

**11 LESSONS  
THAT LIFE HAS  
TAUGHT ME SO  
FAR**

**1. NEVER LET  
ANYONE COME  
SO CLOSE TO  
YOU THAT  
THEY CAN  
HURT YOU.**

**2. BE  
EMOTIONALLY  
SELF-  
SUFFICIENT.  
DON'T DEPEND  
ON ANYONE FOR  
EMOTIONAL  
VALIDATION.**

**3. EAT  
HEALTHY, BUT  
DON'T ACT  
LIKE EATING  
BIRYANI WILL  
KILL YOU.**

**4. GO  
OUTSIDE AT  
EVERY  
OPPORTUNITY  
YOU GET.**

**5. READ AND  
CONSUME  
SELECTIVE  
KNOWLEDGE.  
INFORMATION  
OVERLOAD IS A  
SERIOUS ENEMY  
OF GROWTH.**

**6. SEEK  
PROFESSIONAL  
HELP WHENEVER  
YOU FEEL  
HELPLESS. THAT'S  
WHAT THEY ARE  
THERE FOR, BE IT  
YOUR CA,  
PSYCHIATRIST, OR  
GYM TRAINER.**

**7. TO ADDRESS  
POINT 6, EARNING  
MONEY IS AS  
IMPORTANT AS  
BREATHING FRESH  
AIR. I LEARNED IT  
LATE, BUT MONEY IS  
ACCESS, AND  
EARNING IT SHOULD  
ALWAYS BE A  
PRIORITY.**

**8. EXPECT  
NOTHING FROM  
ANYONE AND  
STAY CALM IN  
EVERY  
SITUATION.**

**9. FACE**

**HEARTBREAK AND**

**EMBARRASSMENT**

**AS NATURAL**

**PARTS OF LIFE.**

**10. WORK ON THINGS THAT SEEM LIKE THEY NEED NO WORK, FOR EXAMPLE BEING EMOTIONALLY STABLE. EMOTIONAL STABILITY BRINGS MENTAL CLARITY, WHICH LEADS TO OVERALL WELL-BEING.**

**11. TOLERATE  
EVERYTHING  
PATIENTLY.  
YOU ARE THE  
EARTH ITSELF.**



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