

I DON'T KNOW WHAT TO DO WITH MY LIFE



Feeling stuck about your future doesn't mean you're behind — it means you're at the beginning of figuring things out.

Most people assume that confident, successful people always knew what they wanted to do. In reality, that's rarely true. What looks like a clear path is often the result of many small steps, wrong turns, and experiments.

The pressure to "have a plan" can make you freeze. But clarity doesn't come from overthinking — it comes from moving. You don't need to figure out your whole life. You just need a place to start.

Here are a couple of tools to use for self-help on making life and career decisions.

TOOL 3: THE "ENERGY TRACKER"

Your body often knows before your brain does.

For the next few days, start noticing:

What gives you energy?
What drains you?

You don't need big life decisions for this, just observe your daily life: classes, conversations, activities, environments.

Simple rule:

- 👉 Energy = a signal
- 👉 Noticing patterns = clarity

You can even track it like this:

- 🔋 + (gave me energy)
- ⚡ 0 (neutral)
- 🔋 - (drained me)



After a few days, patterns will start to appear and those patterns are often more honest than your "logical" thinking.

TOOL 1: THE ELIMINATION METHOD

If you don't know what you want, start with what you don't want.

This is one of the simplest and most underrated ways to reduce confusion. Instead of searching for the "perfect" option, begin by removing what clearly doesn't fit.

Think about:

situations where you feel drained or bored
environments where you don't feel like yourself
lifestyles you wouldn't want long-term
Every "no" brings you closer to a more honest "yes".



TOOL 2: THE NEXT STEP RULE

You don't need to know your final destination. You only need to know your next step.

Ask yourself:

What is one small thing I can try next?
Not: "What should I do for the rest of my life?"
But: "What can I explore this week or this month?"

This could be: attending a workshop, trying a short course, talking to someone in a field, doing a small project. Progress comes from movement, not perfection. Before you figure out your future, learn to notice your present.

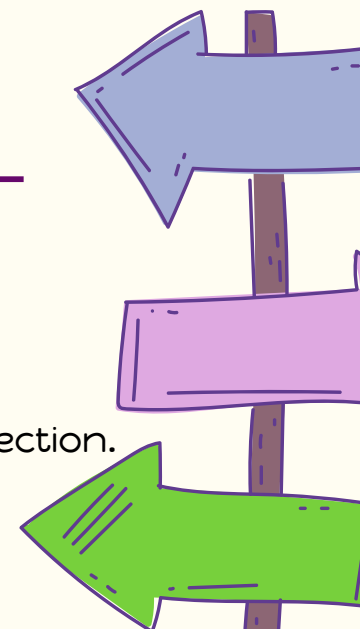


YOU ARE NOT SUPPOSED TO HAVE EVERYTHING FIGURED OUT

Uncertainty is not a sign that something is wrong — it's a sign that you are in a phase of growth.

Every step you take gives you information: what fits, what doesn't, what matters to you. And over time, those small pieces start forming a direction.

You don't need a perfect plan. You need the courage to take the next step.





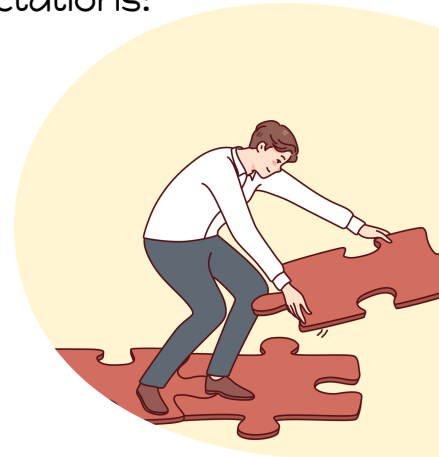
IS THIS REALLY MY CHOICE?

MANY OF THE DECISIONS YOU FEEL PRESSURE TO MAKE... DON'T ACTUALLY COME FROM YOU.

From a young age, you are surrounded by expectations:

- what is a “good career”
- what success should look like
- what choices are considered “safe”

These messages often come from people who care about you. But that doesn't automatically mean they fit you. The real challenge is not just choosing – it's understanding whose choice it is.



