

Advice for men in their 20's?

April 16, 2020 | 67 upvotes | by [BruhMoment45886](#)

I wanted this to originally be a "I hate my life tell me how to fix it" post, but theres thousands of those and it'll just turn into a pity party post.

I'm turning 22 real soon. Time since highschool flew by so unbelievably fast it's scary. Stuff that feels like a year ago was actually 3.

I want to do things the right way now so when I'm turning 30 I have less regrets and can enjoy the fruits of my labor.

I'm interested to hear anything you guys know now that you wish you knew when you were younger. Any tips or advice you'd give to a young man trying to live a kick ass life hes proud of. Thanks

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Comments

Ed4all15 • 78 points • 16 April, 2020 12:49 AM

I'm soon to be 31....in Your early to mid 20s, it is a great time to experiment. It is easier to build a good physique, try different professions/careers, and just try new things in general. A few pointers:

1.Do not have unprotected sex, unless married. (Pretty self explanatory) 2.Do not get married. (Again, pretty self explanatory) 3.Do not get hooked on hard drugs, or drink to excess often. Many a good men have gone down this slippery slope, never to return.

In the words of Samuel Beckett “ Ever failed. No matter. Try again. Fail again. Fail better.”

Good luck.

YourMoneyBelongsToMe • 6 points • 16 April, 2020 02:16 AM

It is easier to build a good physique

Is the reason biological or situational (like not having enough time after 25 due to increased responsibilities)?

[deleted] • 16 points • 16 April, 2020 02:40 AM

Biological. Test levels are at their highest during your 20s, plus your ligs and back should be healthy

Ill_mumble_that • 21 points • 16 April, 2020 11:57 AM*

That, plus in your 30s if you do things right you'll be so flooded with pussy that it becomes a challenge to workout.

Do things right = by 30:

own a house or equivalent

make a salary/wage above average for your location

maintain a strong physique and trim waist

don't get married, unless the woman you are marrying is at least twice as wealthy as you.

WholioJones • 30 points • 16 April, 2020 12:36 AM

Be honest with yourself at all times and never make excuses. If you have a problem, solve it. If you can't solve something then stop wasting your time and learn to live with the fact that not everything will go in your favor. Always keep this mindset. If you hate working at a 9 to 5 like most people, figure a way out to provide for yourself. If you think that people are bringing you down, cut them off. If you are bringing yourself down, find a way back up. Don't complain that you're "stuck". Don't complain that you "have to do this". Decide what you want to do/be and figure out how to get it done. Read books, ask questions, keep striving for more, etc. Don't listen to anyone that says you have to do something a certain way when you know for a fact you don't.

idontmiind • 28 points • 16 April, 2020 01:24 AM

My advice is always organic. Just wait till how shitty your life gets, and then get super fuckin frustrated and start climbing the improvement ladder by yourself. Maybe falter in between, slack off and hit rock bottom, get frustrated etc. All organic.

One thing is crucial though; observing everything and if possible, organizing your thoughts(noting them down etc)

gotmilo11 • 13 points • 16 April, 2020 01:59 AM

I'm in my mid 20s and life butt fucked me to the point that it lead me to depression. I hated how fat I looked and how I was the one being friendzoned while my crushed got pumped.. so I think everyone needs a low point in their life to wake up.

TheDopestPope • 13 points • 16 April, 2020 07:37 AM

don't spend your time crushing on girls who don't give you the time of day

idontmiind • 2 points • 16 April, 2020 12:58 PM

Wait till you're 50 and jacked and right after you're sucked dry by your young concubine no. 3 and you look back at this point in life.(Not if you stay a lazy fat bastard tho!)

Nothing lasts forever. Esp the shitty times

[deleted] • 54 points • 16 April, 2020 12:40 AM

I'm in a very similar boat, I'm 22 and I feel like high school was just yesterday.

My priorities right now:

1 Build my body to where I want it to be. This is a simple yet continuous goal that anyone on this sub will vouch for.

2 Stop doing things I know are wrong. This is some Jordan Peterson advice, when you aren't exactly sure what's right you can still cut out what you know is hurting you. I've personally had problems with addiction (Nicotine,Pot,Stims,Porn,Alcohol,etc) this should be one of your top priorities.

3 Replace bad habits with good ones. Fitness, Reading,Meditation, etc.

4 Always look for answers and ways to improve yourself.

5 Have goals and stick to them

These are a few things I have been working on, the main goal is to set up a great foundation for my later 20's and beyond. Fuck all of this crap about "Here for a good time not a long time". I'm here for both.

