark	Male	Take life seriously and don't squander your opportunities	8/12/2018 8:44 PM
75	Ages 21-29	Benchmark	Male	Life's too short to not be happy, be happy it all passes so quickly.	8/12/2018 8:38 PM
76	Ages 30-39	Benchmark	Male	Set goals realistic and see them through to completion	8/12/2018 8:34 PM
77	Ages 18-20	Benchmark	Male	Good grades are important but not everything	8/12/2018 8:31 PM
78	Ages 60 or older	Benchmark	Male	school	8/12/2018 8:24 PM
79	Ages 18-20	Benchmark	Male	don't succumb to peer pressure	8/12/2018 8:22 PM

## Starting a Personal Growth Journey Survey

80	Ages 60 or older	Benchmark	Male	get a good education, set up 401K and saving account be careful with spending and eating healthy.	8/12/2018 8:20 PM
81	Ages 30-39	Benchmark	Female	To have positive attitude	8/12/2018 8:17 PM
82	Ages 60 or older	Benchmark	Male	be attentive to all you do	8/12/2018 8:14 PM
83	Ages 17 or younger	Benchmark	Male	I would tell them to listen to your mom and always eat your brussel sprouts!	8/12/2018 8:11 PM
84	Ages 60 or older	Benchmark	Male	Spend half disposable income on whatever you desire now (travel, boat, golf, whatever), and save half disposable income toward retirement (15% of gross income is a good goal). That way you enjoy life along the way and don't save it all only to find you can't physically do your goal due to health issues or worse, you die along the way.	8/12/2018 8:06 PM
85	Ages 60 or older	Benchmark	Male	If you feel torn between your gut impulse and your head, your guts are usually right. Don't sweat the small stuff. Most things don't happen.	8/12/2018 8:03 PM
86	Ages 40-49	Benchmark	Male	Learn a specialty or trade	8/12/2018 8:01 PM
87	Ages 50-59	Benchmark	Male	Enjoy everyday as if it's your last	8/12/2018 7:58 PM
88	Ages 50-59	Benchmark	Male	Enjoy your life and travel while you're young.	8/12/2018 7:56 PM
89	Ages 50-59	Benchmark	Male	At work and at home, find something you like to do and do it well.	8/12/2018 7:53 PM
90	Ages 30-39	Benchmark	Male	Respect your elders & listen to what they say. They aren't as stupid as you think.	8/12/2018 7:51 PM
91	Ages 60 or older	Benchmark	Male	Save your money so you can spend it well.	8/12/2018 7:49 PM
92	Ages 60 or older	Benchmark	Male	Start saving early, because you'll need it later, at a time that's currently past the distance you can see. But that doesn't me don't spend money. Just think before you spend it, and spend it wisely. Take the vacation to a place you've always wanted to see instead of buying the newest, fanciest car or TV. And manage your time...it really is the most precious resource you have.	8/12/2018 7:46 PM
93	Ages 60 or older	Benchmark	Male	Focus on developing your character and caring for others.	8/12/2018 7:43 PM
94	Ages 60 or older	Benchmark	Male	Invest for retirement early	8/12/2018 7:41 PM
95	Ages 50-59	Benchmark	Male	Learn the way of contentment, understand that in this life you live, and move, and have your being before a god who sees you, knows you, and has entered into human history to save you from sin and death.	8/12/2018 7:39 PM
96	Ages 50-59	Benchmark	Male	stay positive	8/12/2018 7:37 PM
97	Ages 50-59	Benchmark	Female	have a few close friends and avoid social media	8/12/2018 7:34 PM
98	Ages 40-49	Benchmark	Male	Pay your bills on time, work hard and stay out of the bars	8/12/2018 7:29 PM
99	Ages 60 or older	Benchmark	Male	look at the big picture and not so much on the immediate here and now	8/12/2018 7:25 PM
100	Ages 60 or older	Benchmark	Male	Persist, never give up on your dream	8/12/2018 7:23 PM
101	Ages 40-49	Benchmark	Male	Things happen in their own time. Try not to force things to happen for you	8/12/2018 7:21 PM
102	Ages 40-49	Benchmark	Male	Do what you love and be the best at it.....everything else will follow	8/12/2018 7:18 PM
103	Ages 60 or older	Benchmark	Male	school really is important, save for retirement	8/12/2018 7:15 PM
104	Ages 60 or older	Benchmark	Male	Find a job that you enjoy doing and that benefits you and others.	8/12/2018 6:36 PM
105	Ages 60 or older	Benchmark	Male	Education and Optimism	8/12/2018 6:34 PM
106	Ages 21-29	Benchmark	Male	Study hard and get into a good position	8/12/2018 6:31 PM
107	Ages 60 or older	Benchmark	Male	Stay informed	8/12/2018 6:28 PM
108	Ages 40-49	Benchmark	Male	stay in school, study hard and practice your craft	8/12/2018 6:25 PM

