

The evolution of adulthood: Hangover to Comb-over

Ever since stumbling into your twenties, do you still find yourself looking up to those around you as the *real* adults? Do you wish you were like that *one* friend who has their shit together, who somehow climbed the wall into the grown-up realm? Well don't worry, you aren't alone.

But being *that* person doesn't just mean buying Costco-size paper towel rolls and staying in on Thursday nights. It means taking control of, or at least questioning, the choices you make and the ones made for you. When we consider some of these choices, like what to wear, eat, study or binge-watch, we realize how much of our routine is administered for us.

We have either fallen for the illusion, or into the habit, of being ushered through an incredibly pivotal time in our lives. With one paddle in the water many of us try steering a ship we no longer feel captain. Ask yourself if it's time for a mutiny, to take control over your daily life and present yourselves as a person of equal value, with brilliant ideas, optimism and a will to contribute. Why not? With everything to gain you owe it to yourself — besides, it beats a hangover.