SteveSan82 • 36 points • 16 April, 2020 12:52 AM

No LTRs. Workout. Stay away from video games. Floss your teeth. Correct your posture. Don't be too nice but don't be an asshole.

throwaway4000s • 2 points • 16 April, 2020 07:54 AM

why no video games? i picked up an xbox to see me through this pandemic even though i know its an awful waste of time theres nothing to do

YouMotherFuclcer • 11 points • 16 April, 2020 08:12 AM

Video games while fun in moderation are essentially like excessive masturbation. Too much false pleasures and endorphins released from non existent satisfaction isn't a good thing. Go ahead and play them if you want, but just remember it's only a game with little real world skill value unless you're a 16 y/o champion winning millions by playing.

throwaway4000s • 2 points • 16 April, 2020 08:21 AM

I know that, but it's illegal to leave your home and I only play after I've read. Still bad to play them heaps now then cut them out completely once society goes back to normal?

sniper1905 • 7 points • 16 April, 2020 08:53 AM

Have video games as a reward instead of it being your life.

If you trained/worked/read/gamed that day then go ahead and sit back and play.

Positive reinforcement bud.

throwaway4000s • 2 points • 16 April, 2020 09:20 AM

I like the idea of a life of no time wastage either. I'm looking to buy a small flat and unsure as to whether I should fit it with a desktop or TV/console when I move in

sniper1905 • 2 points • 16 April, 2020 09:24 AM

Wait so according to your first sentence, are you still debating if you should play video games?

throwaway4000s • 2 points • 16 April, 2020 09:26 AM

No I've put it up for sale

myfirsttimecoding • 7 points • 16 April, 2020 08:51 AM

Just go level up IRL instead of a fantasy world

throwaway4000s • -1 points • 16 April, 2020 08:52 AM

I know bro. Just saying if you think there's an exception in these crazy times

myfirsttimecoding • 8 points • 16 April, 2020 08:54 AM

There will always be a big, reasonable excuse to act like the general population. The general population of guys have depression and anxiety and jack off twice a day to messed up porn. Replicate that life if you want but the closer you become to being a loser the more the world and everyone else will treat you like one. It's not worth the quick dopamine fix

throwaway4000s • 4 points • 16 April, 2020 08:55 AM

That sucks man. I was keen to smash through heaps of games but I best sell it then

muckibudenbrudi • 14 points • 16 April, 2020 09:46 AM

Don't let your hobbies be ruined by words of random people on the internet. You do you. That is what makes you an independent man. You decide what you want to do and to be in life, nobody else. Just be sure to care for yourself and don't miss a chance to improve your skills in whatever you may do.

throwaway4000s • 2 points • 16 April, 2020 09:52 AM

I want to relentlessly self improve I feel I may miss the joys of life

Zombiespire • 7 points • 16 April, 2020 12:08 PM

Lol dude fuck that guy. Who says after a long day of work, an hour at the gym, and after cooking dinner you can't sit down and play a video game for a few hours? It's no different from watching shows or movies. If there is something you need to do, turn off the TV and do it, if there isn't, kill some time however you feel like. Too

many people go down the road of insane amish monks I swear.

throaway4000s • 2 points • 16 April, 2020 12:14 PM

I guess if there's few hours to spare why not read a book or play chess? Is what they're getting at

YouMotherFuclder • 1 point • 17 April, 2020 06:28 PM

Nobody here has said anything like that. An hour or 2 a day is fine but if you're wasting away your entire day or weekend trying to hit the top 100,000 players board thats when you have an issue. Games are good in the regard they can challenge your mind and improve your response and motor skills. The key word to everything is moderation.

Standgrounding • 1 point • 16 April, 2020 03:01 PM

They cut you out of the world

aDrunkenWhaler • 14 points • 16 April, 2020 01:13 AM

Probably the best thing you can do right now for yourself and at this point in your life is to read jocko willkink's books/ listen to his podcast, and have him as a mentor.

bender0x7d1 • 12 points • 16 April, 2020 01:32 AM

Figure out your purpose, set your goals in pursuit of that purpose, and then use your time to make progress on your goals. The rest will follow.

For example, you won't blow your money partying on the weekends. Why? Because getting drunk, puking, and feeling hungover doesn't help you make progress on your goals. You also won't feel the need to be validated by anyone else, so you won't need hollow relationships, or someone to make you feel good. Why not? Because you will be moving your life forward in support of YOUR purpose and, while you will have setbacks, you will be able to see how far you have come - and how improved your life is. Those other things won't compare to the feeling of accomplishment that comes from hitting a goal.

In addition, by working hard on your goals and seeing your progress, you won't get tricked or trapped by shortcuts or "the easy way." You already know what works - and you've been doing it. That doesn't mean don't work smart, but it means you won't need "a miracle pill" or "one trick they don't want you to know about" to move forward.

Focusing on your purpose and goals will also give you discipline and, in the long run, discipline will win out every time. Also, watch this video.

myfirsttimecoding • 10 points • 16 April, 2020 12:32 AM

I'm 22 and also feeling similar

BruhMoment45886[S] • 4 points • 16 April, 2020 12:34 AM

Glad to hear I'm not alone. Hopefully trp elders will bless us with their knowledge soon.