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109	Ages 60 or older	Benchmark	Male	work hard, be motivated and plan for your retirement early. Don't wait.	8/12/2018 6:23 PM
110	Ages 40-49	Benchmark	Male	Stick to your goals and reach for the stars	8/12/2018 6:20 PM
111	Ages 50-59	Benchmark	Male	DONT BLAME OTHERS FOR YOUR FAILURES	8/12/2018 6:18 PM
112	Ages 21-29	Benchmark	Male	Keep trying no matter how hard it is	8/12/2018 6:13 PM
113	Ages 60 or older	Benchmark	Female	If you can I would highly advise doing an internship in the career field you are interested in. I did and ended up getting a job in a career I loved.	8/12/2018 6:10 PM
114	Ages 60 or older	Benchmark	Male	Education to the max is most important	8/12/2018 6:06 PM
115	Ages 60 or older	Benchmark	Male	Start saving when you're young	8/12/2018 6:03 PM
116	Ages 60 or older	Benchmark	Male	Put away for retirement, Take advantage of any matching funds retirement your employer offers, don't feel you need now what your parents have now. start and stay simple	8/12/2018 5:59 PM
117	Ages 40-49	Benchmark	Male	Don't give up on college	8/12/2018 5:55 PM
118	Ages 60 or older	Benchmark	Male	education is important	8/12/2018 5:52 PM
119	Ages 40-49	Benchmark	Male	Work hard and enjoy your work	8/12/2018 5:50 PM
120	Ages 50-59	Benchmark	Male	start working in tech	8/12/2018 5:46 PM
121	Ages 50-59	Benchmark	Male	Study, listen, work hard, enjoy family, don't do drugs	8/12/2018 5:42 PM
122	Ages 60 or older	Benchmark	Male	Work hard	8/12/2018 5:38 PM
123	Ages 21-29	Benchmark	Female	how the hell should I know?	8/12/2018 5:35 PM
124	Ages 40-49	Benchmark	Male	Follow your passions in all aspects of life	8/12/2018 5:30 PM
125	Ages 18-20	Benchmark	Male	Life changes rapidly	8/12/2018 5:27 PM
126	Ages 60 or older	Benchmark	Male	don't wait until you retire to have fun	8/12/2018 5:14 PM
127	Ages 40-49	Benchmark	Male	Don't be lazy.	8/12/2018 5:10 PM
128	Ages 60 or older	Benchmark	Male	Pay yourself first, from every check you receive. For example 401k while working.	8/12/2018 5:08 PM
129	Ages 60 or older	Benchmark	Male	THANKFULNESS	8/12/2018 5:05 PM
130	Ages 60 or older	Benchmark	Male	Aim for early retirement	8/12/2018 5:02 PM
131	Ages 30-39	Benchmark	Female	Save save save \$ whenever possible & always be quick to listen, slow to speak.	8/12/2018 4:56 PM
132	Ages 30-39	Benchmark	Female	Do what makes you happy.	8/12/2018 4:47 PM
133	Ages 30-39	Benchmark	Female	finish school	8/12/2018 4:45 PM
134	Ages 21-29	Benchmark	Female	Don't sweat the small stuff, try and accept that no matter the circumstances be it scary, hopeless, embarrassing, discouraging or heartbreaking life is constantly changing, you only have control of your actions and mentality. It's okay to mess up or fail to live up to your own or others standards because every poignant experience is a lesson learned whether it registers as such or not. The beauty of life is the truth of always being able to change a situation. Not always physically or tangibly but with your mind, outlook, reaction and acceptance.	8/12/2018 4:42 PM
135	Ages 21-29	Benchmark	Female	Do your own research	8/12/2018 4:40 PM
136	Ages 30-39	Benchmark	Female	Don't assume other people are looking out for you.	8/12/2018 4:35 PM
137	Ages 30-39	Benchmark	Female	Keep looking for something you love	8/12/2018 4:33 PM
138	Ages 18-20	Benchmark	Female	Know the value of money	8/12/2018 4:31 PM
139	Ages 30-39	Benchmark	Female	Study what you love. Don't choose a major or a career based on what you think you can earn. That is an empty pursuit. We have enough empty people in the U.S.	8/12/2018 4:28 PM
140	Ages 50-59	Benchmark	Male	don't question your decisions, just go	8/12/2018 4:22 PM

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141	Ages 60 or older	Benchmark	Male	Have patience and listen.	8/12/2018 4:20 PM
142	Ages 21-29	Benchmark	Female	Keep moving forward and learn to save money	8/12/2018 4:17 PM
143	Ages 21-29	Benchmark	Male	Never stop learning, education is the key to obtaining success	8/12/2018 4:14 PM
144	Ages 21-29	Benchmark	Male	Do what you're good at not what you love, as you succeed, you will learn tolerate it.	8/12/2018 4:11 PM
145	Ages 40-49	Benchmark	Male	If you really want to die, research it & make sure you don't botch it. Don't take teachers, preachers at there word, research & confirm the info for yourself.	8/12/2018 4:08 PM
146	Ages 30-39	Benchmark	Female	SAVE MONEY	8/12/2018 4:04 PM
147	Ages 30-39	Benchmark	Female	Stay in school, you don't have ace every class. I was intimidates my first year of college and be passionate about this things you enjoy vs listening to others. Speak up more, do what make you happy. Don't suffer forever and never feel stuck.	8/12/2018 4:00 PM
148	Ages 30-39	Benchmark	Female	I'm really not in a position to offer positive advice	8/12/2018 3:55 PM
149	Ages 60 or older	Benchmark	Male	Travel, save, experiment	8/12/2018 3:52 PM
150	Ages 21-29	Benchmark	Female	No matter what always believe in yourself and strive to be the best that you need to be.	8/12/2018 3:50 PM
151	Ages 30-39	Benchmark	Female	Stay in school and go to a great college to be successful.	8/12/2018 3:47 PM
152	Ages 21-29	Benchmark	Female	Don't worry so much. Life and career and family will fall into place. Just have fun.	8/12/2018 3:44 PM
153	Ages 30-39	Benchmark	Female	Follow your instincts	8/12/2018 3:42 PM
154	Ages 18-20	Benchmark	Female	To never give up on their dreams	8/12/2018 3:39 PM
155	Ages 30-39	Benchmark	Female	Think everything through. Everything. From the words that come out of your mouth, to the decisions you make, give everything another look.	8/12/2018 3:37 PM
156	Ages 60 or older	Benchmark	Male	Do something you love	8/12/2018 3:31 PM
157	Ages 21-29	Benchmark	Female	The advice I would give them is be yourself and never give up on your dreams,	8/12/2018 3:28 PM
158	Ages 18-20	Benchmark	Male	Money isn't everything.	8/12/2018 3:25 PM
159	Ages 21-29	Benchmark	Female	Education is important but so is your mental health. Talk to people about your stress and don't let others make less of you	8/12/2018 3:22 PM
160	Ages 18-20	Benchmark	Female	Embrace failure	8/12/2018 3:20 PM
161	Ages 30-39	Benchmark	Female	Hold on to your loved ones tighter than your possessions.	8/12/2018 3:15 PM
162	Ages 60 or older	Benchmark	Male	Don't be afraid to ask questions, and don't quit	8/12/2018 3:12 PM
163	Ages 60 or older	Benchmark	Female	Know what you do and enjoy best, keep learning, build business and personal relationships, be curious, take initiative, understand self and seek to understand others, grown your conflict resolution skills, love self and others	8/12/2018 3:09 PM
164	Ages 21-29	Benchmark	Female	The scariest part about college is the uncertainty of what the future holds.	8/12/2018 3:06 PM
165	Ages 40-49	Benchmark	Female	Rise above. Rise above drama, rise above a situation to figure it out, rise above to find your potential. Just rise above.	8/12/2018 3:03 PM
166	Ages 21-29	Benchmark	Female	Learn how to control your thoughts and emotions and use them to steer towards the desired outcome	8/12/2018 2:58 PM
167	Ages 40-49	Benchmark	Female	Love yourself first	8/12/2018 2:54 PM
168	Ages 50-59	Benchmark	Female	Trust your inner voice. Find something you're good at and enjoy and do that.	8/12/2018 2:38 PM
169	Ages 60 or older	Benchmark	Female	spend within your means and never ever buy anything except a house that you can't afford to buy outright. If you can't afford to pay cash, don't buy it. Also, for women: be self-reliant	8/12/2018 2:34 PM
170	Ages 40-49	Benchmark	Female	be proactive	8/12/2018 2:32 PM

