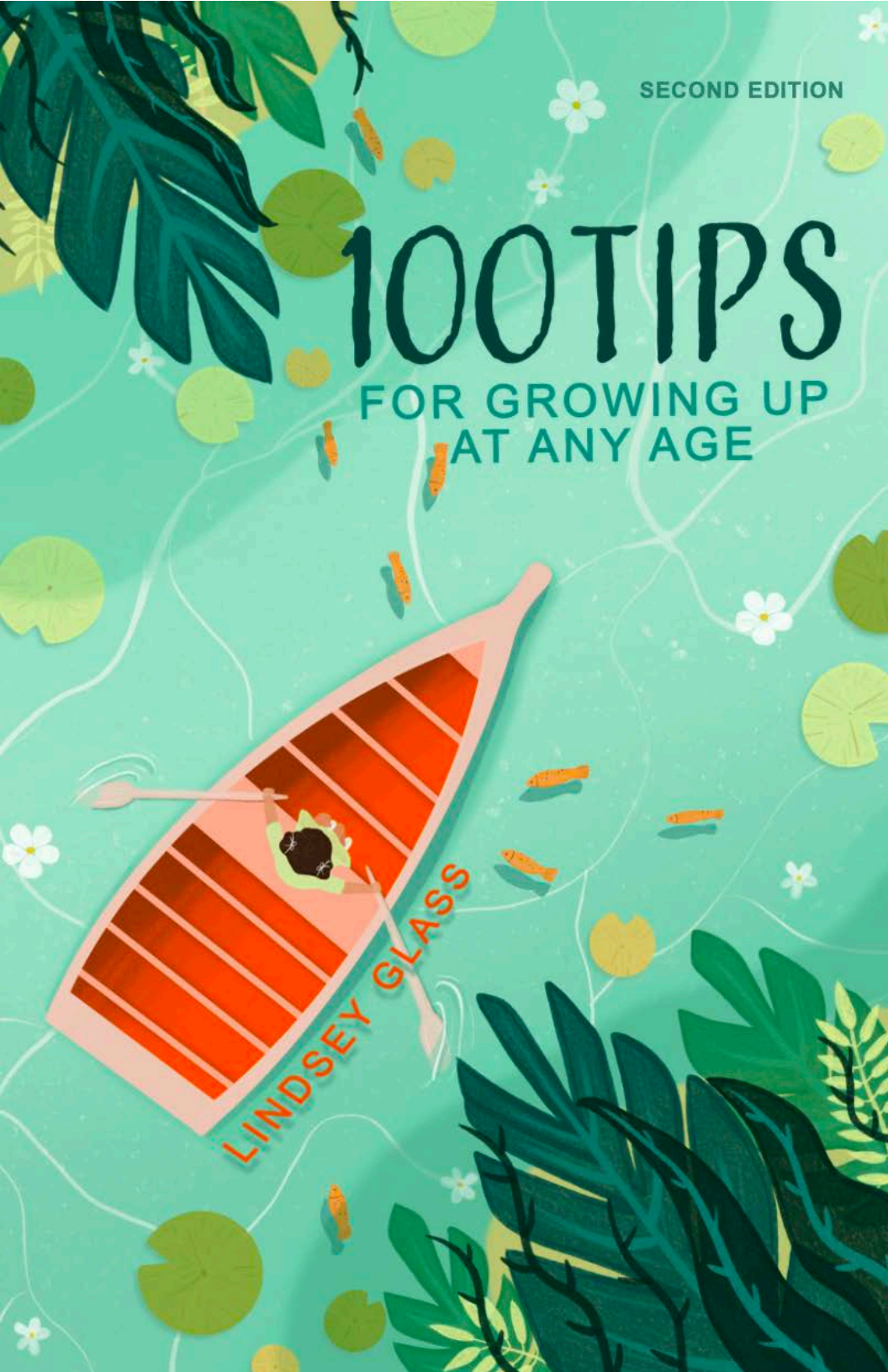
SECOND EDITION

100 TIPS

FOR GROWING UP AT ANY AGE



LINDSEY GLASS

100 Tips For Growing Up At Any Age
Second Edition By Lindsey Glass

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PERSONAL SAFETY

Is personal safety something you obsess about or ever consider at all? Maybe you've been in safe communities all your life and don't worry about being safe. Maybe you haven't, and everyone from "friends" to family can be unsafe in your world. In that case, you may not consider a toxic workplace or toxic people as unsafe.

