Principles

# Family

## Principles

## Ruleset

# 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. There are always experts that understand affairs/life better than you. Be modest.
3. 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.
4. I am always the master of my life and I can do the final decision.

## 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.

# 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.

# 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.

## 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. Keep modest in the corner and take pains in silence.
3. Stick to the bottom line.
4. Born in distress and died in leisure. Long time meaningless leisure kill you quietly.

## 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.
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 innovate with the specific conditions in any circumstances. 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.

# Maintenance

## Principles

1. Keep routine match my vigor is much harder than exhaust myself without elaborate planning.

## Ruleset

1. Meditate can be a relax for unstoppable brain thinking.