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171	Ages 21-29	Benchmark	Female	find a profession you enjoy	8/12/2018 2:29 PM
172	Ages 30-39	Benchmark	Female	Get all the education possible	8/12/2018 2:21 PM
173	Ages 40-49	Benchmark	Female	Follow your heart and do what you love	8/12/2018 2:19 PM
174	Ages 60 or older	Benchmark	Female	Save your money	8/12/2018 2:16 PM
175	Ages 18-20	Benchmark	Female	Don't give up	8/12/2018 2:14 PM
176	Ages 60 or older	Benchmark	Female	Patience.	8/12/2018 2:10 PM
177	Ages 50-59	Benchmark	Female	Get an education for a solid foundation.	8/12/2018 2:09 PM
178	Ages 50-59	Benchmark	Female	Debt Free is real. You need to "feel" your dreams, live them (lightly) and they become real. They are real. If you can dream it, you can do it. At work, don't worry about being liked. Be good at what you do first, then people will be allowed to like you. Quit fighting with yourself, you will always win. You really are your best friend, so treat yourself like one. Then others will know how to treat you. Listen to Wayne Dyer, he's right. Then listen to Esther Hicks' Abraham. This is a joyful path.	8/12/2018 2:05 PM
179	Ages 60 or older	Benchmark	Female	Find a job you love to do and you'll never work a day in your life!	8/12/2018 2:02 PM
180	Ages 50-59	Benchmark	Female	Financially stable	8/12/2018 2:00 PM
181	Ages 50-59	Benchmark	Female	Do your best and be open to change.	8/12/2018 1:58 PM
182	Ages 40-49	Benchmark	Female	Spend more time cultivating relationships. Seek weekly counseling for at least six months. Eat as clean and as healthy as you can. Save your money.	8/12/2018 1:52 PM
183	Ages 60 or older	Benchmark	Female	Stop. Breathe, take one task at a time.	8/12/2018 1:48 PM
184	Ages 40-49	Benchmark	Female	Save money	8/12/2018 1:46 PM
185	Ages 50-59	Benchmark	Female	Work hard and don't settle	8/12/2018 1:38 PM
186	Ages 21-29	Benchmark	Female	believe, be thankful, dream, and work hard	8/12/2018 1:33 PM
187	Ages 60 or older	Benchmark	Female	be more accepting of others	8/12/2018 1:29 PM
188	Ages 21-29	Benchmark	Female	Get credit early, start working early	8/12/2018 1:27 PM
189	Ages 40-49	Benchmark	Female	practice makes perfect, never give up	8/12/2018 1:24 PM
190	Ages 60 or older	Benchmark	Female	Don't work too hard, enjoy life	8/12/2018 1:22 PM
191	Ages 30-39	Benchmark	Female	Doors close and doors open, and you just have to keep going through them	8/12/2018 1:19 PM
192	Ages 60 or older	Benchmark	Female	enjoy each and every day, don't harbor grudges, give people the benefit of the doubt but don't be a patsy	8/12/2018 1:14 PM
193	Ages 60 or older	Benchmark	Male	Stay honest, work hard, learn from mistakes.	8/12/2018 1:12 PM
194	Ages 40-49	Benchmark	Female	Focus on self love before searching for others to love.	8/12/2018 1:09 PM
195	Ages 40-49	Benchmark	Female	No debt	8/12/2018 1:06 PM
196	Ages 60 or older	Benchmark	Female	Don't worry so much about what other people think. Be true to yourself and believe in yourself. In the grand scheme of life, others mean nothing. Delete toxic people from your life and surround yourself with positive influences.	8/12/2018 1:03 PM
197	Ages 60 or older	Benchmark	Male	get a college education in a field you would like to work in for 30 years or more	8/12/2018 1:01 PM
198	Ages 60 or older	Benchmark	Male	I don't understand the your question please clarify, as a(n) United States year old	8/12/2018 12:58 PM
199	Ages 50-59	Benchmark	Female	Save money and get out and do!	8/12/2018 12:56 PM
200	Ages 50-59	Benchmark	Female	Be honest, Work hard and be helpful	8/12/2018 12:51 PM
201	Ages 50-59	Benchmark	Female	Take chances and be bold.	8/12/2018 12:47 PM
202	Ages 60 or older	Benchmark	Female	Find a career you will be glad to do for quite a while.	8/12/2018 12:44 PM

