

#CIAOPS

The Bourne Legacy

October 2023

@directorcia

<http://about.me/ciaops>

Since the last episode

- What have you done since the last conference?
- What have you done in the last month?
- What have you done in the last week?
- What have you done in the last day?

Whenever you find yourself on the
side of the majority, it is time to
pause and reflect

- Mark Twain





Comparison is the thief of joy

- Theodore Roosevelt







What you can't change



Genetics



Past decisions



What you've eaten

A stack of old, weathered newspapers is shown, with the text "How old you are" overlaid in a large, white, sans-serif font. The newspapers are aged, with yellowed pages and visible creases. Some headlines are legible, such as "dente, era nell'ordine (...)", "la pizza, precisamente i", "zione di coraggio e civiltà", and "Raffa e Fontana". The text "How old you are" is centered horizontally and vertically across the image.

How old you are

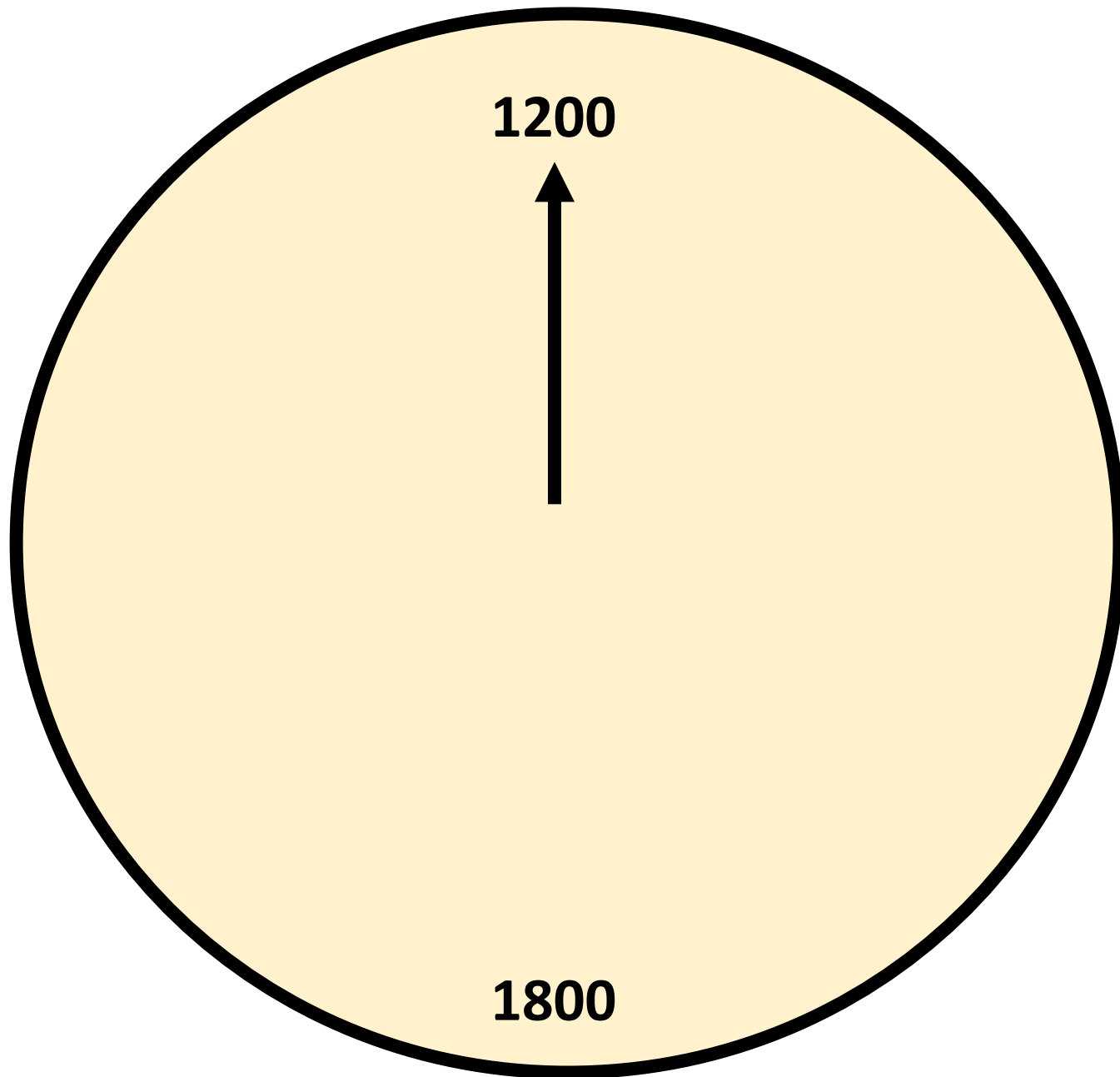
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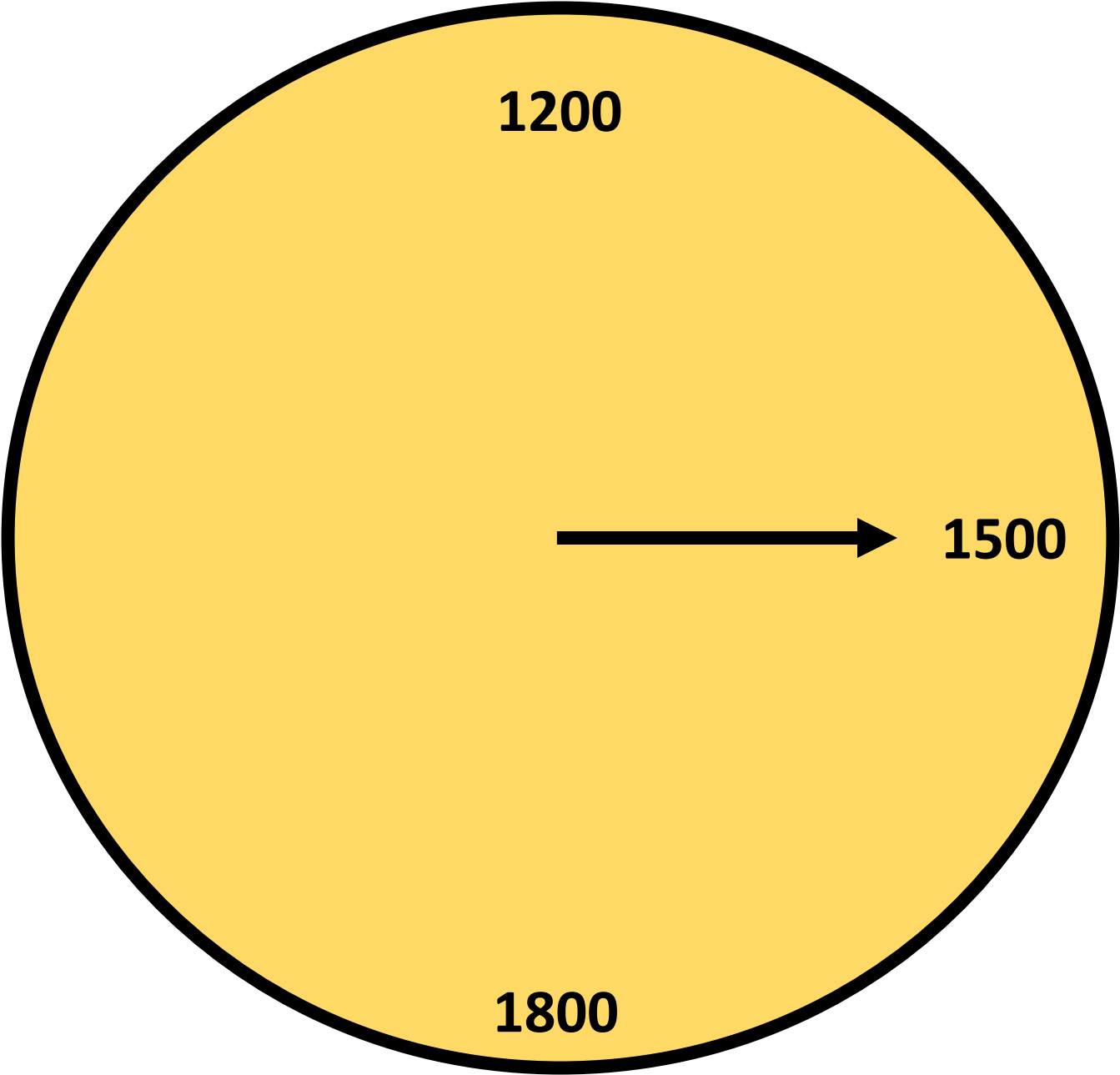