TOOL 1: RED FLAGS ON MAKING DECISIONS


Before committing to a path, pause and ask yourself:

1. Feeling of relief rather than excitement? Sometimes we confuse approval with alignment.
2. Would I still choose this if no one saw it or judged me? Remove the audience – what remains?
3. Does this give me energy, or drain it? Your energy is one of the most honest signals you have.

These questions don't give instant answers, but they reveal important factors.

TOOL 3: THE “FUTURE YOU TEST”

Zoom out from the current pressure. Imagine yourself 3–5 years in the future.

 Ask yourself:

- Am I proud of this choice or just relieved I followed expectations?
- Does this feel like a life I chose, or one I adapted to?
- Would I encourage someone else to make this same choice?

This helps you step out of:

- short-term pressure
- fear of disappointing others
- and into a longer-term perspective.

TOOL 2: THE INFLUENCE MAP

Your choices are shaped by different forces. To some extent this is normal as we are social creatures and want to make sure we are part of different social groups based on different choices.

 Take a moment to reflect:

- What comes from yourself?
- What comes from family?
- What comes from society or expectations?
- What comes from fear (e.g. failure, instability)?

Seeing these influences clearly helps you separate your voice from others'. Sometimes the hardest part is not choosing, it's choosing for yourself.



THERE IS NO SUCH THING AS A UNIVERSALLY “CORRECT” PATH

A choice that works for someone else might not work for you and that's not failure, it's reality. Your life is not something to optimise for approval. It's something to build in alignment with who you are becoming.

A GOOD CHOICE DOESN'T HAVE TO BE APPROVED. IT HAS TO BE YOURS.





HOW TO ACTUALLY CHOOSE A CAREER

CHOOSING A CAREER OFTEN FEELS LIKE A HIGH-STAKES DECISION — SOMETHING YOU HAVE TO “GET RIGHT”.

But the truth is: most people don't discover their path by thinking it through perfectly. In a way you can think about it like learning to swim. Can you learn how to swim from the land, only staring at the water? No, you have to go into the water to try, fail, try again and practice to excel.



A GOOD CAREER CHOICE IS NOT THE RESULT OF PERFECT PLANNING. IT IS THE RESULT OF REAL EXPERIENCES.

REFRAME: FAILURE = FEEDBACK

Failure is not the opposite of success — it's part of the process.

Every time something doesn't work out, you gain valuable information:

- this doesn't fit me
- this environment is not for me
- this type of work drains me



Without these experiences, your choices remain abstract. Failure gives you clarity.

TOOL 1: TRY → LEARN → DECIDE

Think of career choice as a loop, not a one-time decision.

TRY → take action, explore something new

LEARN → what did you enjoy? what didn't fit?

DECIDE → continue, adjust, or try something else

Then repeat. This is how direction is built over time.

TOOL 2: THE CAREER FIT TRIANGLE

A sustainable path usually sits between three things:

- what you are good at
- what you enjoy
- what opportunities exist in the world

You don't need all three to be perfect — but ignoring one often leads to frustration.

TOOL 3: SMALL EXPERIMENTS

Instead of waiting for certainty, create experiences.

For example:

- talk to someone working in a field
- try a short online course
- volunteer or shadow someone
- start a small project

These are low-risk ways to gain real insight.



CLARITY DOESN'T COME BEFORE ACTION — IT COMES BECAUSE OF IT.

The more you try:

- the faster you learn
- the clearer your preferences become
- the more confident your decisions feel

There is no “perfect choice” waiting to be found. There is only a path that becomes clearer as you walk it.

YOU DON'T DISCOVER THE RIGHT PATH. YOU BUILD IT — STEP BY STEP



IS THIS JUST STRESS OR SOMETHING MORE?

FEELING STRESSED DOESN'T AUTOMATICALLY MEAN SOMETHING IS SERIOUSLY WRONG.

Stress is part of life – especially when school, expectations, social media, and the future all hit at once.

But sometimes what we call “just stress” is actually your body and mind telling you that you’ve been carrying too much for too long.

The hard part is that overload does not always start in your thoughts. Often, it starts in your body. You feel tired, tense, unfocused, irritated, or like everything is suddenly harder than usual.

