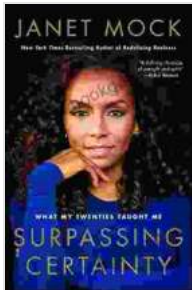


Surpassing Certainty: What My Twenties Taught Me



Surpassing Certainty: What My Twenties Taught Me

by Janet Mock

★★★★☆ 4.7 out of 5

Language : English
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Enhanced typesetting : Enabled
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In my twenties, I thought I had all the answers. I knew what I wanted out of life, and I was confident that I would achieve it. I was certain of my beliefs, my values, and my goals.

But as I got older, I realized that life is not as simple as I thought it was. I started to question my beliefs, my values, and my goals. I began to doubt myself, and I wondered if I was ever really sure of anything.

This doubt was initially unsettling. I was used to being certain, and I didn't know how to handle this new feeling of uncertainty. But over time, I came to realize that doubt can be a good thing. It can lead to growth, learning, and change.

Doubt can help us to see things from different perspectives. It can open us up to new experiences and new ways of thinking. It can challenge our assumptions and help us to grow as individuals.

Of course, doubt can also be paralyzing. It can keep us from taking risks and trying new things. It can hold us back from achieving our goals.

The key is to find a balance between certainty and doubt. We need to be certain enough in ourselves to take action, but we also need to be open to doubt and the possibility that we might be wrong.

This balance is not easy to achieve, but it is essential for growth and learning. It is only when we are willing to question our beliefs and assumptions that we can truly open ourselves up to new possibilities.

Here are a few lessons I learned about certainty and doubt in my twenties:

- **There is no such thing as absolute certainty.** We can never be sure of anything, no matter how much evidence we have. There is always the possibility that we are wrong.
- **Doubt is a natural part of life.** Everyone experiences doubt at some point, even the most confident people. Doubt is not a sign of weakness, but rather a sign of strength.
- **Doubt can be a catalyst for growth.** Doubt can lead us to question our beliefs, our values, and our goals. This questioning can lead to growth and change.
- **It is important to find a balance between certainty and doubt.** We need to be certain enough in ourselves to take action, but we also

need to be open to doubt and the possibility that we might be wrong.

My twenties were a time of great growth and learning. I learned a lot about myself, about the world, and about the nature of certainty and doubt. I am grateful for the experiences I had during that time, and I am excited to see what the future holds.

If you are in your twenties, I encourage you to embrace doubt. It is a powerful force that can lead to growth, learning, and change. Do not be afraid to question your beliefs, your values, and your goals. Be open to new experiences and new ways of thinking. And remember, there is no such thing as absolute certainty.



“ "Doubt is not a pleasant condition, but certainty is absurd." - Voltaire ”



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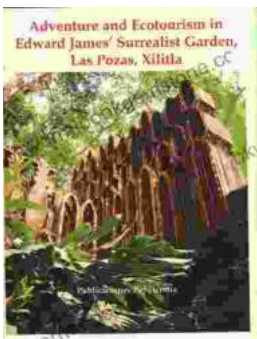
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