Age = 20

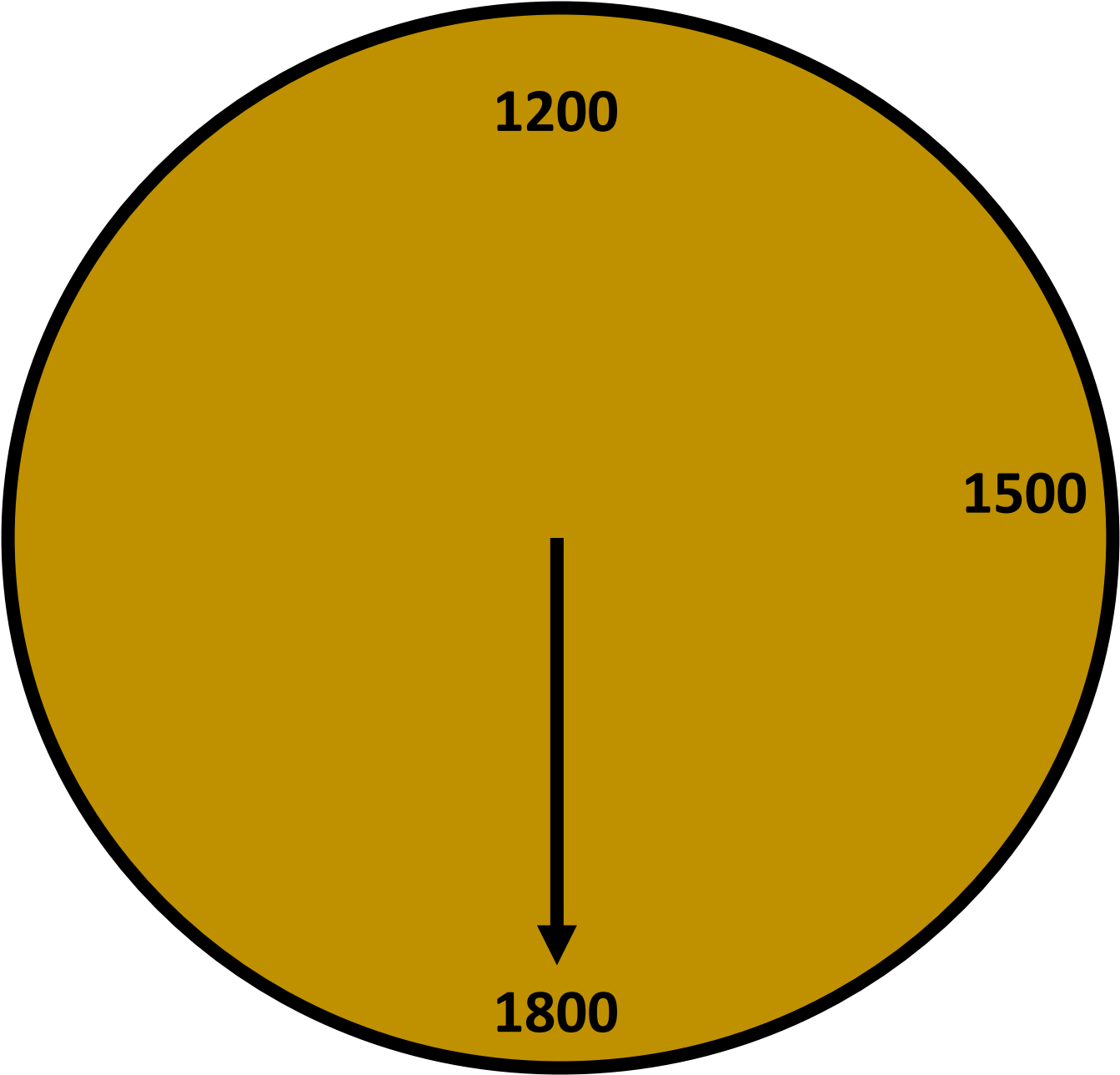
Age = 40



Age = 50



Age = 60



Memento mori

This is our big mistake: to think we look forward to death. Most of death is already gone. Whatever time has passed is owned by death

- Seneca

You could leave life right now. Let
that determine what you do and say
and think

- Marcus Aurelius

We are not given a short life, but we make it short, and we are not ill-supplied but wasteful of it... Life is long if you know how to use it.

- Seneca

The content of your character is your
choice. Day by day, what you choose,
what you think and what you do is
who you become

- Heraclitus

We don't rise to the level of our
expectations, we fall to the level of
our training

— Archilochus

- Say 'NO' more
 - If it isn't "Hell yes", then it probably should be "No"
- When you say 'yes' to something you say 'no' to something else

Success isn't always about greatness.
It's about consistency. Consistent
hard work leads to success. Greatness
will come.

- Dwayne Johnson

Losers have goals. Winners have
systems

- Scott Adams

How are you
maintaining the vessel?

Physical

- Endurance
- Strength
- Flexibility
- Balance











A person is shown in the middle of a sit-and-rise test on a wooden floor. They are in a crouched position, with their hands on the floor and their feet flat on the ground. The background is a plain wall with a window. The text "CAN YOU PASS THE SIT- AND-RISE TEST?" is overlaid on the image.

**CAN YOU PASS:
THE SIT-
AND-RISE
TEST?**

Fuel

Shell
Diesel FuelSave

Diesel

Shell
**Super FuelSave
E10**

Super E10

Shell
**Super FuelSave
95**

Super 95



Nutrition basics

- What you put in your mouth effectively determines your weight
- Exercise generally builds muscle, doesn't shed fat
- Sugar is poison
- Anti-oxidants (coffee and tea)
- Drink more water
- Moderation



Mental



Time Management





People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy

- Seneca

Being busy is a form of laziness - lazy thinking and indiscriminate action. Being busy is most often used as a guide for avoiding the few critically important but uncomfortable actions

- Tim Ferriss

Because most of what we say and do is not essential. If you can eliminate it, you'll have more time, and more tranquility. Ask yourself at every moment, 'Is this necessary?'