The truth is when you feel physically and emotionally safe, your nervous system relaxes, your thinking clears, and your energy shifts from survival mode into possibility mode. Personal safety isn't just about avoiding danger, it's about creating a world where your body and mind can feel calm enough to learn, heal, and expand. Without "safe" conditions it's difficult to stay sober, work on your mental health or focus on self-improvement. Personal safety may not have been something you thought about, but moving forward safety needs to be prioritized because safety also protects your progress, supports healthy boundaries, and gives you the courage to be honest with yourself and others. Choosing safe people, safe environments, and safe routines is self-affirming. From rejecting bad advice, to banishing the toxic, to ensuring you have supportive people around you, let's unpack what personal safety looks like for you and make a plan for the future.

Tip Twenty-Three

REJECT BAD ADVICE

Have you ever received bad advice? I have. Do you know people who give advice on subjects they know nothing about? I do. These are not the people to follow when you need good advice. Sometimes we get in the habit of turning to people who are close but not trained to give helpful advice. When you need help with your professional life, ask people who are successful in their professional life. When you need advice for a personal relationship, talk to someone who has good personal relationships, or a relationship professional. If you were sick, you'd go to a doctor, right? The same goes for advice. Make sure the people who are advising you know the right things to say that will solve problems, not make them worse.

JOURNAL PROMPTS

What areas of life do you need advice about?

Who are the people you ask advice from?

Do they give advice that has helped or not so much?

Write about whether you think you could do with some better advisors in your life.

Personal Assessment

Rate yourself from 1 - 10 on how often you take bad advice:

From friends	
From co-workers	
From family	
From the Internet	

Solutions

Make a list of types of advice you might benefit from–financial, romantic, parenting.

Who do you know who might be able to help in each category?

Who would be the ideal person you could ask if you could ask anyone?

Would you consider learning about or researching some of these subjects?

Tip Twenty-Four

BANISH THE NEGATIVE & TOXIC

One of the greatest killers of self-esteem is the magnetic power of negative and toxic people. These are people who put you down and hold you back. They may include your colleagues, friends, business partners, or even family members. Don't feel bad if you have negative or toxic people in your family or around–many do. Everyone has people who bring them down and threaten their serenity. The trick is to limit those people, or banish them altogether if necessary, and possible. This includes tolerating negativity from yourself.

JOURNAL PROMPTS

Who in your life is negative?

How do they make you feel?

Who in your life is toxic?

How do they make you feel?

Personal Assessment

Rate yourself from 1 - 10 on toxic/ negative people in your life:

Family members	
Co-workers	
Friends	

Solutions

What are the characteristics of your ideal best friend?

Who are positive people in your life you could focus on building relationships with in the future?

How might you go about meeting new people who share your interests?

If you need help with a toxic person, is there anyone you could ask for guidance? Who is it?

Tip Twenty-Five

ADJUST YOUR PEOPLE MAGNET

Ever heard the quote, "You are the sum of the five closest people to you?" I'm not sure if it's true, but if you have people close to you who are toxic or bring out your worst, they won't help you grow. Make sure you're attracting the people who are healthy for you. If the people closest to you are always in a bad mood, or complaining, what effect does that have on you? There have been times I've used the people around me as a mirror. I wondered why I was spending time with people who pulled the madness out of me, not the magic.

When you have truly supportive, inspiring, and loving people in your life, you will find it is easier to feel confident, keep going, take on new things, and appreciate life. No one is perfect, but you know good people when they come around.

JOURNAL PROMPTS

Who are the five closest people to you?

Do they inspire you, support you or make you want to be better?

Do they get you into trouble or do you argue with them?

What kind of people would you say you attract?

Personal Assessment

Rate yourself from 1 - 10 on whether you keep good people around you:

Friends	
Romantic partners	
Co-workers	
Family members	

Solutions

Is there anyone who stood out as being a bad influence in your inner circle? Explain.

If there is, would you consider limiting time with them?