[deleted] 16 April, 2020 03:55 AM

[deleted]

BruhMoment45886[S] • 17 points • 16 April, 2020 03:55 AM

Thank you wise one I am blessed

Raccoon_from_heaven • 10 points • 16 April, 2020 05:43 AM

Invest in a business. U are in the right age to take risks...Start a business that generates income even while you are sleeping. You should have your business smoothly running by the time u hit 30. Spending time doing a stress free business is one of the best feelings you can have.

woke_wizard • 3 points • 16 April, 2020 05:01 PM

This is my goal. I'm 23 right now but have no idea where to start, any tips?

Chosen_1_1162 • 3 points • 16 April, 2020 09:37 PM

Become an expert in something marketable that you enjoy, and start charging people for it.

woke_wizard • 3 points • 17 April, 2020 12:06 AM

The thing I'm into is very competitive and over saturated. Tips? other than just be better, obviously that's the goal.

Chosen_1_1162 • 2 points • 17 April, 2020 06:12 PM

Specialize. Any process can be broken down into steps, any product can be broken down into components. If you are truly an expert, you should be able to break it down until you find something with little to no competition. For example: building websites might be saturated, but HTML coding is less saturated.

Raccoon_from_heaven • 1 point • 16 April, 2020 05:06 PM

I'm 22. I too don't have much idea where to start. Im dreaming of starting a big business such as a manufacturing firm.

nuufo • 12 points • 16 April, 2020 02:34 PM*

Morning.

I'm older. In my 20-30s I tried everything from travel, studies, working. Working in jobs as oldercare, carpenter, it-infrastructure, sales, travel around the world, lives in hippie communities, lives in big cities, worked as a bartender, bartender instructor. I had no idea of what I wanted to do. I gave myself 10 years to fuck around to do whatever. Fucking seen it all.

1. Don't make your life about "getting a job". The whole "I'm gonna be a *insert random occupation* and then my life will be complete. Tried almost most industries. It's the same everywhere but just in different shapes. Try to really solve this puzzle by creating your own job. Money needs to be coming in. just solve the damn equation. Solve it.
2. Health is a necessity not a luxury. Get your ass in the gym. Take care of your body and it will take care of you. Start lifting heavy. Your eating habits will save you.
3. Honesty. The truth. Is a skill that you will have to practise. If you can be truly honest to you, beneath what society wants for you and even what you think you want you can distinguish the shit and what you are experiencing as true. Follow that. This could mean being forced to do some really hard choices.

4. Own your choices. It's a chess game, no matter how fucked you are you can always fix it by making a better move next time. And if you lose - good! Now you know how to not so it the next time. Own it and move on.
5. Done is better than perfect. Just solve the fucking problem.
6. There is no lonewolf mode. Spend time with friends, family and loved one. You need people and people need you, you are human being not a robot.

extrareverb • 3 points • 16 April, 2020 03:18 PM

The life you lived is pretty interesting, and is pretty inspiring.. do you encourage young men to try different things until they find something or an org that suits them?

nuufu • 6 points • 16 April, 2020 04:40 PM*

I encourage men to learn about themselves. To be more conscious. To be THERE in the moment as much as possible. Doing soulwork or whatever you want to call it.

We are humans. Barely conscious beings. The real fight is on the inside. You are fighting your personas who are trying to capture your conscious. Ever wondered why you are standing, staring into the fridge, forgetting why and what you were even doing there? That is the fight my friend. That is where you make a choice of changing.

Look. This is the sad part: Without going on a journey WITH yourself to the inside. You will re-live the same situations over and over and over and over again. but with different people. You will wonder why your life is shit, why you don't get to the place you want. Why you are stuck. Why won't the world just give you a break? You will question yourself and the world over and over until you tumble down the Alice in Wonderland where this madness will creep in. Most of you will have to take this road and it's probably necessary.

But listen and listen well:

It's nothing wrong with you. It's your systems that are wrong. The programmed behaviour that you have learned over all these years that doesn't work. The system you have created doesn't work. So stop beating yourselves senseless because shit doesn't work out. Of course it doesn't work... And you continue in the same pattern, in the same systems year in and year out. No wonder you are a mess. You have been playing this puzzle game with your eyes closed.

So open your eyes, kid. And try again to see your own moments, feelings and thoughts in action. Where do these systems enter your mind? Where do they appear in your day to day life?

You are on the right track. Don't you dare give up now. You have gotten a far way. So far from home. Don't quit. If you fall off track, get back up, slow it down and keep improving your system. When the changes have been made, launch your improved system. Repeat this and eventually you will succeed.