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203	Ages 50-59	Benchmark	Male	Save your money	8/12/2018 12:41 PM
204	Ages 21-29	Benchmark	Female	Always be apart of your family and loved ones because tomorrow is not always promised.	8/12/2018 12:39 PM
205	Ages 60 or older	Benchmark	Male	enjoy your work or leave	8/12/2018 12:31 PM
206	Ages 50-59	Benchmark	Female	Be honest ..humble and kind	8/12/2018 12:28 PM
207	Ages 60 or older	Benchmark	Male	Don't let obstacles get you down. Live with an optimistic outlook.	8/12/2018 12:26 PM
208	Ages 60 or older	Benchmark	Female	Appreciate those around you. Tell people you love them. Smell the roses	8/12/2018 12:23 PM
209	Ages 40-49	Benchmark	Female	live life to fullest. Be happy with every choice you make. Treat others nice whether you know them or not.	8/12/2018 12:22 PM
210	Ages 40-49	Benchmark	Female	Always improve yourself.	8/12/2018 12:19 PM
211	Ages 50-59	Benchmark	Female	Life is all about perception. All Choices have consequences both helpful and hurtful, it is best to ask what they might be before decisions are made	8/12/2018 12:16 PM
212	Ages 60 or older	Benchmark	Female	Be your own person. Don't let trends define you.	8/12/2018 12:12 PM
213	Ages 60 or older	Benchmark	Female	Each person has more strength than they realize. You can live through the worst life can get and in doing so become even stronger.	8/12/2018 12:09 PM
214	Ages 40-49	Benchmark	Female	Don't let technology control you!	8/12/2018 12:07 PM
215	Ages 21-29	Benchmark	Male	Stay resilient about your dreams, never give up especially when the going gets tough	8/12/2018 12:05 PM
216	Ages 60 or older	Benchmark	Female	Question does not make sense to me	8/12/2018 12:04 PM
217	Ages 21-29	Benchmark	Female	Work hard and never give up even when life gets difficult	8/12/2018 12:01 PM
218	Ages 30-39	Benchmark	Female	Education will make the road easier	8/12/2018 11:59 AM
219	Ages 50-59	Benchmark	Female	To respect others even if they do not share the same opinion	8/12/2018 11:56 AM
220	Ages 30-39	Benchmark	Female	Do what makes you happy.	8/12/2018 11:54 AM
221	Ages 60 or older	Benchmark	Female	Save money starting early in life	8/12/2018 11:51 AM
222	Ages 40-49	Benchmark	Male	Positive attitude	8/12/2018 11:48 AM
223	Ages 50-59	Benchmark	Male	Prepare to be screwed	8/12/2018 11:47 AM
224	Ages 50-59	Benchmark	Male	stay away from bad friends and focus on education	8/12/2018 11:44 AM
225	Ages 21-29	Benchmark	Female	Never give up!!!	8/12/2018 11:42 AM
226	Ages 60 or older	Benchmark	Female	Think for yourself	8/12/2018 11:40 AM
227	Ages 60 or older	Benchmark	Female	Always be honest, fair, kind and as nonjudgmental as possible - guilt free life and faith in God and self.	8/12/2018 11:36 AM
228	Ages 30-39	Benchmark	Female	Don't fear the unknown. The future is full of surprises.	8/12/2018 11:32 AM
229	Ages 60 or older	Benchmark	Female	Don't be ageist. Remember you will be older if you're lucky.	8/12/2018 11:29 AM
230	Ages 60 or older	Benchmark	Female	Follow your heart sometimes and your brain always	8/12/2018 11:27 AM
231	Ages 60 or older	Benchmark	Female	education	8/12/2018 11:22 AM
232	Ages 30-39	Benchmark	Female	Never apologize for your beliefs	8/12/2018 11:20 AM
233	Ages 60 or older	Benchmark	Female	I think it is important to have a goal in mind. Work on reaching that goal one day at a time.	8/12/2018 11:17 AM
234	Ages 50-59	Benchmark	Female	Take responsibility for their own actions and believe in their abilities	8/12/2018 11:15 AM
235	Ages 60 or older	Benchmark	Female	Make sure you treat your officemates with respect regardless of their experience	8/12/2018 11:13 AM

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236	Ages 40-49	Benchmark	Female	Don't get in debt. Minimize student loans	8/12/2018 11:11 AM
237	Ages 40-49	Benchmark	Female	study hard and work hard	8/12/2018 11:08 AM
238	Ages 60 or older	Benchmark	Female	pay attention	8/12/2018 11:06 AM
239	Ages 50-59	Benchmark	Female	Pick a career that you enjoy and stay in it for career enable to be able to retire after requirement age of retirement.	8/12/2018 11:03 AM
240	Ages 60 or older	Benchmark	Male	Client service and open personality will go far	8/12/2018 10:59 AM
241	Ages 21-29	Benchmark	Female	Don't take out loans/rack up credit card debt. It will be harder to pay off than you think. Work for what you buy and learn to budget!	8/12/2018 10:57 AM
242	Ages 50-59	Benchmark	Female	Love your job.	8/12/2018 10:54 AM
243	Ages 60 or older	Benchmark	Male	Love much, fear not.	8/12/2018 10:35 AM
244	Ages 50-59	Benchmark	Female	Spend your time and money wisely. Stay out of debt and save for your later years in life so you will have more peace of mind. That is much more valuable than any possessions you may have. Value all life and learn from your failures as well as your successes. Be content with yourself and what you actually have.	8/12/2018 10:32 AM
245	Ages 50-59	Benchmark	Female	Make sure you go to college and get a degree.	8/12/2018 10:29 AM
246	Ages 50-59	Benchmark	Female	Keep striving to reach your goals. Be kind more often than you are not. Be thankful more than you are not. Positive more than negative	8/12/2018 10:27 AM
247	Ages 18-20	Benchmark	Female	To stay true to themselves no matter what. To let go of people that make them sad or angry continuously. To spend more time with their families and true friends that make them happy.	8/12/2018 10:22 AM
248	Ages 60 or older	Benchmark	Female	save money	8/12/2018 10:20 AM
249	Ages 60 or older	Benchmark	Female	Make many relationships that you value, connect to many people with whom you can be mutually supportive, keep learning, understand and love yourself	8/12/2018 10:16 AM
250	Ages 50-59	Benchmark	Female	Yes	8/12/2018 10:13 AM
251	Ages 30-39	Benchmark	Female	Don't take youth for granted use it and if you see someone fall down put your hand out!!!!	8/12/2018 10:10 AM
252	Ages 50-59	Benchmark	Male	Slow down, research facts don't give up on older white people.	8/12/2018 9:52 AM
253	Ages 50-59	Benchmark	Female	Push towards your goals	8/12/2018 9:48 AM
254	Ages 40-49	Benchmark	Female	Stay healthy	8/12/2018 9:45 AM
255	Ages 60 or older	Benchmark	Male	Handle your affairs relying on wisdom and higher divine power	8/12/2018 9:39 AM
256	Ages 30-39	Benchmark	Female	Stay focused	8/12/2018 9:36 AM
257	Ages 50-59	Benchmark	Female	Live for experiences not for stuff.	8/12/2018 9:33 AM
258	Ages 50-59	Benchmark	Female	Do fun things in nature, resist being absorbed in devices that isolate you from relationships. Talk face to face more and value your true friends.	8/12/2018 9:30 AM
259	Ages 60 or older	Benchmark	Female	Work hard and save your money	8/12/2018 9:27 AM
260	Ages 60 or older	Benchmark	Female	Don't burn your bridges with associates	8/12/2018 9:25 AM
261	Ages 60 or older	Benchmark	Male	Don't be selfish, be thankful and a person of integrity.	8/12/2018 9:22 AM
262	Ages 30-39	Benchmark	Female	Never give up	8/12/2018 9:20 AM
263	Ages 40-49	Benchmark	Male	Study hard, read more, ask a lot of questions	8/12/2018 9:17 AM
264	Ages 21-29	Benchmark	Female	Don't worry, everything will workout in the end	8/12/2018 9:12 AM
265	Ages 50-59	Benchmark	Female	the situation or problem is only temporary and everything will work out	8/12/2018 9:09 AM
266	Ages 60 or older	Benchmark	Female	Stay committed to do the best job you can	8/12/2018 9:05 AM

