

ss & Adulting: Finding Peace in Your 20s with L

author:



2026-06

Synopsis

In this episode of "Successful with ADHD," we talk through the transformative power of emotional development, mindfulness, and accountability with our special guest, Livi Redden. As an author, TEDx speaker, content creator, and podcaster, Livi guides teens and 20-somethings through the crucial and often tumultuous years of early adulthood. Whether you're navigating the ups and downs of relationships, career changes, or personal growth, Livi's insights on adulting and self-development are a beacon of light for anyone feeling lost or overwhelmed. Join us as we cover how to live a fulfilling, joyful life, despite the challenges of ADHD and the complexities of 'adulting.'

About Livi Redden
Livi Redden is an author, TEDx speaker, content creator, and podcaster that guides teens and twentysomethings on how to intentionally steer their life through the power of emotional development, mindfulness, and accountability so they can live the fulfilling, joyful life they deserve. She is most known for her social media content surrounding these topics that has impacted millions across various platforms. She recently delivered a TEDx talk titled "What No One Tells You about Your Twenties" that is quickly approaching 300k views. In early 2022 she published her book "The Sooner You Know, The Better," a witty & vulnerable personal development book for emerging adults. Furthermore, on her podcast, Today is the Future, Livi has young listeners in 100+ countries tuning in for her conversations with inspiring young individuals, as well as world-class mentors to provide them with the inspiration and knowledge they need that they most likely aren't learning elsewhere. Attached are photos as well if needed.

Episode Highlights

- [0:00] Personal development and decision-making in 20s and 30s.
- [6:54] Mindfulness, self-awareness, and emotional learning for teenagers.
- [11:36] Self-development, unlearning societal constructs, and finding peace.
- [17:46] Self-help practices and communication skills for personal growth.
- [25:12] Childhood trauma and its impact on mental health.
- [28:10] Self-awareness, decision-making, and healing.
- [35:00] Healing and self-acceptance with ADHD.

Livi Redden on Social Media

IG: @liviredden
<https://www.instagram.com/liviredden>
TikTok: @liviredden

<https://www.tiktok.com/@liviredden>
Podcast: Today is the Future
<https://open.spotify.com/show/2CfNlvnTP84CnFxd2SSo3Y>
Book: The Sooner You Know, the Better
<https://www.liviredden.com/book>
Thank you for tuning into Successful with ADHD. If this episode resonated with you, don't forget to rate, follow, share, and review our podcast. Your support helps us reach more listeners and continue delivering content that empowers and inspires.

Calling all aspiring ADHD coaches •
<https://www.coachingwithbrooke.com/3c-for-coaches>
Don't miss this special Pop-Up Evening Cohort by popular demand!
Help your clients break free from paralysis and better manage their life with 3C Activation® coach training!
Gain a proven process for ADHD coaching
Earn 38 ICF Credits and 25.5 PAAC CCE™s
Learn the latest neuroscience to boost your practice
Qualify to be listed under ACO Directory
Learn more •
<https://www.coachingwithbrooke.com/3c-for-coaches>

Reader's comments

comment 1:

â€"â€" ()