@practical tip: My first practical tip would be to practise the art of patience. Try to find situations in your day to day life where you can practise patience. When driving to work and someone is cutting you off - patience! When you are standing in line at the grocery store and the old lady is bringing her wallet up in ultra-slowmo - patience! Practise it and a whole new world will appear.

Keep your head up, kid.

TheNippleViolator • 3 points • 16 April, 2020 05:34 PM

This really resonates with me as a 20 year old kid working on finding my own path in life. Thanks for sharing.

nuufo • 3 points • 16 April, 2020 06:36 PM

Thank you for those kind words.

Take your time living. If you have the opportunity - travel as much as you can!

Keep on swinging!

Payanasius • 3 points • 16 April, 2020 09:43 PM

Honestly tho by doing all that have you fallen behind financially? How did you even navigate the legal complications of being abroad, working and not overstaying visas?

nuufo • 1 point • 17 April, 2020 07:17 AM

Fallen behind in comparison to what?

Been broke once. Taught me to stand accountable for my financial situation. For me it was enough with sleeping on the streets and then in a cave for a week in a foreign country while I worked my money back up again. Ate oranges for a week. Never again.

Im good with money and numbers. Started working in a very early age. Flipped properties etc but I still failed horribly with a lot of shit I got into.

Broke is a state of mind. It's just a puzzle, a equation. Just solve it. And if you don't know how to solve get help to solve it. You don't have to be a "one-man-army".

As I said before. There is nothing wrong with you/me. It's just our systems that are corrupted and needs adjustments.

Regarding visas. It's easy. When the time is out your out. Some countries you can do "visa-runs" to extend your stay for 3 months others want you to work to extend the visa.

Payanasius • 1 point • 17 April, 2020 05:37 PM*

I'm always baffled by these stories. I've been abroad myself and felt the call to do something similar. However I dont get how people can make enough money to sustain their travels doing stuff like this. In fact whenever a girl does it I just assume shes selling her pussy to make ends meet or she comes from money. I've seen guys doing it who were literally starving and desperate because they had no money and others who just seemed to going through their lowest lows but chronically. The ones who seemed to be doing well, without exception, were being sent money by their wealthy parents or could at least count on someone else's finances in an emergency.

I did not have wealthy parents so I just gave up and went home and got a boring job as I didnt really believe in myself. Sometimes I wonder tho

Edit: my uncle also said this was way easier before. He could save up enough on a minimum wage job to travel to europe for months in the 80s. Now that's not enough for rent.

nuufo • 1 point • 19 April, 2020 06:46 PM

A lot of people who are getting bailed out by their parent will never really understand the feeling of being broke. They will always have they cushion to fall back on. Don't know if it's good or bad.

When I was traveling in "western-modern" countries and most parts of Europe I had no problem with aquire money.

Going through parts of Asia and other less developed countries I had to really struggle sometimes. They don't really take kind to strangers. Also having to bride people is a mess but hey that's life.

woodencrown • 6 points • 16 April, 2020 04:30 AM

Save money. You will thank yourself in 5 years if you put away some money each week

yacruz • 5 points • 16 April, 2020 05:49 PM

Priorities-

1. Get enough sleep (sleep when you are tired, wake up without an alarm clock)
2. Eat healthy (whole foods, not frozen veggie pizza). Learn to cook well.
3. Exercise always.
4. Spend time in nature. Go for walks.
5. Read widely, but especially the "best stuff". Books that are revered for one reason or another.
6. Put off getting a car as long as you can. Set your life up so that everything is within bicycling distance, and preferably near a public transportation hub that can take you out of town.
7. Travel (best if done without a car).
8. Eat mushrooms. (See #4)
9. Don't chase the rat race.
10. Have a creative passion and constantly work to get better at it. Woodworking, bicycle mechanics, music, painting, boats, whatever. Something creative. This will help avoid falling into "depression pitfalls".
11. Make time for the loved ones in your life.
12. Stay organized. Don't hoard things that don't bring you joy. Trying to move in your 30s sucks if you didn't stay organized in your 20s.
13. Do yoga for your back and think about your posture and sleeping surfaces.
14. Avoid- drunken binges, too much time playing video games, cable news (best used just to check on what the corporate overlords want the masses to think- read high quality media and independent media), pornography, reading low-quality thoughts on Internet forums, political arguments with strangers on the Internet that go nowhere, watching television alone, processed junk food.
15. Don't spend too much time in the "manosphere". A lot of it is repeat. Read the sidebar, or rational male, or some of Roosh or Black Dragon or Illimitable Men, or some other good stuff, but *don't make the mistake of thinking you will learn more secrets of life by spending hours in the manosphere. It's all been said before.*
16. Avoid getting too caught up in the pendulum of electoral politics. Support leaders with integrity but don't let Democrat or Republican messaging become a core part of who you are. Always analyze bias and remain independent.