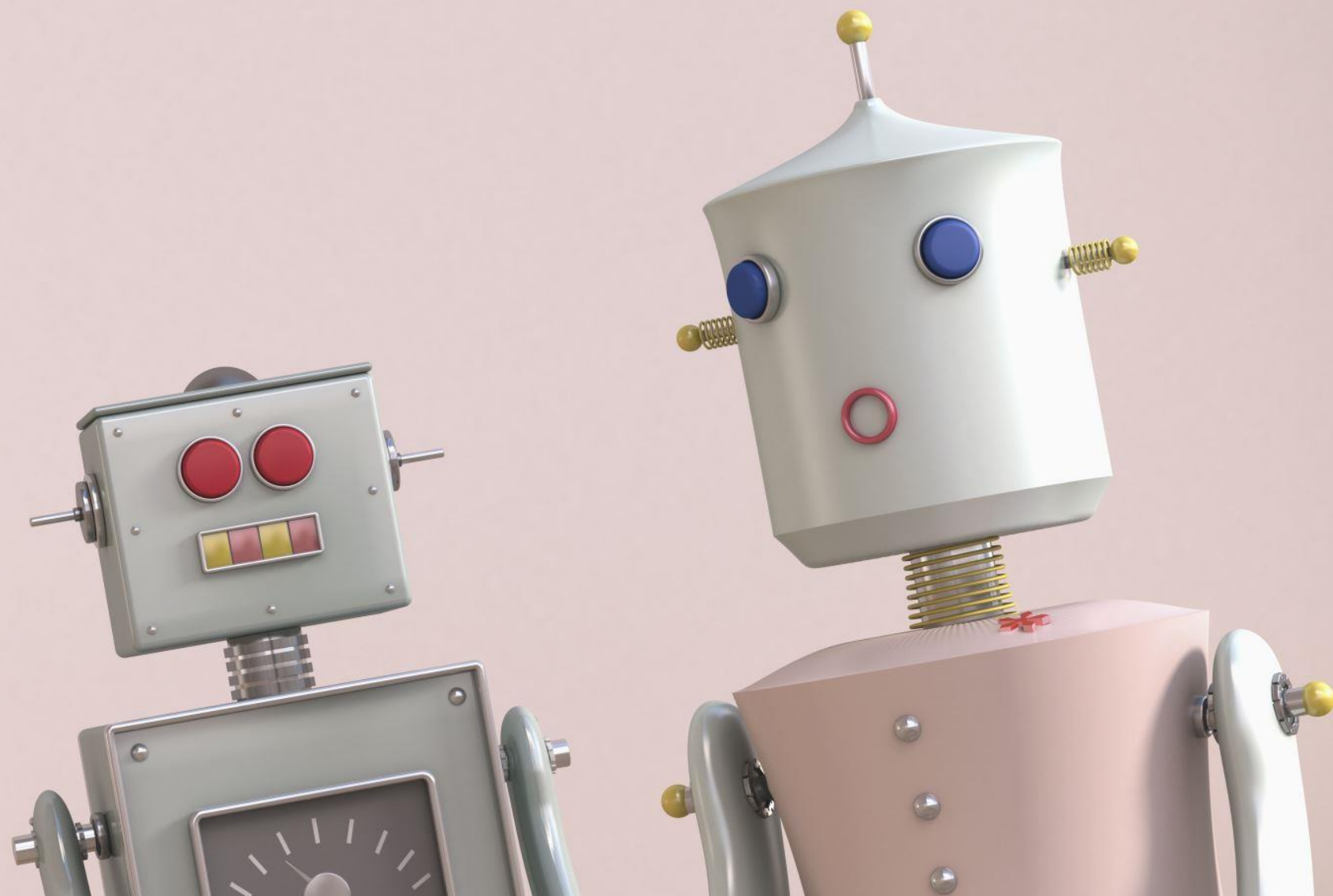
- Marcus Aurelius

Rest





Relationships





Your mind

You have power over your mind - not outside events. Realize this, and you will find strength.

- Marcus Aurelius

We should always be asking
ourselves: “Is this something that is,
or is not, in my control?”

- Epictetus

You have to assemble your life
yourself - action by action. And be
satisfied if each one achieves its
goal, as far as it can. No one can
keep that from happening.

- Marcus Aurelius

You want to be able to make money
with your mind not your time

- Naval Ravikant

What is your vision?