Who would be your ideal inner circle if you could have anyone?

Who do you wish you could spend more time with and why?

Tip Twenty-Six

LEARN BOUNDARIES

Boundaries, the emotional kind, are the invisible but absolutely essential lines that define where your feelings end and someone else's begins. For a lot of people, especially those who grew up in chaotic, enmeshed, or emotionally unpredictable families, those lines were never clearly drawn. You probably spent years either absorbing everyone else's emotions as your own responsibility or having your emotions absorbed by others without your consent. Emotional boundaries are not about being cold or withholding or building walls around your heart. They are about knowing what is yours to feel, and what is not yours to carry.

There are many types of boundaries you can use in your life. You can set boundaries with your personal time. I can stay only twenty minutes. With your finances. No, I won't lend you money. Personal space. Sorry, you can't stay with me. In your relationships. I can't, I promised to spend time with so and so today. Emotional boundaries. Please don't talk to me like that, and more.

JOURNAL PROMPTS

Write about the boundaries you grew up with in your family?

Do you have any experience using boundaries? Explain.

Who or what in your life could benefit from boundaries?

What kind of boundaries would help your life – emotional, financial?

Personal Assessment

Rate yourself from 1 - 10 on your use of boundaries.

Personal	
Time	
Emotional	
Financial	

Solutions

Make a list of the people you need boundaries with moving forward.

What kind of boundaries do you need to set with each one?

Write out exactly what you want to say, for example, "Mom, I love you but I need my Saturdays for time with my kids."

Find worksheets online if you struggle with exactly what to say. You can search for the best phrases for setting boundaries.

Tip Twenty-Seven

STOP ENABLING UNHEALTHY BEHAVIORS

Enabling unhealthy behaviors means supporting or accommodating someone's harmful habits, such as addiction, avoidance, or self-destruction, in ways that shield them from consequences. Enabling makes it possible for them to continue, rather than change. Sometimes people enable thinking that they are helping because they don't want someone to get into trouble. Helping someone be destructive, however, is never helpful in the long run.

When I was growing up, I kept secrets and covered up for people who were struggling with alcohol, substances, and a wide range of risky behaviors. Sometimes my enabling hurt me, but it always inadvertently hurt those I wanted to protect. There's a fine line between helping someone who's in trouble and enabling risky behaviors. It isn't just about risky behaviors, enabling someone can manifest in lots of different ways.

JOURNAL PROMPTS

Is there anyone in your life doing something that they shouldn't be doing?

Do they ask you to help them in any way?

How does that make you feel?

Do you wish you didn't have to enable anyone?

Personal Assessment

Rate yourself from 1 - 10 on whether you are an enabler.

With a child	
With a parent	
With a friend	
With a spouse/ romantic partner	

Solutions

If you do have someone you're enabling, why are you doing that?

What would it look like if you stopped? Is there anything you're afraid of happening?

Is there anyone safe you can talk to about the situation?

Is this a situation that needs professional help? Can you look online for resources or ask someone for help?

Tip Twenty-Eight

STOP BEING A FIXER

Fixing other people may feel like love to you, especially if you grew up believing that your value depended on being useful, that keeping the peace was your job, or that other people's pain was somehow yours to manage. But, I'm here to tell you that fixing is not love. It is actually a kind of control wearing a very convincing disguise, and it almost always costs you more than it helps them.

The other issue is you're always fixing other people's problems and often ignoring your own. You might even be really good at fixing other people's problems and find it a point of pride. However, spending all your time dealing with others' issues only avoids dealing with your own. Letting go of fixing does not mean you stop caring. It means you start trusting other people with their own journey, and you start reserving your considerable energy for the one person whose life is actually yours to fix: you.

JOURNAL PROMPTS

Write about whether you are a fixer for other people.

Who do you fix problems for and why?

What would happen if you stopped?

Would anyone be mad at you if you didn't get involved?

Personal Assessment

Rate yourself from 1 - 10 on how you fix things for people:

Friends	
Family Members	
Coworkers	
Spouse/ romantic partner	

Solutions

Are there any problems of your own that you're ignoring?

Why are you ignoring them?

Make a list of things you can do to focus on yourself.

Start attending to them today.