## Starting a Personal Growth Journey Survey

267	Ages 60 or older	Benchmark	Female	Do it right the first time. Be honest in your dealings and kind in your relationships. Do unto others as you would have them do unto you.	8/12/2018 9:02 AM
268	Ages 21-29	Benchmark	Female	Work hard and good things will come	8/12/2018 8:59 AM
269	Ages 18-20	Benchmark	Female	be yourself	8/12/2018 8:56 AM
270	Ages 21-29	Benchmark	Female	To try new things	8/12/2018 8:54 AM
271	Ages 60 or older	Benchmark	Female	Always be curious	8/12/2018 8:50 AM
272	Ages 60 or older	Benchmark	Female	Cut yourself some slack, figure out what is important to YOU. Very little is cast in stone, so make the best decision you can after careful evaluation, and go for it. If you decide to change course because you grow and reevaluate	8/12/2018 8:48 AM
273	Ages 30-39	Benchmark	Female	Focus on school	8/12/2018 8:45 AM
274	Ages 60 or older	Benchmark	Female	Time spent with loved ones and friends is much more valuable than anything money can buy.	8/12/2018 8:42 AM
275	Ages 60 or older	Benchmark	Female	Learn how to compromise. Choose happiness	8/12/2018 8:39 AM
276	Ages 50-59	Benchmark	Male	Take Christ as Savior	8/12/2018 8:36 AM
277	Ages 60 or older	Benchmark	Female	Treat others how you would like to be treated!	8/12/2018 8:34 AM
278	Ages 60 or older	Benchmark	Female	Find a passion and make it your life's work and do it to your best	8/12/2018 8:31 AM
279	Ages 60 or older	Benchmark	Male	work hard at whatever you do; be honest; be punctual; be kind	8/12/2018 8:27 AM
280	Ages 60 or older	Benchmark	Female	Not the United States I grew up in, but you can make it better and live life to its fullest.	8/12/2018 8:25 AM
281	Ages 30-39	Benchmark	Female	Save for retirement ASAP, travel, enjoy life	8/12/2018 8:22 AM
282	Ages 60 or older	Benchmark	Female	Don't worry. It will work out. Enjoy today.	8/12/2018 8:19 AM
283	Ages 60 or older	Benchmark	Male	always look to the future; expensive cars or houses are no substitute for long-term relationships	8/12/2018 8:15 AM
284	Ages 60 or older	Benchmark	Male	work hard	8/12/2018 8:12 AM
285	Ages 21-29	Benchmark	Female	Don't get discouraged when things don't go according to plan	8/12/2018 8:09 AM
286	Ages 40-49	Benchmark	Female	Get your education	8/12/2018 8:05 AM
287	Ages 60 or older	Benchmark	Female	Push to be the best you can be. Stay honest with yourself and others. Don't let opportunities t use slip away through bad choices.	8/12/2018 8:00 AM
288	Ages 60 or older	Benchmark	Female	Take advantage of your educational opportunities	8/12/2018 7:54 AM
289	Ages 40-49	Benchmark	Female	be happy	8/12/2018 7:50 AM
290	Ages 50-59	Benchmark	Female	Don't take your family for granted. They won't always be there.	8/12/2018 7:47 AM
291	Ages 60 or older	Benchmark	Female	Cultivate compassion, empathy & kindness	8/12/2018 7:44 AM
292	Ages 30-39	Benchmark	Female	Stay in school	8/12/2018 7:41 AM
293	Ages 60 or older	Benchmark	Female	Save for retirement but enjoy the journey	8/12/2018 7:38 AM
294	Ages 40-49	Benchmark	Female	to travel outside of the US, have kids early, get married around 38 years old	8/12/2018 7:34 AM
295	Ages 40-49	Benchmark	Male	Save money, early and often	8/12/2018 7:30 AM
296	Ages 60 or older	Benchmark	Female	Work hard and be good at something.	8/12/2018 7:26 AM
297	Ages 40-49	Benchmark	Female	Learn English and get education	8/12/2018 7:23 AM
298	Ages 60 or older	Benchmark	Female	Read and think	8/12/2018 7:19 AM
299	Ages 60 or older	Benchmark	Female	Work hard at something you love	8/12/2018 7:16 AM

