

Can Life Get Better?

Why don't people achieve their goals? From what I've been able to gather, it's for two reasons.

The first reason is because you're scared to do so. Terrified, in fact. Some people are deathly afraid of failure. And if you never try, then you'll never fail. But you'll also begin to accumulate regret of omission. It'll begin to weigh on your conscious, eating you alive. Stagnation, mediocrity, and self-resentment will become your only friends as the vision of who you could be slowly withers away along with your hopes for the future.

The second reason is more optimistic and counteracts the first reason's apparent hopelessness. Perhaps you're not achieving your goals because you haven't been exposed to the right information. As an example, let's take my friend Amy, who's a runner. One day I observed her running. I realized she's a heel-striker (meaning that with each step she takes she lands on her heel). I know from experience that landing on the forefront of your foot makes you (1) faster, and (2) less prone to injury. She tried out my method and has never felt better while running. She was lacking information she didn't even know existed.

This channel will be a combination of information you didn't know you wanted, as well as a dive into the abyss you may have been avoiding. The ultimate aim is to aid you in resolving your problems. Because at the end of the day, everyone wants the same thing: relief from their problems.

What will be the focus of this YouTube channel? I'm here to present the tools and ideas I've used to systematically achieve my goals and improve my life. You get to look into my arsenal and pick out the tools that interest you. Perhaps a particular tool doesn't resonate with you now, but it will in 5 months. Or perhaps it never will. And that's okay.

Importantly, I'm not here to tell you what to do. One thing I've learned about people is that you can't tell them what they should do and expect them to follow your advice. All you can do is focus on your own life. If somebody sees you doing something they find interesting, their curiosity will take over and make them wonder if they should do the same.

What credibility do I have to speak on improving one's life? I think my credibility lies in the fact that I've been able to consistently and continuously improve my life month-over-month for the last three years.

In that time I've read over 100 books, listened to hundreds of hours of lectures and podcasts, and written over 500,000 words in my journals reflecting on what works and what doesn't when it comes to self-improvement.

The top line of the description in every video I release will be the script. I'll leave it up to you to decide if you'd prefer to watch each video, or read it at your own pace.

I hope you find some benefit from exploring my tool shed of ideas. I'll end this video with a quote from Henry David Thoreau:

"The mass of men lead lives of quiet desperation. They honestly think there is no choice left. But alert and healthy natures remember that the sun rose clear. It is never too late to give up our prejudices."