



FIRST JOB

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Compared yourself to someone on Instagram	Rewrote an email six times before sending it	Wondered if everyone else is secretly smarter than you	Googled "Is it normal to hate your first job?"	Ate cereal for dinner because adulthood is exhausting
Panicked when your manager said "Can we chat?"	Wondered if your coworkers can tell you have no idea what you're doing	Thought about getting bangs because changing your hair felt easier than changing your job	Wondered if everyone else took a class in college called "How to Be an Adult at Work"	Had a full existential crisis because someone your age got promoted
Tried to sound casual in Slack while spiraling internally	Wondered if you should quit your job and move to another city	FREE SPACE: "I should probably get my life together"	Spent 45 minutes decoding the tone of an email	Considered grad school because you didn't know what else to do
Said "No worries!" when there were, in fact, many worries	Compared your career path to someone from college	Practiced what you were going to say before a meeting	Opened LinkedIn and immediately regretted it	Wondered if everyone else got a secret handbook for adulthood
Had a mini panic attack over filing taxes	Googled what "executive presence" actually means	Updated your LinkedIn profile after one unusually productive day	Wished there were a syllabus for your job with step-by-step instructions	Pretended to understand an acronym in a meeting

If you got Bingo, congratulations! You are having a completely normal early career experience.