FilthyStylish • 9 points • 16 April, 2020 12:46 AM

I'm turning 30 in a few months and honestly the only thing I wish I haven't done is to rent an apartment just for myself. I moved out at 22 but got an apartment for myself at 25. So that makes it 5 years of paying almost double the amount of money I could have paid if I had shared an apartment with somebody. Think tens of thousands could have been saved.

J-baller • 3 points • 16 April, 2020 02:03 PM

Why not just live with your family instead of paying a landlord? I'm sure you would of been in a more powerful financial position.

FC007 • 3 points • 18 April, 2020 04:58 AM

Load up on cheap debt and invest in real estate. In my early to mid 20s I invested as much as I could into real estate. This was post 2008 recession when interest rates were slashed. I became a millionaire by 28 or 29. Cheap debt leads to eventual inflation and rich people will use it to drive up the value of stocks and real estate.

The corona is giving another opportunity for loading up on cheap debt. I predict we will likely see massive inflation once this shit ends and we can recover from the economic shut down. The FED gods are pissing cheap cash on us now.

I wish I learned how to day trade the futures market earlier. Learn that. Its superior to trading stocks or forex imo. It's a near bullet proof cash flow generating skill once you get good at it and can be done in both bullish and bearish times.

I know a lot of people will say travel. I've been lucky to travel a lot for business. Personally, if my travel was not subsidized by work, I think travel is overrated if you are poor, which most people in their 20s are. If I had to pay for my own flights, hotel, travel food etc I'd say it's overrated compared to investing it into real estate. I know several people that travel alot on their own dime. This has cost them significantly in the long run due to the global real estate bull market up until corona. Do the travel shit after you have some assets to your name.

Grow some balls and pull some triggers. Too many risk adverse guys now a days. I know some smart, "good" guys but are total pussies. In their late 20s and 30s and live at home. Can't make any moves and stuck as grown man children. Analysis paralysis has fucked them.

An ounce of prevention is worth more than a pound of cure. It's easier to floss everyday than to get cavities fixed. It's easier to keep your weight down than to get fat and try to lose the pounds. It's better to just get regular car or home maintenance, than putting it off and incurring a more expensive fix. Do your best to stay healthy and in shape, rather than slowly degrading then suddenly trying to get back in health or shape.

BruhMoment45886[S] • 1 point • 18 April, 2020 05:17 AM

Great advice. I will look into all of this.

FC007 • 1 point • 18 April, 2020 05:49 AM

As a quick follow up, I would personally put most focus on day trading futures if I could go back. If I had that mastered younger, I could have leveraged up on a lot more opportunities and it would have brought me more freedom earlier. Good luck with whatever path you take.

tyalanm • 1 point • 20 April, 2020 01:39 PM

Can you tell me more about investing in futures? You've really piqued my interest.

FC007 • 1 point • 20 April, 2020 08:19 PM*

This is the first legit question I've received on reddit in a while. Thanks. So I will respond with a legit answer....and it also helps me do a deep dive on why I am putting so much effort into trading.

First, day trading is not investing. Trading is not based on any fundamental value, like how Warren Buffet would analyze a company and determine if its cash flow, assets, competitive edge, etc is greater than its stock price and market cap....if it is, he will invest knowing that the market will eventually realize this and he would have just bought low and will eventually sell high or keep it for juicy dividend

payments. The trading I do is riding intraday trends and picking up the scraps left by large investment banks, hedge funds etc. These scraps can be monstrous money for an individual. I either buy low and quickly sell high, or sell high then buy it back lower. Trades usually take a few minutes from entrance to exit.

I like trading Oil futures, since certain patterns and certain signals line up in confluence during the day and can allow me to predict the price's movement with a high degree of probability.

Basically it takes \$1,000 (this is called margin) to control 1,000 barrels of oil. This is one contract or one lot. Its all electronic. I don't literally end up with 1,000 physical barrels of oil (but someone does eventually...but that's not my problem).

For every 1 cent that the price of oil fluctuates, my margin fluctuates by \$10. So if the price of Oil is \$20.00 when I buy it, and 10 seconds later the price of Oil is \$20.02, my margin is worth \$1,020. I am ahead \$20. If the price of Oil went down instead to \$19.97, then my margin is now \$970, I am down \$30. I can also short the market instead. That means I sell a contract, get the money, and buy it back cheaper. I pocket the difference.

There are plenty of different trading styles, but I typically aim for a 10-20 cent favorable move in price. That means for every contract I control, I look to make between \$100-\$200. That's a Return On Capital (ROC) of 10-20%. This is the power of futures over stocks. If I'm trading stocks, I get no where near the amount of efficiency. If I'm buying a \$20.00 stock, I can get 50 shares for my \$1,000. If the stock goes up to \$20.02, I make one dollar. That's an ROC of 0.10%. No where near as juicy as futures for the same amount of movement.