This does not mean you are weak. It means something in you needs attention. Before you push yourself even more, pause and check what your body and mind may already be trying to say.

TOOL 3: USE A QUICK GROUNDING RESET

When your mind feels overloaded, do not start with solving everything. Start with calming your nervous system.

Try this:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

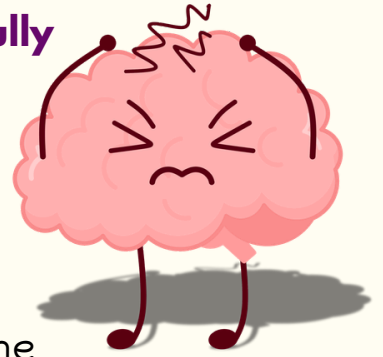
This simple exercise helps bring your attention back to the present moment. It can reduce panic, slow racing thoughts, and give your brain a small pause.

TOOL 1: NOTICE YOUR BODY

Stress often shows up physically before you fully understand it mentally.

Pay attention to signs like:

- tight chest
- headaches
- no focus
- bad sleep
- feeling tense all the time
- low energy for normal daily things



These signs do not always mean there is a big problem. But if they keep repeating, they are worth taking seriously.

TOOL 2: CHECK HOW LONG IT HAS BEEN GOING ON

A stressful day is one thing. A stressful few weeks is something else.

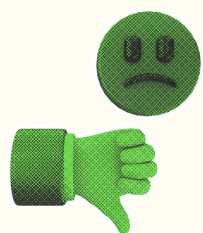
Ask yourself:

- Has this been here only for a few days?
- Or has it been lasting for weeks?
- Does it keep coming back?
- Do I feel like I never fully reset?



Time matters.

If something feels heavy for a longer period, it may be a sign that you need support – not because you failed, but because you have been carrying too much alone.



NOT EVERY HARD MOMENT MEANS SOMETHING IS DEEPLY WRONG. BUT IGNORING YOUR STRESS COMPLETELY DOES NOT MAKE IT DISAPPEAR EITHER.

The goal is not to label yourself too quickly. The goal is to notice what is happening with honesty.

Your body is not being dramatic. It is giving you information.

STRESS IS NORMAL. STRUGGLING ALONE ISN'T.

SIGNS YOU MAY NEED SUPPORT



A lot of young people wait too long before asking for help — not because they do not need support, but because they think their struggle is “not serious enough”.

They tell themselves:

- maybe I'm just tired
- maybe it will pass
- maybe I'm overreacting
- maybe I should handle this alone

And sometimes it does pass. But sometimes it stays. You do not need to wait for a crisis to deserve support. You do not need to completely fall apart before reaching out. Sometimes the clearest sign is simply that something feels hard for too long.

SIGN 1: IT LASTS FOR WEEKS

Everyone has bad days.

But if you feel stressed, anxious, low, or emotionally heavy for weeks – and it keeps coming back – that is worth noticing. What matters is not only how intense it feels, but how long it stays.

SIGN 3: YOU WITHDRAW FROM NORMAL LIFE

One important sign is when you slowly stop doing the things that used to feel normal.

For example:

- you stop enjoying things you usually like
- you avoid people
- you do not answer messages
- everything feels like too much effort
- even small tasks feel heavy

Withdrawal is often a sign that you are not simply “lazy” or “unmotivated” – you may be overwhelmed.

NEEDING SUPPORT DOES NOT MEAN YOU ARE WEAK, BROKEN, OR INCAPABLE. IT MEANS YOU ARE HUMAN.

The earlier you notice the signs, the easier it is to take one honest step instead of waiting until everything becomes unbearable.

SUPPORT IS NOT WEAKNESS. IT IS A RESPONSE TO CARRYING TOO MUCH ALONE.



SIGN 2: YOUR BODY REACTS

Mental overload often affects the body too.

You may notice:

- trouble sleeping
- stomach aches
- headaches
- tension in your body
- tiredness that does not go away
- feeling restless or constantly on edge

Your body does not separate mental and physical stress as much as people think. When one is overloaded, the other often shows it too.

