



# Letter to My Younger Self: What I Wish I Knew at 24



✨ At 24, I was ambitious, anxious, and constantly wondering if I was on the "right" path. I wish I could go back and wrap that younger version of me in a warm hug—and hand her a few hard-won truths. (And no, I didn't have the benefit of Gabbie Bernstein's wisdom back then—she was only nine when I was 24. But hey, better late than never!)



One of her quotes that resonates deeply now is:

"Your presence is your power."

At 24, I thought my power came from proving myself, being productive, or keeping everyone happy. It took me years to realize that showing up as myself—calm, grounded, present—was the real superpower.



Dear 24-Year-Old Me,

I see you. You're trying so hard to prove yourself—at work, in relationships, even in your own mind. You're chasing milestones like they're oxygen. But here's the thing: you don't have to earn your worth. You were already born with it.



Please know...



You don't need to have it all figured out. No one really does.



Your value isn't tied to productivity or perfection.



Saying "no" is not rude—it's self-respect.



It's okay to change your mind.



Love shouldn't be confusing, painful, or make you shrink.



Investing in yourself will pay more dividends than any job or boyfriend ever could.



Don't wait to enjoy your life. Now is not a dress rehearsal.



That "imposter syndrome" you're feeling? It just means you're growing.



One day you'll look back and be proud—not of how fast you climbed, but of how bravely you held on when life got uncertain.




So take the leap. Ask for more. And please, stop apologizing for being who you are.

With love and so much grace,



Your 50+ Self

Still learning, but a lot more free

 If you're in your 20s or 30s, know this:

You are not behind. You're just beginning.

There is no finish line — only growth, healing, and becoming more \*you\*. ✨