I look to take 1-4 trades per day from 9am-11am EST. I'm not a seasoned trader yet, so not all my trades are winners. But generally I look to win 15 cents per trade or lose 7 cents per trade. So if I win half and lose half my trades, I'm up 8 cents (15 minus 7). This can range from 8-16 cents per day per contract (\$80-\$160) typically. So to trade 5 contracts a day, you need a minimum of \$5,000. If you end up making 8 cents a day, that is \$400 using only \$5,000 of capital. That's pretty frickin amazing. A very achievable goal for anyone is to pump out a dime a day. Its very attainable for an average person to work up to being a 10 lot trader and pumping out \$1,000 a day with \$10,000 margin.

People will say, well why not trade 1,000 contracts and make \$100,000/day? This can be done, but a different style will be needed. At a certain point, there is not enough liquidity at a specific price level at a specific time in the day to fulfill an order of that size. Don't worry about that, just focus working your way up to 10 contracts.

I trade regularly with a group of a dozen guys. Our group leader consistently trades 10 contracts and pumps out \$2,000-\$5,000 per day. I pump out only a few cents per day, and some days I lose a few cents. But it just takes some practice and dedication to learning how to do this.

Lastly, at least in Canada, to my knowledge futures trading can either be taxed as capital gains or business income. This is insane. Day trading stocks is taxed as business income only. With futures day trading, I believe the trader can pick Cap Gains or Business Income, but you can't keep changing it every year. This means that half your gains can be tax free. I haven't been doing this long enough, so haven't gone through my first year's filing yet.

If you are in the USA, day trading stocks requires \$25,000 capital minimum. If you are day trading futures, there is no minimum....so you can start off with \$1,000 or less than that if you future trade the e-mini S&P 500.

Hope this helps and you can see the power behind this. If I could go back in time, and pick one thing I could have learned or done differently, I would have wished I learned trading futures during High

School!!!

tyalanm • 1 point • 20 April, 2020 10:01 PM

I really appreciate you for writing all of this up, so thank you very much. I definitely see the benefits of trading futures compared to trading stocks.

How do you, personally, know when to get in on a lot trade, and when to get out? What signs are you looking for?

Also, how risky/gambling-esque is trading futures compared to day trading stocks or forex? Are there any resources I could take a look at to learn more? Is there a subreddit that you like?

FC007 • 1 point • 20 April, 2020 10:23 PM

First, what is your experience level with trading? Getting into the exact strategy can take hours of explanation for a beginner if I start from the ground. It's also the secret sauce I've spent alot of time and resources on, so it's not soemthing I can freely Reddit post. I know some that have traded stocks and switched over to futures for the reasons I outlined before.

I traded forex long ago, but there can be sketchy brokers. I had my broker steal everyone's money. Oil is mostly controlled during professional hours by commercial traders, so there are certain predictable movements I can rely on. Trading oil also means no watch list or keeping up with several tickers. I just login, look at the overnight trading for 10 mins, then go. I never day traded stocks, because in order for it to be worth it, I'd probably need at least a \$100k account. With futures, you can trade 5 lots for \$5k

This type of trading I learned from a small group of guys. There's no advertised resources on this exact style, but other styles I'm sure can be found on YouTube vids and can likely help with pumping out a dime a day at least. If you want more info, hit me up via pm.

tyalanm • 1 point • 20 April, 2020 10:26 PM

Will PM you later today.

YourMoneyBelongsToMe • 6 points • 16 April, 2020 02:23 AM

Be brave enough to go against the mainstream thinking and start planning to retire. In early 20s barely anyone even thinks about anything associated with retirement, because this word connotes old age. But you gotta plan to retire as young as possible.

Don't listen to any advice on getting a "job" at the best company in the field you majored, "building your career" or "getting promotion".

Getting rid of the need to work is paramount, especially in your 20s.

AnonymousSportsExec • 3 points • 16 April, 2020 03:00 AM

Eat healthy and exercise daily. Take care of your mental health. Budget and save as much money as possible.

Racour • 9 points • 16 April, 2020 12:30 AM

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BruhMoment45886[S] • 14 points • 16 April, 2020 12:31 AM

Are you paying me respects?

aegeaorgnqergerh • 3 points • 16 April, 2020 01:25 AM

I'm probably an outlier here, but looks matter way more than you think.

I'm now 30 and had the same feeling at your age, but took me until I was in my late 20s to realise it. And as I don't have much money and have to rely on the NHS (which I feel bad saying given what they're currently going through) it takes several years to get fixed.

Not saying you're in the same boat btw, but I'm just answering your "things I wish I'd known when I was younger".

Reverse Body Dysmorphia is incredibly rare, so I'm told, so I'd assume this isn't relevant to you, but to make it more suited - recognise problems and fix them as soon as you can. You've LOADS of time. Honest feedback from others is gold. If one person makes fun of you for having a certain trait, they're probably an asshole or a good friend just having a laugh. If lots of people do it, and others get shocked and uncomfortable about it when it happens, it's almost certainly true.

cfbovernfl • 4 points • 16 April, 2020 05:10 AM

Just focus on graduating university with a good degree & GPA, and live life. Go to parties, tailgate at football games (post-covid). College will be over soon.

