

Jordan Gray Shares 30 Sweet Lessons from 30 Years of Living Fully



By Jordan Gray | [Jordan Gray Consulting](#)

It was my 30th birthday a few days ago.

Roughly 30 years ago I came into the world a fat, loud, fuzzy little baby. And now I'm a slender, quiet, fuzzy big man. Oh how the times have changed!

I'm pretty sure I've learned some things in my 30 years of existing... but at the same time, I feel like the older I get the more I realize I don't really know anything at all (or, at least, my truth is constantly shifting and up-leveling). Because truth is subjective to begin with.

Enough with the ramblings.

Here are some cool thoughts that I like, that you'll probably

get some value out of.

30 Life Lessons From 30 Years Of Living

1. Control what you can control, and ignore everything else

You can't control a lot of things in your life.

You can't control when your friends or family members die. You can't control if or when an intimate partner decides to leave you. You can't control the weather.

But you can control your response to any of these things.

You can control your actions.

You can control whether you follow through on your word or not.

You can't control everything... but you can control many important things. Focus on those.

2. There's no such thing as perfect – there is only progress

Perfection doesn't exist. Progress does.

Don't worry about tracking every goal obsessively. Don't worry about saying the perfect thing, all the time. Don't worry about being in flawless good shape.

Do your best. Keep moving forwards. That's all any of us can ever do.

3. Accept everything

In order to move through any challenging or sticky part of your life, you must first learn to accept it fully.

You can't let go of your arrogance until you acknowledge that you can sometimes be arrogant.

You can't consciously influence your income until you sit down and look at the truth of your financial life.

You can't improve the quality of your intimate relationship until you've allowed yourself to accept the state that it is currently in.

You can't outrun the truth.

Accept everything, as it is, right now... today, and *then* you can work on it more effectively.

4. Write down your thoughts

There are few more powerful things you can do with your time than active self-reflection. Journaling is good for this.

Observe your thoughts in real-time by regularly jotting down your thoughts with pen and paper.

You might be amazed at what falls out of you.

[Related Article: 7 Big Benefits of Journaling and How To Get Started Now](#)

5. Take responsibility for all of it

Take responsibility for absolutely everything in your life, even when it's difficult.

Feeling really out of shape? What have you done or not done to have that be your current reality?

Not enough money to go on a vacation? If you were to own that problem fully, how could you move through it and create enough value in the world so that this problem went away rapidly?

Partner cheated on you? Ask yourself how you may have contributed to the situation.

This stuff isn't easy, but it's worthwhile.

6. Learn to cook and eat well

Just like sleeping well, moving your body, and drinking lots of water... getting into the habit of [eating nutrient dense, whole foods](#) is a force multiplier habit. Do this, and the rest of your life is also positively impacted.

7. Lead with the giving hand

When you are forming new relationships, ensure that you always lead by trying to ADD value first, instead of trying to GET value. This habit alone will change how people respond to you for the rest of your life.

8. Give disproportionately more value than the other person

To kick it up a notch, always aim to give more than you receive. Not because receiving is bad (receiving is beautiful, and it's own amazing skill to cultivate) but because providing value to others feels amazing for you as well.

9. Drink more water

It helps with your digestion, sleep, sexual function, and tons of other amazing stuff.

Is this consistently hard to do for you? Life hack: buy a beautiful 1-2 litre water bottle that you feel compelled to carry around.

10. Send gratitude bombs to people you love

If you're newer to my writing you might not have heard this phrase before...

A gratitude bomb is a lengthy love letter to someone that you care deeply for.

Do this regularly. Let people know how they affect you.

Everyone you love will die one day, or you will die first... so don't let your praise go unsaid.

11. Own less stuff

Clutter in your physical space leads to clutter in your mind.

Give away or donate half of your clothes. Same for your books. And other things that you know you haven't used in over a year.

Own fewer things... and aim for quality over quantity with the things that you do own.

12. Spend as much time as you can face to face with people you love

Technology is great. It allows us to connect with people all over the world rapidly. But nothing beats face to face connection time.

As often as you can, meet up with your closest friends, favourite family members, and intimate partner, and have undistracted (aka no phones) time together.

Connection is what we are hardwired for. And, with anxiety and depression on the rise in developed nations, we've never had a stronger need for it.

13. Drink a nutrient-dense green smoothie every now and then

Smoothies are great, as long as you're drinking the right ones.

Don't slurp down ten servings of fruit and pretend that that's healthy for you. Instead, opt for [smoothies that are vegetable heavy](#) and [include choice supplements](#).

14. Sweat every day

Exercise is great for everything. Do it more often.

Are you a lazy person, but you still want to sweat? [Read this](#).

15. Cry hard as often as you are able to

Few things feel more cathartic as bawling your eyes out.

[Cry hard](#), as often as you can, and you will experience lower anxiety, more connection with your emotional body, and more deeply fulfilling relationships as a result.

16. Laugh hard as often as you can

Also, make sure to swing the pendulum into lightness as well. There's a time to cry, and there's a time to laugh. Do both.

[Related Article: Byron Katie Video: Watch a Man Go From Fear to Laughter In Less Than 6 Minutes](#)

17. Get in touch with your repressed anger

Another emotion that often gets repressed is anger.

Anger doesn't have a big place in society (except when you're watching sports).

[Feel your anger fully](#), and see what it has been covering up for a while. You'll feel more boundaried, more self-expressed, and more whole after you feel it.

18. Find a coach or mentor who you trust, and invest heavily in them

Six months into starting this website, I had written over 100 articles, but barely had anyone reading my writing. I hired a coach to help me reach more people, and my monthly number of readers grew from 10,000/month to 200,000/month in under six months.

Two years ago I realized that I had yet to feel my way through some of the most traumatic experiences I had lived through in my childhood. I found a coach that I resonated with and he helped me integrate the unresolved trauma in short order.

This past year I wanted to eat healthier, but I didn't know where to start. Hired a nutritionist, problem solved.

Bottom line: coaching works.

If you feel stuck in some area of your life, you owe it to yourself to lean on the borrowed wisdom of others.

I am a firm believer that you can't invest heavily enough in coaching (which, ultimately, is the same thing as investing in yourself). You are your life's ultimate asset. Act accordingly.

19. Have a regular movement practice

Your body needs to move... and your mind needs it to be fun and engaging.

It doesn't need to be fancy. Go for an extended walk. Dance around in your underwear. Go skateboarding. Play basketball with friends. It all works.

Whatever your thing is, make sure you do it often.

20. Tell your stories

“If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.”

You don't need to tell your stories to millions of people across the internet... but there's something truly healing about allowing your stories to be told.

Whatever truth is within you, it begs to come out.

Tell your stories to close, trusted loved ones. Tell your stories to your notebook. And, yes, if you're feeling adventurous, [start a blog](#) and tell your stories publicly.

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