SIGN 4: YOU FEEL STUCK

Sometimes the biggest clue is this: you have already tried to deal with it by yourself, but it is not getting better.

You may feel:

- stuck
- overwhelmed
- numb
- alone with it
- unsure what to do next

That is often the moment where support becomes important.



WHAT TO SAY WHEN A FRIEND SAYS “I’M NOT OKAY”



WHEN A FRIEND TELLS YOU THEY ARE NOT OKAY, IT CAN BE HARD TO KNOW WHAT TO SAY.

A lot of people panic in that moment. They want to help, fix the situation, or make the other person feel better as quickly as possible. But often, the first thing a struggling person needs is not advice. It is safety.

The wrong sentence can make someone shut down. Not because you meant harm, but because pain is sensitive to dismissal. The good news is: you do not need the perfect words. You do not need to be an expert. You just need to respond in a way that helps the other person feel heard, not judged.

Here are some common things people say and what helps more instead.

TOOL 1: DON’T MINIMISE WHAT THEY FEEL

Sometimes people say things like:

- just be positive
- others have it worse
- it’s not that bad
- it’s just a phase

These sentences are often meant to comfort. But they can make the other person feel misunderstood, dismissed, or even guilty for struggling.

What helps more:

- that sounds really hard
- I’m here with you
- I’m glad you told me

Validation does not make the pain bigger. It makes the person feel less alone.

TOOL 3: GIVE THEM CHOICE AND CONTROL

One of the most supportive things you can do is to avoid taking over. Instead of assuming what they need, ask:

- do you want me to just listen, or help you find support?
- would it help if we thought about next steps together?
- is there someone safe you would like to talk to?

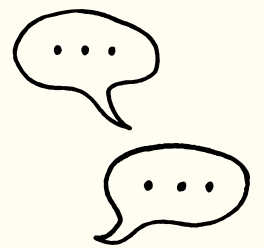
This matters because when people feel emotionally overwhelmed, they often also feel powerless. Giving them choice helps restore some sense of control.

TOOL 2: START WITH LISTENING, NOT FIXING

When someone opens up, your first job is not to solve the problem.

Try asking:

- do you want to talk about it?
- do you want me to just listen?
- what feels hardest right now?



This gives the other person space to speak in their own way and in their own time.

Being listened to calmly is often more helpful than receiving advice too quickly.

YOU DO NOT HAVE TO FIX YOUR FRIEND’S PAIN. YOU DO NOT NEED A PERFECT RESPONSE. AND YOU DO NOT NEED TO CARRY EVERYTHING FOR THEM.

What matters most is that your friend feels:

- heard
- safe
- not judged
- not alone

Sometimes support starts with one simple moment of calm, honest presence.

LISTEN. VALIDATE. ASK WHAT THEY NEED.



SCROLL CHECK – CAN I TRUST THIS POST?

Before you like, share or freak out about something online, give it a quick **SCROLL CHECK**. Tick the boxes that fit. The more ✓ you have in the red zone, the more careful you should be

WHAT AM I CHECKING? POST VIDEO COMMENT THREAD MESSAGE

Topic: _____

Platform: _____



GREEN FLAGS – GOOD SIGNS


- The author is clear (person / organisation I can look up).
- There is a date and it's recent.
- There is a source (link, organisation, website) I recognise or can verify.
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RED FLAGS – WARNING SIGNS

- I don't know who made this (no info, weird name, no imprint).
- It tries to make me feel very angry / scared / shocked.
- It says things like "everyone knows", "they don't want you to know this".
- It uses ALL CAPS, too many emojis and clickbait titles.
- There is no date or it's from a long time ago but shared as "new".
- Picture / video looks edited or taken out of context.
- The post tells me to "share immediately" without checking.

