



Principles & Layers of Work v1.0

Principles

The goal is to intersect philosophy (what is a good life?), psychology (biases, personality, mental processes, behavior, habit development), business (generating income), strategy, & art (the act of creation) to generate a day-to-day life that is beautiful and good for you

1. **Short-term over long-term goals.** Long-term goals are only believable if they grow in abstraction the further they are projected. You learn so much from taking action in the short-term that long-term goals can change massively as you go. ***Goals get longer-term the longer we work together.***
2. **The Long-Term Goal is a life that feels good, beautiful, and natural to you.** Actualization. Unobstructed self-expression.
3. **Bias to action to generate outcomes & learning.** Yes, we need healthy initial discovery to generate a foundation by which to operate from, but once that is done we stand to benefit the most from trying things.
4. **Preference for consistency in effective action over bursts of massive effort.** It's a marathon, not a sprint. We want to avoid the scenario where you quit or hate what you're doing. We want to build something where your work is joyous - both in what you're doing & how you're doing it.
5. **Principles & Processes over techniques & methodologies.** We want to build something that is a natural extension of your unique self. Therefore we will leverage principles and processes to determine techniques & methods that are best for you. We will develop a shared mindset, but the actual behaviors will be unique to you.
6. **Personal methodologies & genius are primarily a result of an intuitive seed rigorously applied to experience than any scientific empiricism.** Yes there will be decisions and quantitative study, but the biggest decisions are your

intuitive & value-driven beliefs about the world & domain the form an a priori approach.

3 Layers of Effectiveness/Common Blockers to getting things done

1. **Clarity of Direction.** *Do you know what you want?*

1. **High-level goal setting**

2. Mental Models around **Goals as a tool for personal learning process**

1. Goals as tools for setting constraints by which we can act.
2. Action as a means to either 1) Drive an outcome toward our goal or 2) Learn something and serve as feedback to adjust goals
3. Process development for setting goals we can feel good about and create constraints for action, but regular checkins by which we can alter goals & strategies as we learn things

2. **Personal/Performance Psychology.** *Are you getting in your own way?*

1. **Cognitive dissonance.** A struggle to act due to action being in contradiction with a deeply held belief. Extremely important we pay attention to this, either means there is opportunity for personal development or we've hit on a core belief and need to alter our course of action
2. **Biases & error in judgements.** Need to identify common personal biases and develop systems to both 1) Check them & 2) Leverage them as strengths *eg an optimism bias is extremely valuable for getting things off the ground, pessimism/status quo bias is good for being cautious in risk territory*

3. **Personal Productivity.** *Are you struggling with throughput?*

1. **Habits & Personal process development.** Developing habits which acknowledge aspects of your personal psychology - both leveraging

strengths and overcoming barriers - to develop your personal work process.

2. **Effectiveness.** Identifying the most important things to work on, ignoring anything that is not massively high-leverage.
3. **Technical skills.** Do you have the skills you need to execute on your strategies?
4. **Chunking of higher-level objectives: Seeking flow.** Breaking things into achievable blocks.