Racour • 2 points • 16 April, 2020 12:31 AM

No I'm following for the advice

send_it_for_the_boys • 2 points • 16 April, 2020 03:10 AM

Literally a few hours ago I just found a new podcast "Order of Man" check it out! First one I listened to was "advice I'd give to my 20 year old self".

skriker25 • 2 points • 16 April, 2020 08:25 AM

fuck bitches, bang bitches.

BruhMoment45886[S] • 1 point • 16 April, 2020 01:33 PM

In that order? I'm taking notes...

Standgrounding • 1 point • 16 April, 2020 03:32 PM

Both at the same time

Sin-Silver • 2 points • 16 April, 2020 11:47 AM

plan yourself a career you're going to be spending 8-10 hours a day working until you retire. best to thing something you can enjoy and pays well.

Hari_Aravi • 2 points • 16 April, 2020 02:18 PM

RemindMe! 8 hours.

its_meKnightSwolaire • 2 points • 16 April, 2020 02:56 PM

Start lifting immediately. I didn't even consider it until I was 30 and I wish I had done it in early 20s

[deleted] • 2 points • 16 April, 2020 02:58 PM

The Basic How to 20's Guide Would Be:

1. Workout, Eat Healthy, Keep Drug and Alcohol use to moderate to low use
2. No LTR's, No Marriage, Wear a Condom, No Babies!
3. Have Professional/Business Goals with a realistic timeline(may take years)
4. Watch who you hangout with your the product of them. If you can't avoid someone 100% limit contact as much as possible. Make friends with Alphas.
5. Read and learn as much as you can if your not moving forward your moving backward

BruhMoment45886[S] • 3 points • 16 April, 2020 03:12 PM

Good list, thanks.

LateralThinker13 • 2 points • 16 April, 2020 03:28 PM

Become competent in as many things as you can. No skill, no endeavor, is wasted if you learn. Be good with your hands, your words, and your thoughts. Do this, and you'll never lack for admirers and people who wish to do business with you or to be you. Be as high value as you can be - and by doing it through competence, nobody can take that away from you.

pdiggs1500 • 2 points • 16 April, 2020 03:48 PM*

In 3 Months, I'm hitting the big 4-0. If I could go back 20 years ago and speak to myself, I would give the following advice:

Focus on you and your interests. Living life for approval from women is a waste of time (I made this huge mistake from 15-35). As everyone else mentions in this post, work on your body, get healthy, get ripped, learn a combat sport.

Also, if you can....start a company, do it! Create a startup, become entrepreneurial. You have like 0 risk right now in life. If your startup fails, you are not as financially burdened as someone starting a company in their 30s-40s. Now is the time to experiment with business, you don't have any immediate financial restrictions (Mortgage/Rent, Car Payments).

bumbuff • 2 points • 16 April, 2020 03:48 PM

Don't compare yourself to others. That's not me saying, "don't see something someone else has and have a desire to have the same thing"

But what I mean is, don't get caught up on which step you are on your journey compared to someone else.

You have to fail 100 times just to understand the basics of many things. Then you have to fail 900 more times to get it right.

edit:

Also start a journal. Doesn't need to be a feelings diary, but it might not hurt to add in your general feeling for a day. What the journal needs to cover is 1) Things you did well that day 2) things you did not do well that day 3) Things you want to improve tomorrow.

Kratz177 • 2 points • 16 April, 2020 12:11 PM

I would say focus on making money and having your business or financial stability. Going to the gym is not going to help you when you are broke.

I send you an in-depth reply over pm.

Fat7ace • 3 points • 16 April, 2020 02:11 PM

I agree with the financial stability part but how can you say going to the gym won't help? Getting in the

gym, working on yourself, and improving your health will lead to drastic improvements in other areas i.e., overall health, energy levels, mental clarity, attractiveness, etc. Anyone that actually implements exercise as part of their daily routine will agree. No negatives. Unless youre spending over \$20 on a gym membership, then go somewhere more affordable.

Kratz177 • 1 point • 16 April, 2020 03:12 PM

There's too many look max incels online. There only solution for everything is go to the gym. You live with your parents go to the gym, you can't pay for drinks go to the gym, your game is horrible go to the gym.

Fat7ace • 2 points • 16 April, 2020 04:52 PM

Agreed. It should supplement your actual goals/solutions.

extrareverb • 2 points • 16 April, 2020 03:19 PM

Can you please send it to me as well? Im kinda on the same boat and age.