## Starting a Personal Growth Journey Survey

300	Ages 60 or older	Benchmark	Female	Pursue you dreams, what you want to do and don't let anyong stop you	8/12/2018 7:12 AM
301	Ages 40-49	Benchmark	Female	Plan for your future self's needs earlier.	8/12/2018 7:10 AM
302	Ages 30-39	Benchmark	Female	Do the right thing every single time	8/12/2018 7:06 AM
303	Ages 17 or younger	Benchmark	Female	Be kind, it is always the answer	8/12/2018 7:02 AM
304	Ages 30-39	Benchmark	Female	Never give up	8/12/2018 6:59 AM
305	Ages 21-29	Female	Social	Except more opportunities that requires you to travel and be more open to speaking your mind.	2/11/2018 7:08 PM
306	Ages 21-29	Male	Social	Take advantage of opportunities given to them	2/11/2018 3:04 PM
307	Ages 21-29	Other Gender	Social	Fall in Love but with a right person (one who would do the same, you would do for them). Most Friends are not forever and must be cut after a while (keep a turnover for friends). Learn to give things up, yes things like your LV bag, if someone tears it forgive em. Learn to not truly give a fuck once in a while.	2/10/2018 12:24 AM
308	Ages 40-49	Male	Social	Life life, king size. Play hard and work hard.	2/9/2018 5:22 AM
309	Ages 40-49	Female	Social	Pay your bills on time. Learn from failure and don't give up	2/8/2018 10:52 AM
310	Ages 21-29	Male	Social	When people tell you are amazing, strong, resilient, smart and capable - believe them.	2/8/2018 10:49 AM
311	Ages 21-29	Female	Social	Live your life as you choose without caring about what anyone has to say. People are always going to find something to criticize, so might as well be happy doing what you want without caring.	2/8/2018 10:00 AM
312	Ages 21-29	Male	Social	To follow their dreams, and do what makes them happy even if the world is against them.	2/7/2018 10:54 PM
313	Ages 21-29	Male	Social	Always wear a condom	2/7/2018 9:56 AM
314	Ages 21-29	Male	Social	Find comfort in being bored, you'll never find yourself if you fill your life with constant distraction	2/7/2018 9:12 AM
315	Ages 40-49	Male	Social	If you hate your job find something else instead of bitching and complaining all the time	2/5/2018 7:02 PM
316	Ages 17 or younger	Male	Social	Don't assume the next grade up is just as easy as the current one. For example, 9th grade is so much harder than 8th grade ever was.	2/5/2018 4:33 PM
317	Ages 17 or younger	Male	Social	Keep an open mind to everything around you.	2/5/2018 3:30 PM
318	Ages 30-39	Female	Social	Choose school and a career over a person	2/4/2018 6:53 AM
319	Ages 40-49	Male	Social	Don't sweat the little things ... while we all face adversity so much of it is perspective..	1/31/2018 3:44 PM
320	Ages 21-29	Male	Social	Not everything is already invented.	1/28/2018 1:07 PM
321	Ages 40-49	Other Gender	Social	Develop quantifiable and unique skills that can translate into steady work.	1/27/2018 7:58 PM
322	Ages 21-29	Other Gender	Social	To believe in themselves	1/27/2018 12:26 AM
323	Ages 21-29	Male	Social	Enjoy each one of your days, don't keep thinking only about the future. The future is now.	1/26/2018 11:21 AM
324	Ages 30-39	Male	Social	Gain experience, stick to the Job you dont like, eventually it Will be better, you wont get a managerial Job just for you titles and pretty face	1/26/2018 5:36 AM
325	Ages 21-29	Female	Social	Take risks and don't be afraid of "fear" it's better to know than be left with "what ifs"	1/25/2018 7:49 PM
326	Ages 21-29	Female	Social	Take time to enjoy the process. Spend time with friends and family to build memories that will last for life. Invest in yourself by adopting good habits like reading, exercising, and eating healthier food. Try to explore your passions as much as you can to figure what you want to do in your life, what activities will make you come alive. Lastly try to live in the moment and future will take care of itself.	1/24/2018 10:21 PM