MY SCROLL CHECK RESULT:

 Green flags: _____

 Red flags: _____

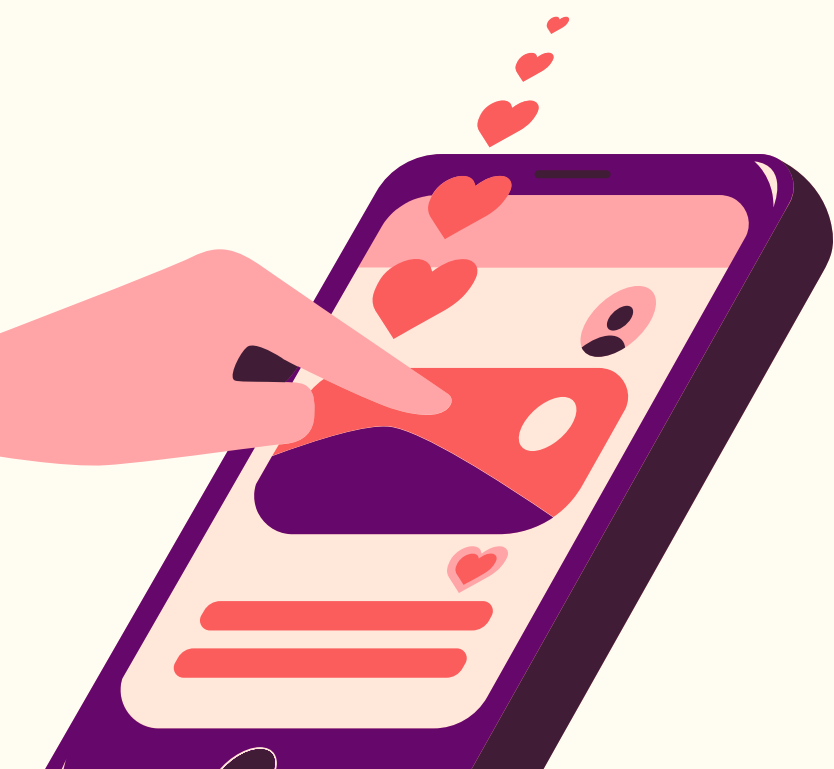


IF YOU TICKED MANY RED FLAGS:

Don't share. Check another source or ask someone you trust

Think about it:

- What made this post feel believable at first?
- What changed after doing the SCROLL CHECK?
- Do I still want to like / share / comment - or not?





BRAIN CHECK – AUTOPILOT OFF!

Online, your brain loves shortcuts. That's normal. This page helps you slow down, ask smarter questions, and spot bias before you react, comment, or share.

WHAT DID YOU JUST SEE? → 📱 POST 🎥 VIDEO 💬 THREAD ✉️ DM

STEP 1 — SLOW DOWN

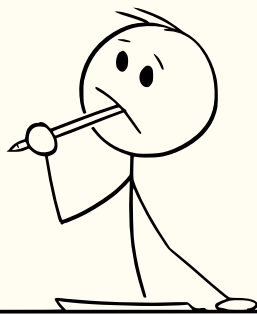
Pause for 2 seconds before reacting

Name the emotion you feel:

- angry scared amused excited
- disgusted something else?

Ask yourself: "Do I know this, or do I just feel it?"

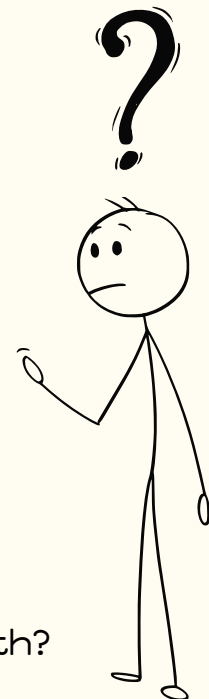
If it makes you want to share immediately... that's your cue to not.



STEP 2 — ASK GOOD QUESTIONS

Smart questions slow misinformation down.

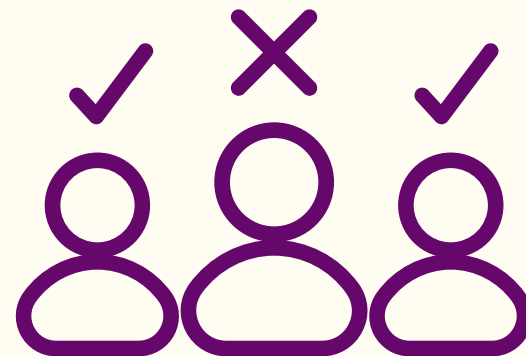
- What's the evidence – and where is it from?
- What's missing from this story?
- Who benefits if I believe this?
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- Is there another explanation that also fits?
- Am I mixing up one example with the whole truth?



