

The Old Young's Manifesto

(our thoughts on life, a.k.a. how to be better)

first...

- Work Smart • Love Hard • Play Often • Sleep More •
- Stay Present • Be Local • Embrace Silly • Get Dirty (but) Stay Clean •
- Laugh • Cry • Run • Dance • Sing •
- Stop That (and) Slow down •

then ...

- Celebrate others success • Don't be shit •
- Have one thing you are awesome at •
- Get off your phone • Show some fucking passion •
- Make something • Making money doesn't count • Making babies does •
- Never stop exploring, never stop learning, share that with others •
- We all fuck up. Make good, learn, be better and move on •
- Life is far too short, squeeze every drop out of it •

and, of course ...

- Drink better •

and finally ...

- Sometimes you just won't understand •
- An argument is not a fight •
- You are not as important as you think •
- You are more loved than you think •
- Its ok to do things alone •
- Its ok not to be busy •
- There is no good reason to do a half arsed job •
- Teaching is the best way of learning •
- The past is important, what you do next is much more so •
- Change is inevitable, roll with it •
- Success is whatever you decide it to be •