

# 7 life lessons that most of us only recognize when it's too late

In life, there are always lessons learned that contain intellectual wisdom that sometimes go through many difficulties that we can learn. Here are 7 important lessons about life that most of us only recognize when it's too late.

1. 57 ways to help you easily overcome the pain after parting
2. 30 things every woman SHOULD HAVE AND SHOULD KNOW when they turn 30
3. You definitely won't be rich if you have 1 of the 10 signs below!

In life, there are always lessons learned that contain intellectual wisdom that sometimes go through many difficulties that we can learn. Moreover, to understand and penetrate is a problem, many people only realize when it is too late. Therefore, if possible, you should learn these things sooner, not to recognize them when it's too late. Here are **7 important lessons about life that most of us only recognize when it's too late** . Invite you to consult!

## 1. If you want to "do what you like", you have to try 3 times more than others



Most of us can't spend the whole time in our lives doing whatever they love. Instead, we have to do things that parents, teachers, friends, even society say " *should do* " or " *need to do* ." Sometimes just chasing something that doesn't follow what your heart tells you.

But if we want to " *do what we like* ", we have to treat it as a privilege, not to put as much expectation as most people do. So, if that's what you want, start working now, really have to devote your heart to achieving your goals and work three times harder. Don't do it half-heartedly and then regret it.

## **2. Hide behind anger is always fear**



The wise man Yoda once said: " *Fear is the way to the dark. Fear leads to anger, anger leads to aversion, aversion leads to suffering* ". Whenever we feel miserable, especially for a long time, we all think that suffering comes from the outside world, from what we hate. When you overcome emotional distress, you will find that the hate behind you is that the feelings of anger have been compressed long ago.

However, essentially the source behind all of this is fear. Fear of loss. Fear is hurt. The fear of letting go. Only when we recognize and accept that fear can we walk through the darkness and move forward.

See also: When feeling lonely and lost, remember these 12 things carefully

## **3. Daily habits that create you in the future**



**Your actions today will contribute to your being tomorrow** . When that action repeats for several weeks, you'll notice its impact on life and become a habit that's hard to change. From the very small impact to the obvious difference in you.

When those actions repeat within 1 year, 2 years or even 5 years, you will no longer recognize yourself. Therefore, do not underestimate the power of small habits because it will grow with time. Whether good or bad, everyday habits will determine who you are in the future, which may affect your life, personality and future.

#### **4. Feelings can also be exercised**



When it comes to the word "*practice*", we often only think about practicing the skills to practice piano, hockey . However, in fact, even your own emotions can be practiced. but into.

You can practice humor, humility, forgiveness or even awareness. You can also train anger, resentment and contradiction. Feelings will reflect who you are and how you become people depending on your own choices.

Obviously, none of us are born with sadness or resentment towards others. We should simply stay away from that feeling, choose to forgive and come closer to happiness.

See also: True happiness is not in others but in ourselves!

### **5. Everyone has what they have to do**



Admittedly, we all have dreams, aspirations, goals, family, friends and different important relationships. After all, everyone has their own reasons to justify each action. Basically we all want the same things but each person has his or her own things that he or she must do and cannot control it.

You can put all your trust in someone, but don't assume that they have a responsibility to share something with you. Instead, solve your own problems, help others fulfill their dreams if possible. When done that way, relationships will develop more smoothly and in the right direction. And of course, when you need help, the people around you will be willing to lend a hand.

### **6. Achievement is not the only goal in life's journey**



We often tend to put all our strength, our mind, even sacrifice our happiness for a big goal. But in the end, when we reach that goal, what do we feel? **Happiness is not just a destination, it is an emotion, an experience in the journey you go through** . If you cannot enjoy the experience with the people around you, even if you achieve that goal, will eventually become meaningless.

On the other hand, if only setting goals and achieving goals through the help of others, it is also considered successful but not your own journey. A true journey is when you have to sacrifice personal happiness to pursue passion and enjoy its achievements.

## **7. Working hard doesn't mean giving up laughter**



If you think that in a hard and serious working environment there is no room for laughter, you are wrong. In fact, the best ideas often appear in happy moments. People we connect with each other with laughter and create new links. Besides, laughing while working or solving a problem is starting to open up new possibilities.

However, some people do not seem to realize this, they face serious problems and become grumbled, uncomfortable. But life is essentially a race to find joy, when you're not happy, perhaps "*not achieving anything*". Therefore, there is no need to be stressed to find joy, enjoy the small and simple happiness in life. On the contrary, when you enjoy life happily, in any situation, you can do more wonderful things than you think.

See also: 11 positive aspects of old age that no one tells you

Having fun!

You finished reading the article "**7 life lessons that most of us only recognize when it's too late**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.