



CLIPS



**EPISODE 50:
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I think just enjoying your
time where you are,
what you're doing.

#ASKASTROBIO

1
00:00:03,030 --> 00:00:01,750
if you could go back in time to the

2
00:00:05,590 --> 00:00:03,040
beginning of your career and give

3
00:00:08,230 --> 00:00:05,600
yourself some advice what would you say

4
00:00:09,589 --> 00:00:08,240
i would tell my sort of younger self

5
00:00:11,190 --> 00:00:09,599
that

6
00:00:13,990 --> 00:00:11,200
you should

7
00:00:16,950 --> 00:00:14,000
really appreciate the moment live in the

8
00:00:18,950 --> 00:00:16,960
moment more instead of always focusing

9
00:00:21,510 --> 00:00:18,960
forward and planning for the future and

10
00:00:24,230 --> 00:00:21,520
what you might do i think just

11
00:00:26,790 --> 00:00:24,240
enjoying your time where you are what

12
00:00:28,310 --> 00:00:26,800
you're doing i think that's so important

13
00:00:29,029 --> 00:00:28,320

and that's something actually that i

14

00:00:31,269 --> 00:00:29,039

think

15

00:00:33,110 --> 00:00:31,279

i could benefit from even today without

16

00:00:34,229 --> 00:00:33,120

a piece of advice

17

00:00:35,590 --> 00:00:34,239

and then the other i think the other

18

00:00:37,190 --> 00:00:35,600

thing i would say is take take more

19

00:00:39,510 --> 00:00:37,200

risks you know

20

00:00:41,270 --> 00:00:39,520

take more chances ex you know put

21

00:00:42,549 --> 00:00:41,280

yourself outside your comfort zone every

22

00:00:44,869 --> 00:00:42,559

once in a while i think that's when we