

Dear younger Bai,

I'm writing to remind you of something crucial, don't allow your emotions to cloud your judgment. I understand that being young and controlling your emotions is not always easy. I understand that everything in life seems so intense, but believe me, the repercussions of acting on your emotions without thinking will be disastrous. Your impulsive behaviors and emotions will have an impact on many of your relationships in the future. You'll say things you don't mean, make bad judgments, and burn bridges you'll never be able to repair. You will heavily affect those closest to you and many opportunities you thought you could have had will not be there for you.

I know you believe that being emotional makes you true and honest, but it also makes you unpredictable and untrustworthy. Your friends and partners will be hesitant to trust you because of your past decisions. Friends who you've known your whole life understand how your reactions would be a disturbance and will remove you from their lives.

Bai, here's my honest advice to you. You need to take this seriously or you will face the consequences of your actions. As a young child, you need to learn to regulate your emotions. Truly understand the situation before speaking or acting, and consider the repercussions of your actions. Try to see things from other people's points of view, and don't let your emotions cloud your judgment. With time and experience, you'll learn to make better judgments and gain the confidence and respect of the people you care about.

Shifting gears from the topic of emotions, it's crucial that you improve your money-saving habits. Now that I'm at my current age and time, I've learned how to effectively manage and save money, but I still recall how difficult it was for you to save money back then. As young as you are now, I know you think spending more money to try to regain it, later on, is effective but it truly isn't.

It is critical that you establish excellent financial habits earlier in life. You need to learn to budget and save money so that you won't regret purchases you make later on in life. I know you will be deceived by the feeling of quick satisfaction, purchasing goods you don't need with money you don't have will only lead to financial hardship in the long term. Since you are still young please take advantage of any chance to learn about personal finance. I understand that you do not like reading books and learning random topics but this is an extremely important topic you need to understand. Take this advice seriously and you will be able to grow into a young efficient individual.

My last and final advice to you is about your health. I'm mainly referring to your mental health. Your mental health is an important component of total health, and ignoring it can have major implications. As a young person, you tend to speak your mind quite frequently. However, it's important to learn to assess the situation before expressing your thoughts. Try to incorporate daily self-care practices, such as relaxing, reading a book, or engaging in an enjoyable pastime. This can help alleviate stress and increase overall well-being. I understand that reading may not be your preferred activity, so consider going to the park instead. Spending time at the park can offer benefits for both your physical and mental health.

Finally, following the advice offered on emotions, finances, and health might

greatly help you in the long term. Prioritizing your emotional well-being, developing sound financial habits, and maintaining your physical and mental health are all essential components of living a happy and fulfilled life. By following this advice, you will be laying the groundwork for a future with fewer setbacks and more opportunities to grow. Please listen to your older self Bai.

Best

Older Bai.