## Starting a Personal Growth Journey Survey

327	Ages 21-29	Female	Social	Be true to yourself, stop worrying about what others think, your happiness is important	1/24/2018 3:57 PM
328	Ages 30-39	Female	Social	Don't overthink things and worry too much. Most of what we worry from never happens.	1/24/2018 3:30 PM
329	Ages 21-29	Female	Social	Create clear and defined (instead of vague and general) goals and have a detailed plan to achieve them	1/24/2018 11:58 AM
330	Ages 21-29	Female	Social	I think advices don't depend on the age, so to anyone who needs it, including myself sometimes, I would remind them something that they already know. Trust the process. Trust yourself. You have managed up until now, and you have overcome many situations (most of those, you couldn't even imagine a way out of). You have smiled and cried, and lived in many different ways. Keep doing so. Keep feeling, whatever it is now. Pain, happiness, sadness, satisfaction... all of them, are powerful. Always look forward and try to find the bright side, because at the end, is not success that gives us gratitude, but gratitude that makes us feel like successful people.	1/24/2018 11:28 AM
331	Ages 21-29	Female	Social	Mental and physical health should be your highest priority. Don't keep toxic people in your life. You deserve to be treated well. Study psychology and always be looking inward for the motivations and reasons behind what you do to see if you can grow and better yourself, be kinder to yourself. Success leaves clues, study how people you admire became successful. Momentum is important, capitalize on momentum energy, do not slow down because things has taken off. Creativity is never a waste of time. Pursue passions and crafts that don't make you money because they build your skill set and inspire you, you can make a business from them someday. Do not stay in relationships where people undervalue or mistreat you. You are strong enough to get through anything, your happiness in life is directly connected to who you spend time with/live with. Do not dwell on the feelings of your mistakes. Journal about them, learn from them, but do your very best to move on and not ruminate in negative feelings. Your inner voice matters. Listen to it. Always listen to your intuition. Don't put yourself in situations where you can be taken advantage of. Love fiercely. Take lots of photos and journal often because you never know what might happen to your memory.	1/24/2018 11:16 AM
332	Ages 18-20	Female	Social	Nothing you do is wrong or right, it is all an experience	1/24/2018 11:08 AM
333	Ages 21-29	Male	Social	Everyone goes through hard times, and even though it seems like you're the only one suffering/ having it rough, the truth is you are not.	1/24/2018 10:47 AM
334	Ages 17 or younger	Female	Social	don't try to grow up, it will come naturally	1/24/2018 9:56 AM
335	Ages 21-29	Male	Social	Life offers you an endless amount of possibilities. Don't settle down for a crappy job, crappy friends or a crappy significant other. Also, don't let anyone tell you that your standards are too high, just because you know what you deserve. Set the bar and own it. Believe in yourself. you can attract anything you want. know your value and don't be surrounded by anyone who doesn't see your worth.	1/23/2018 11:07 PM
336	Ages 21-29	Male	Social	Don't waste your time on waiting for something to happen. You have to get out there and make everything happen for yourself to get what you want.	1/23/2018 8:52 PM
337	Ages 30-39	Female	Social	Start early and take baby steps	1/23/2018 7:23 PM
338	Ages 18-20	Male	Social	Follow your passion	1/23/2018 6:30 PM
339	Ages 21-29	Female	Social	Find a way to work on your passions. Being in a job to make an income is important, but never forget your passions and dreams. Keep them at the forefront of your mind and don't let them fall to the wayside.	1/23/2018 4:56 PM
340	Ages 21-29	Female	Social	always speak your truth, stand your ground and try to love yourself as best as you can	1/23/2018 4:33 PM
341	Ages 21-29	Female	Social	Be wary of the future in your chosen career path	1/23/2018 4:03 PM
342	Ages 21-29	Female	Social	Don't be stressed. Life has a way.	1/23/2018 3:39 PM
343	Ages 30-39	Male	Social	Trust yourself and never explore everything life has to offer	1/23/2018 3:10 PM
344	Ages 21-29	Female	Social	live your life to the fullest. make good friends which will always be there for u. Balance both relationships and career	1/23/2018 1:55 PM
345	Ages 21-29	Female	Social	Know your worth; don't let someone else define it.	1/23/2018 1:47 PM

## Starting a Personal Growth Journey Survey

346	Ages 30-39	Female	Social	Go and learn some that you don't consider important for your career. instance: you study engineering, learn to play guitar.	1/23/2018 1:33 PM
347	Ages 21-29	Female	Social	Stay in school! Study, and do something that you love!!!	1/23/2018 1:29 PM
348	Ages 30-39	Female	Social	never settle for people who don't appreciate you	1/23/2018 1:27 PM
349	Ages 21-29	Female	Social	Trust that the universe is taking you where you need to go.	1/23/2018 1:22 PM
350	Ages 30-39	Female	Social	Done is better than perfect	1/23/2018 12:55 PM
351	Ages 21-29	Female	Social	Take time to evaluate people and build your relationships, the relationships you have will carry you through good and hard times and into your future	1/23/2018 12:46 PM
352	Ages 21-29	Female	Social	Learn the difference between and wrong thing and a hard thing. Just because it's hard doesn't mean that it's wrong and just because it's easy doesn't mean it's right.	1/23/2018 12:45 PM
353	Ages 21-29	Female	Social	It's okay not to know everything and to feel lost. Everything will fall into place if you fight for your dreams and don't give up	1/23/2018 11:58 AM
354	Ages 21-29	Female	Social	The success of your future relationships will stem from the relationship you have with yourself, so start pursuing self-love	1/23/2018 11:49 AM
355	Ages 18-20	Female	Social	follow your heart, but always listen to your instinct	1/23/2018 11:44 AM
356	Ages 21-29	Female	Social	Follow your heart	1/23/2018 11:31 AM
357	Ages 18-20	Female	Social	just breathe and trust your timing	1/23/2018 11:30 AM
358	Ages 21-29	Female	Social	you can control your life, start early is even better... and do it for real! not just creating a good vibe	1/23/2018 11:20 AM
359	Ages 40-49	Male	Social	Live in the moment & do what makes you happy	1/22/2018 10:04 PM
360	Ages 30-39	Male	Social	Travel. See how people live in other countries	1/22/2018 10:00 PM
361	Ages 40-49	Male	Social	To always take calculated risk and question tradition. Above all be sincere and happy.	1/22/2018 8:03 PM
362	Ages 40-49	Male	Social	meditate and do what makes you happy	1/22/2018 6:01 PM
363	Ages 21-29	Female	Social	Keep pushing yourself towards your goal and don't ever give up	1/22/2018 3:31 PM
364	Ages 30-39	Female	Social	its important to be independent. Change is not as scary as hey say it is. You will be surprised at what you can do if you try. Learn as much as you can. Gain experience. Focus on a career that will keep you grounded on your feet. Not depend on anyone but yourself. Search for mental stability and peace of mind. Always keep moving forward.	1/22/2018 10:17 AM
365	Ages 30-39	Female	Social	Don't waste time and take advantage of every opportunity that presents itself	1/21/2018 6:26 PM
366	Ages 60 or older	Female	Social	Don't take life too seriously and stay true to yourself.	1/21/2018 5:26 PM
367	Ages 30-39	Female	Social	Do what you love and you'll never work a day in your life	1/21/2018 4:07 PM
368	Ages 21-29	Male	Social	Take risks to pursue the things you want.	1/21/2018 9:01 AM
369	Ages 40-49	Female	Social	Don't follow money or titles, seek your purpose through pray (the act of asking) and meditation (the act of spiritually listening).	1/21/2018 5:59 AM
370	Ages 40-49	Female	Social	Self discipline is essential to be successful. Learn from your mistakes and be willing to accept criticism	1/20/2018 8:42 PM
371	Ages 50-59	Female	Social	Enjoy the small stuff and take time to figure pit what turkey make you happy then do that thing	1/19/2018 8:12 PM
372	Ages 40-49	Female	Social	Never give up, keep moving on, a mistake is a lesson, learn from it but making the same mistake over and over is purely insanity and failure!	1/19/2018 8:01 PM
373	Ages 18-20	Male	Social	In order to have a solution.. the problem needs to be found first	1/19/2018 2:24 PM
374	Ages 40-49	Female	Social	Be happy and focus on your life and your goals. You can't please everybody so please yourself.	1/19/2018 10:11 AM
375	Ages 21-29	Female	Social	Always study and strive to do things well for a good future.	1/19/2018 9:32 AM

