



# CHAPTER ONE



Lead with your crotch





# Chapter Summary

In this chapter, Jen Sincero encourages readers to tap into the fearless creativity of their youth, where dreams are chased without the burden of judgment and fear of failure. She reflects on the exhilarating spontaneity of early adulthood, contrasting it with the jaded mindset that often accompanies age. Sincero emphasizes the importance of reconnecting with one's inner child to reignite passion and adventure in life. She offers practical advice on maintaining a playful attitude toward life, embracing the beginner's mindset, and prioritizing joy over unrealistic expectations. Ultimately, the chapter is a rallying cry to persist in our dreams regardless of age or circumstances.





# Embrace Your Inner Child

As children, we dream without boundaries, driven by curiosity and excitement. It's essential to reconnect with that fearless spirit to unlock creativity and passion. Remember the times you felt invincible, where fun trumped fear.

"In the beginner's mind, there are many possibilities."  
—Shunryu Suzuki"



# Trade Fear for Fun

Adulthood often brings the illusion that responsibility means sacrificing joy. Challenge this notion by pursuing your passions unapologetically. Let go of what you think you 'should' do and embrace what energizes you.



"“Why not?” is the best way to approach life."



# Don't Settle for Mediocrity

So many people exchange their dreams for a 'realistic' living, forgetting the thrill of chasing the extraordinary. Always strive to live fully, no matter your age. Choose purpose over passivity and actively seek your dreams.



# Get Back in the Groove

Reflect on the moments when you felt completely in your element. Identify what made you light up and how to incorporate that into your life now. Revive the vigor and enthusiasm of those golden memories.




# Life is a Game



Adopt a playful demeanor and approach life with curiosity. Shift your focus from pressure to possibility. What can you get away with? This mindset opens doors to new adventures and experiences.



# Lose Track of Time

A vibrant, surreal scene featuring three young adults jumping joyfully on large, orange, ball-like objects. The woman on the left wears a yellow and white checkered jacket and pants. The man in the center wears an orange jacket and a dark cap. The man on the right wears a light gray jacket and pants. They are all wearing white sneakers with orange accents. The background is a deep purple with large, glowing orange circles. White starburst graphics are visible in the corners.

Engage in activities where you lose all sense of time—this is where magic happens. Identify your passions and prioritize them. Delegate or eliminate tasks that drain your energy and time.



# Keep the Beginner's Mindset

Allow yourself to be a beginner again. This perspective nurtures spontaneity and joy in what you do. Balancing serious skill development with the playful fun of discovery keeps your passion alive.





# Keep the Beginner's Mindset



Allow yourself to be a beginner again. This perspective nurtures spontaneity and joy in what you do. Balancing serious skill development with the playful fun of discovery keeps your passion alive.



# Foster Self-Love



Acknowledge the importance of self-love in your journey. Embracing yourself attracts positivity and happiness, allowing you to live authentically. When you love yourself, life supports you in return.



# Dream Big, Live Boldly



Your dreams are valid and accessible at any stage of life. Fearlessly pursue what fulfills you and encourages joy. The adventure of life truly begins when you embrace who you are and what you desire.





# Recap

- "“In the beginner’s mind, there are many possibilities.”  
—Shunryu Suzuki"
- "“Why not?” is the best way to approach life."
- "I just wanna see what I can get away with!"
- "When you’re in the Vortex, time disappears."
- "Don’t lose the fun in the process of mastery."





# Thank You

Follow for more insights

