Principles

# Family

Taste love, ensure a peace atmosphere and feel the second life.

## 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

Ask myself “what is the meaning of life” over and over again.

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. Try to understand yourself by your whole life.
3. Trivial things can catalog into big questions which are difficult but important to answer.
4. Time is precious.
5. Perfectionism：People are limited. World are limited. The desire and recognition is unlimited.
6. Complex Desire give people motivation, guide people into modern life but also destroy people by possess them in evil. The attitude toward it and the extent controlled by it matters.
7. Abstinent can have a diff view of life.
8. Thinking makes your life reasonable.
9. Surrendering to desire makes you struggle.
10. Be suitable all the time. Give suitable energy to the project, be the suitable site and take suitable responsibility.
11. I am always the master of my life and I can do the final decision.
12. Many factors lead to the same consequence. Maybe the method is wrong.
13. As long as you know more, you realize you know nothing.
14. It’s meaningless to think death as you are still confused about life.
15. You can definitely control your life and mental as the master of yourself.
16. The propose of philosophy is solving realistic problems.
17. Too much sugar taste bitter.
18. People don’t feel happiness when they are in it. However, they do feel depressed when they are not.

## 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.
5. Read more and cut the delusion when you are confused. Sports are also good.
6. Since you walk around the world, you will feel the true world.

# Physical fitness

Strong and energetic.

## Principles

1. Physical fitness and psychology interact each other.
2. Safe > quality > quantity
3. Acknowledge my body is week and susceptible.

## 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.
5. Read relative books to arm myself.
6. Have a diet when the overall status permits.
7. Do some exercise during the relaxation between works.
8. Work out with friends and create a environment.

# Social contact

Make people trust and support me. Build a positive environment.

## Principles

1. People is the summary of social relationships.
2. Everyone has his own values and world views based on his education and experience.
3. Every one chases for his interest.
4. Knowledge comes from communication and practice.
5. Experience and understand.
6. Control your emotions.
7. Assert and repeat.

## Ruleset

1. Keep exchanging ideas with partners during research. Ask their advice.
2. Set yourself into his role and try to understand.
3. Offer your resources and information. (use weekly summary and notbooks)
4. Call your friends forwardly. Make them feel special.
5. Make friends in your interested fields during any projects.
6. Study from the first one.
7. Offer help when others are struggling.
8. Talk about the truth rather than emotions. Talk in peace.
9. Praise your friends rather than criticize them.
10. Don’t talk like a father.
11. Listen to others rather than talk a lot.
12. Don’t hate your enemy.
13. Debate and compromise with different voice.
14. Be fair when assign.

# Future work

My personal Interesting projects make point rather than the assignment.

## Principles

1. Happy first, work next.
2. Sparing too much or too less vigor both can make you be controlled by others.
3. Keep modest, stay in the corner and take pains in silence.
4. Stick to the bottom line that you have defined.
5. Born in distress and died in leisure.
6. Establish a confidence and successful figure and let this figure guide you.
7. Be honest. Trust make life and work easier with low cost in deals.
8. Evolving your model of thinking is more important than filling knowledge in head only.
9. Focus on “the one thing”. The distinguish character makes you notable.
10. Clarify your motivation to assure your firmness while facing the query “why should I do this”.
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.
22. Build your note system and fill the structure.
23. Erudition opens your life and makes accessibility. Different world in different people eyes.
24. Study is “input-process-output”. Read while think and write.

## Ruleset

1. When you are confused of life goals:
   1. Read biography.
   2. Simplify what you want and needs focus in this period.
   3. 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 t hing. Do what you must do first.
11. Relax and rest when you are tired. Tomato clock.
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.
    1. On time.
22. Keep yourself in status of “something have to say”.
23. Prepare lessons before “classes” and build a structure for it.
24. Avoid distraction.

# Maintenance

Debate with the devil.

## 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.
4. Stability win the most.

## Ruleset

1. Meditate can be a relax for unstoppable brain thinking.
2. Inspect my behaviors under principles. No sensibility, just sense.
3. Planted a “rescheme” seed at 10PM and harvest tomorrow.