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376	Ages 50-59	Male	Social	Go to school. Don't ever stop learning. Do what you like not what other are telling you to do. And never give up.	1/19/2018 8:59 AM
377	Ages 40-49	Male	Social	Take care of your health and your money.	1/19/2018 8:13 AM
378	Ages 40-49	Female	Social	There's no such thing as mistakes, only lessons to be learned	1/19/2018 7:39 AM
379	Ages 40-49	Female	Social	Learn who you are, give of yourself to others, always follow your dreams, never be fearful or dwell on what you can't chanfe, ask God and others to forgive you if you are wrong. Love your children unconditionally.	1/19/2018 6:31 AM
380	Ages 50-59	Female	Social	Work for a company that invests in your future	1/19/2018 6:25 AM
381	Ages 40-49	Female	Social	Master your communication skills, computer skills and typing skills. Having strong verbal and written skills is essential to move up in a company. Try to anticipate problems without being told and providing suggested solutions. Read the book millionaire next door best financial advice book I read in college. Network when in school and foster adult relationships before you need a job, makes finding the right job easier later. The best jobs come from your network and are rarely published. Start investing as much as you can into your 401k when your in your 20's. You will really be ahead in life and might retire early, this money is debt and bankruptcy protected and social security might not be around later in life. Set up a second savings account to try and save \$50 to \$100 PER paycheck when your young this will allow you to purchase your first residence at a young age. I was 27 when I bought my first 4 bedroom home by doing this. Lastly protect and build your credit score with your life. This will come in handy when making major purchases because you will pay the lower interest on all loans...more money in your pocket. Don't make money your main focus when starting your career. Focus on the learning and growth opportunities provided, learn everything not just what you were tasked with. The money will come, the learning lessons are way more important. Lastly travel the world any chance you Can, makes you a more well rounded and interesting and humble person. World travel teaches experience and memories that are invaluable.	1/19/2018 6:04 AM
382	Ages 40-49	Male	Social	Work hard and go out on your own. Do not work hourly for anyone after 29.	1/19/2018 5:47 AM
383	Ages 21-29	Female	Social	Keep moving even when there doesn't seem to be a reason to. Make a reason and hold onto it until you find another reason to keep going. Don't ever stop.	1/19/2018 5:30 AM
384	Ages 40-49	Female	Social	Education is the key to success but again find what your interests are	1/19/2018 5:13 AM
385	Ages 40-49	Female	Social	Believe in yourself...you have the power to do anything you set your mind to	1/19/2018 4:34 AM
386	Ages 40-49	Male	Social	Don't stop believing...Perseverance is a key to life, we all fail, but the ones that learn from their mistakes are the ones that grow in life...	1/19/2018 2:35 AM
387	Ages 40-49	Female	Social	Saving accounts and many degrees	1/19/2018 12:01 AM
388	Ages 30-39	Female	Social	Don't be afraid to leave a bad thing behind, Don't be afraid of change.	1/19/2018 12:01 AM
389	Ages 40-49	Male	Social	I'm in. And get as much experience as you can in all fields that interest you.	1/18/2018 10:40 PM
390	Ages 40-49	Female	Social	Never settle. Realize you don't have to say yes to everything, it's ok to say no.	1/18/2018 9:53 PM
391	Ages 40-49	Female	Social	Go after your dreams. Save money.	1/18/2018 9:48 PM
392	Ages 50-59	Female	Social	Go with your heart and follow your dreams , listen to your intuition	1/18/2018 9:44 PM
393	Ages 40-49	Female	Social	never give up. make it happen. don't stop.	1/18/2018 9:33 PM
394	Ages 40-49	Female	Social	Think from outside... is the true view	1/18/2018 9:25 PM
395	Ages 30-39	Female	Social	fight for your dreams	1/18/2018 9:04 PM
396	Ages 40-49	Female	Social	Do not worry about what people think about you as long as you are law abiding and kind	1/18/2018 8:42 PM
397	Ages 40-49	Male	Social	Don't allow formal education to be the sole motivation in beginning your career path. Real life experience can be equally beneficial and make formal learning easier as you see it applied doing the work	1/18/2018 8:01 PM

## Starting a Personal Growth Journey Survey

398	Ages 40-49	Male	Social	Patience is a virtue	1/18/2018 7:24 PM
399	Ages 30-39	Male	Social	You can spend your whole life either chasing money or human connection. At the end of the day what's worth more to you?	1/18/2018 7:14 PM
400	Ages 50-59	Female	Social	Never think you can change anyone	1/18/2018 7:06 PM
401	Ages 40-49	Male	Social	Never give up because only then will you fail. Most very successfully people I know have to intrinsic qualities: 1. An unquenchable drive succeed that won't give up in the face of adversity 2. Am almost unrealistic sense of optimism	1/18/2018 6:49 PM
402	Ages 50-59	Male	Social	Provide good service to clients	1/18/2018 6:36 PM
403	Ages 50-59	Male	Social	Be patient, responsible, save money, don't let the little things in life bother you, take care of your health.	1/18/2018 6:35 PM
404	Ages 30-39	Male	Social	Work hard, nothing comes easy. Do something that you're passionate about, you're more likely to find happiness and success.	1/18/2018 6:20 PM
405	Ages 40-49	Male	Social	Think about what goals you want to achieve in life and dont let anyone derail your path to your goals and success	1/18/2018 5:49 PM
406	Ages 21-29	Female	Social	Be yourself and don't be scared to do the things you dream to do.	1/18/2018 4:59 PM