OPs_Real_Mom • 1 point • 16 April, 2020 05:53 AM

Turned 21 yesterday, in the same boat OP

ProfessionalCoffee8 • 1 point • 16 April, 2020 06:06 PM

Never get married!

SalporinRP • 1 point • 16 April, 2020 07:20 PM

Save money and make smart financial decisions. We live in a society of trying to keep up with the Joneses.

Yes you technically CAN afford to lease that Jeep for \$350/month but should you?

Yes you technically CAN afford to eat out 3 times a week but should you?

People don't even realize how these small financial concessions can snowball and make a massive difference down the line. I know people who get Starbucks 5-6 days a week like clockwork. I have friends in their mid 20s who have less than 5k in their savings account. They are one car breakdown/medical bill from living paycheck to paycheck.

And I'm not saying to live like a monk or some super frugalist who eats just rice and beans for dinner every night. Choose one passion/interest and treat yourself. If you're a big car guy then sure get that dream car you've always wanted, but cut back in other areas to compensate.

The problem is people get the new car, then the new apartment, and the new watch/shoes, and eat out every night and suddenly they are spending 90% of their net income.

I'm only 24 and having amazing financial security has really opened up the possibilities and removes a lot of stress from my life. Plus if you have a lot saved up you can get into the market during a down period like we're experiencing now and you can start investing in some great stocks at discounted prices.

AceMav21 • 1 point • 16 April, 2020 07:21 PM

Don't listen to these liars. What you want to do is attend college for your passion. Any degree is a good degree. Then you find a good job. Immediately after you want to impregnate the first female that gives you the time of day. Then you put a ring on her. Then you save aggressively and buy a house in the Suburbs with an FHA loan. Then live happily ever after.

BruhMoment45886[S] • 1 point • 16 April, 2020 07:24 PM

Okay but when the sex stops will doing the dishes and taking the garbage out get me more?

AceMav21 • 1 point • 17 April, 2020 01:38 PM

Yes that's how you negotiate attraction

MattyAnon • 1 point • 16 April, 2020 09:37 PM

Any tips or advice you'd give to a young man trying to live a kick ass life hes proud of. Thanks

Get in epic shape. Physicality attracts women.

Escalate everything every chance you get. Girls, business, friends, opportunities, everything. Learn to revel in the successes and ignore the failures.

You don't have to choose between gym, career and partying. You can do it all.

OlderRedBrother • 1 point • 12 May, 2020 08:34 AM

this comment fucking rocks

"Escalate everything — all the time"

love it

skyrunner22 • 1 point • 17 April, 2020 12:39 AM

Ill give this a crack. Try to touch on something different already posted

first thing I would say is definitely when that young, need to understand to make yourself your mental point of origin. Put yourself first. REALLY understand this, have it sink in, deep in your frame. This will be your foundation.

To make your self your mental point of origin, you need to be self reliant. That means you need to be able to care for yourself, first financially. Mostly everything else after that flows from how you are able to make that happen. You cant go to gym, buy good food, go to dentist, buy nice clothes, get own place/solid logistics if you dont have the means to do so

Your job doesnt have to be who you are, on your time you can develop that. I think some things are non negotiable and every man should know how to do a select amount of things to be competent. Go to gym, learn a fighting discipline, Dance a little, handle and shoot a gun if possible in your area, cook a couple meals, travel if possible, etc. Try many different things, dont be afraid of failure, actually become comfortable with it because anytime you try something new you will suck. Its ok. You will see what you gravitate towards and enjoy.

Dont isolate yourself. Isolation is death. I think alot of guys let years blow by because of isolation and how escapism allows those things. Most things in moderation is cool but isolation allows you to get to that redzone with many things, these escapes can destroy you for years/lifetime. Alcohol, drugs, computers, videogames, porn, watching endless tv/sports.

Get your "fun years" out as early as possible. fun years being able to afford to take care of yourself at youngest age possible. I have always asked people what they consider their best year and its usually when they finally had some real money to take care of self, while also the youngest age to enjoy it with little responsibilities and maximum freedom. Fun for you might be some audacious goal, or just chillin after work. Maybe a team sport coaching gig or something, it will be unique to you.

BruhMoment45886[S] • 1 point • 17 April, 2020 01:06 AM

Isolation is pretty much why I made this post. Im already regretting that

skyrunner22 • 1 point • 17 April, 2020 01:33 AM

No reason to regret its in the past. Wasting anymore time is terrible return on investment. I know its tough to realize this from your perspective but you are still REALLY young. I wish someone would of told me I still had a couple years before the game really began. You think you should have everything figured out and be accomplished. Doesnt work like that.

Isolation is a killer. You need to get that under control. Dont know enough about your situation to speak on it but generally people will try to cope in what can sometimes become an addiction. Take care of that asap, it can be an escape or something. Also figure out why you are trying to isolate, what are you running from. You need to answer those two things to really break free and move forward. Good luck on your journey