STEP 3 - BIAS BINGO

Tick any that fit. More ticks = more caution.

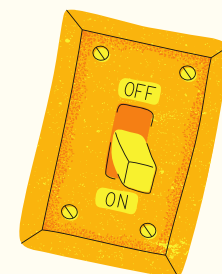
- Confirmation bias - I click what I already agree with.
- In-group bias - "My group = good, their group = bad."
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- Bandwagon effect - "Everyone likes it, so it must be right."
- Halo effect - "They seem smart/nice, so everything they say is correct."
- Anchoring - the first number/idea sticks, even if it's random.
- Fundamental attribution error - blaming people ("they're stupid") instead of context ("what happened?").
- Sunk cost fallacy - "I've argued this too long to change my mind."
- Dunning-Kruger effect - feeling super confident with very little info.



BIAS ISN'T A MORAL FAILURE. IT'S YOUR BRAIN SAVING BATTERY.

**REMEMBER: FAST REACTIONS ARE EASY.
THOUGHTFUL REACTIONS ARE POWERFUL.**

The goal isn't to never feel emotion online.
The goal is to notice when emotion is driving the wheel.
Before you share, comment, or repost:
Pause. Think. Choose intentionally.





MY FEED BUBBLE – WHO’S TALKING IN MY HEAD?

Algorithms show you more of what you interact with. That can create a bubble where you mostly see one side of things. This sheet helps you see who is shaping your view and what might be missing.

1. WHO DO I SEE THE MOST?

Write down 5 accounts, pages, channels or people you see or interact with a lot (likes, comments, views, shares).

Account/Page/Channel	What do they mostly post? (topic)	How does it usually make me feel? (1-2 words)
1		
2		
3		
4		
5		

2. WHAT’S INSIDE MY BUBBLE?



Topics I see a lot:

-
-
-
-
-
-

Opinions I see a lot:

“Most people in my feed think that...”

“I rarely see someone say...”

How my feed makes me feel overall:

(Circle 1-2)

relaxed / stressed / informed / confused /
hopeful / angry / entertained /
something else: -----

3. WHAT VOICES OR TOPICS ARE MISSING?

A topic I care about but don’t see often:

A perspective I rarely see (e.g. different politics, other countries, other life stories):

A type of account I might want to add (e.g. scientists, youth organisations, fact-checkers, people with other experiences):

4. ONE SMALL CHANGE THIS WEEK

I will unfollow / mute at least 1 account that makes me feel bad or manipulated.

I will follow 1 new account that has a different perspective on a topic I care about.

I will limit scrolling time on one app by _____ minutes per day.

Other idea:





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WHAT AM I REACTING TO? POST VIDEO COMMENT THREAD MESSAGE

Topic: _____ Platform: _____

My first reaction (1-2 words): _____

STEP 1 — SLOW DOWN

I pause for 2 seconds before reacting

I name the emotion:

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I ask: “Do I know this, or do I just feel it?” If it makes you want to share immediately... that’s your cue to not.

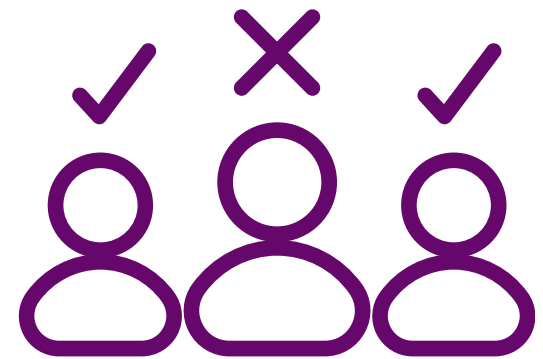
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MY BRAIN CHECK RESULT:

Pauses done: yes no

Questions asked: _____. Bias ticks: _____

My next move:

- Share Don't share Check more Ask someone Let it go

This week: Catch one bias in the wild and write what it tried to make you do.



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