Principles

# Family

## Principles

1. Family is a repetition of life, which shows a extrapolation.
2. Family members need your concern, which is their motivation.
3. Two generations can’t understand each other because of the different knowledge hierarchy.

## Ruleset

1. Make a phone call every day.
2. Contact your relatives forwardly.

# Philosophy

Life goal is experience as much as possible. However my opinions change when I experience more.

## Principles

1. Acknowledge that myself is an ordinary person with a dream.
2. Time is precious.
3. Thinking makes your life reasonable.
4. Clarify your motivation to assure your firmness while facing the query “why should I do this”.
5. Be suitable all the time. Give suitable energy to the project, be the suitable site and take suitable responsibility.
6. There are always experts that understand affairs/life better than you. Be modest.
7. Complex Desire give people motivation, guide people into modern life but also destroy people by possess them in evil. The altitude toward it and the extent controlled by it matters.
8. I am always the master of my life and I can do the final decision.
9. Many factors lead to the same consequence. Maybe the method is wrong.

## Ruleset

1. Use wisdom to interpret the life and keep a peaceful emotion while doing things.
2. Keep curiosity to any thing occur in my life and seek for instruction from whoever expert.
3. Set aside prejudice and treat everyone with tolerance especially in specific affairs.
4. Choose a great man in a period and let the man guide you.

# Physical fitness

## Principles

## Ruleset

1. Eat as slow as possible while having a dinner with others.
2. Walk or relaxed stretch after 30mins work.
3. Drink relatively more water and keep the frequency considerable.
4. Tight up my back to keep it straight.

# Social contact

## Principles

1. Everyone has his own values and world views based on his education and experience.
2. Every one chases for his interest.
3. Knowledge comes from communication and practice.

## Ruleset

# Future work

My personal Interesting projects make point rather than the assignment.

## Principles

1. Happy first, work next. You can be happy without stiff performance assessment.
2. Sparing too much of too less vigor both makes you be controlled by others.
3. Keep modest in the corner and take pains in silence.
4. Stick to the bottom line.
5. Born in distress and died in leisure. Long time meaningless leisure kills you quietly.
6. Arrange my time methodical.
7. Establish a confidence and successful figure and let this figure guide you.
8. Be honest. Trust make life and work easier with low cost in deals.
9. Evolving your model of thinking is more important than filling knowledge in head only.
10. Focus on “the one thing”. The distinguish character makes you notable.
11. Pay attention to the dissatisfaction and the problem. Innovation comes from here.
12. Follow the tendency. Adapt the environment and do the most right thing in the circumstance.
13. Focus on the process rather than the ramification. Concentration makes others admire you.
14. Do not be afraid of MISTAKE because it is the mother of SUCCESS. JUST DO IT.
15. Everything is changing. Everything is not sure.
16. After having a goal, money can be rent, people can be convened, works can be done.
17. Compound interest makes your economic take off. The Matthew Effect fills the society.
18. Chance is precious, therefor we grasp it.
19. Learning and controlling makes you capable and confidence.
20. Insistence contribute to success, especially for us who are normal. Persistence. Stubborn.
21. Customs build your life without prejudice. Little progress
22. Build your note system and fill the structure.
23. Erudition opens your life and makes accessibility. Different world in different people eyes.

## Ruleset

1. When you are confused of life goals:
   1. Read biography.
   2. Simplify what you want and needs focus in this period. Make a list and arrange a plan. Concentrate on the three most important things.
2. Make interest a project and do some research for it deeply rather than superficially.
3. Make the job done in one assault.
4. Always try others’ advise and innovations from yourself. Changing your method may get you out of mind dilemma.
5. Try to engage and accomplish the new idea/chances. New fields may wave to you.
6. Clarify and Take my responsibility in any time.
7. Do not challenge my willpower when I am depressed. Use “if-then” pattern to save my ass.
8. Acknowledge my tension (before competition) and face it by concentration on target itself and don’t care about the ramification by assuring yourself “even the worst consequence is acceptable especially with respect to my whole life”.
9. Make plans every night. Make plans for the week every weekend.
10. Always do the most important thing. Do what you must do first.
11. Relax and rest when you are tired.
12. Eliminate the problems rather than solve it.
13. Use the thinking model of boss to understand him. Comprehension makes you happy.
14. Amend when you are aware of your mistake. Retrospect after mistake.
15. Think twice and code once. However, execute instead of thinking again after thinking twice.
16. Study English and make the whole earth in your view.
17. Use 20% of my time to do the 80% of the works, which is enough for 80% of works in life.
18. Do the dirty works in my garbage time.
19. Split my days into many cells to avoid disgusted feeling.
20. Turn good affairs into the Micro habits and try to keep it.
21. Meet my commitments.

# Maintenance

## Principles

1. Keep routine match my vigor is much harder than exhaust myself without elaborate planning.
2. Avoid tiredness.
3. Always do the right things which comply with my principles.

## Ruleset

1. Meditate can be a relax for unstoppable brain thinking.
2. Inspect my behaviors under principles. No sensibility, just sense.