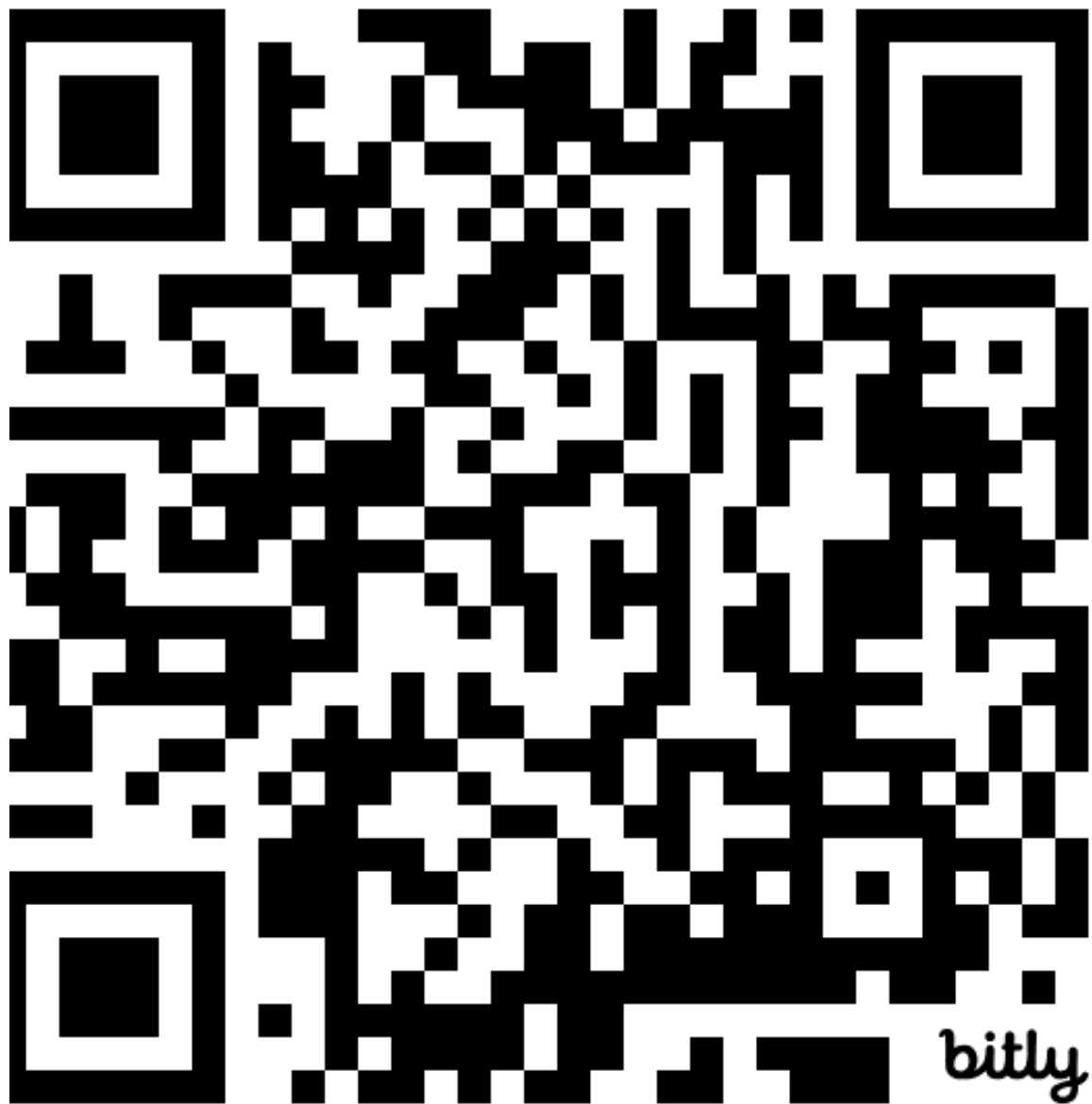
What is your system?

What will be your legacy?

Execute

Insanity is doing the same thing
over and over again and expecting
different results

— not Albert Einstein



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