Try Not To Be Too Down On Yourself

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RISARODIL
Read
BOOKS
about
EXCITED
GET
CARING
THINGS
TRY NOT TO BE
TOO DOWN
ON YOURSELF
ENJOY
THE EVER PRESENT
GAME OF
KNOWING
HANK GREEN
"Read books. Care about things. Get excited. Try not to be too down on yourself. Enjoy the ever present game of knowing. -Hank Green"

This quote is much easier typed out than it is to actually do. Living a healthy life is about engaging yourself in it, and doing the things that you need to do to make you become better. We should do things like read books, because there are always struggles that we are going through now, that someone else has probably experienced. It is very easy to learn from someone else's experience so that we won't repeat the same mistakes.

Being excited about life is also very crucial. When we get down on ourselves we limit ourselves. Instead of beating up ourselves for making mistakes, or for failing when we thought we were doing the right thing, we have to be willing to forget about our mishaps and continue to push forward.

We must continue to seek knowledge and experience as much of life as we possibly can, only then will we be enjoying the ever-present game of knowing.

Source: [here](#)
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