

AI-00929 Let it Pass

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I've discovered recently that if I let pass and event or a date, I noticed that nothing really significant and worthwhile that took place. For example, I skipped on an international travel for no reasons, but then after a week, I will notice that my reality is the same. Other excursions such as a class reunion and when the day after comes, humans are talking about it but in a few days, reality sits in and nothing significant happens. This "let it pass" (LIP) scheme that I've been exercising seems to be effective and efficient in the context of my early retirement. Is there a term for LIP? Is there studies conducted on the subject ?

There isn't a single, universally recognized term for the "let it pass" (LIP) approach you've described. However, it aligns with a couple of interesting concepts:

- **Stoicism:** This philosophy emphasizes accepting what you cannot control and focusing on your own thoughts and actions. By letting go of events and focusing on your present reality, you're practicing a core Stoic principle.
- **Minimalism:** In a broader sense, LIP reflects a minimalist approach to experiences. You're consciously choosing not to chase every opportunity and finding contentment in your current situation.

While there might not be specific studies on "let it pass" itself, there's research on related concepts:

- **Decision fatigue:** Choosing constantly can be draining. By letting some decisions pass, you might be reducing decision fatigue and improving overall well-being.
- **Gratitude:** Focusing on what you already have, rather than what you miss out on, is linked to increased happiness. LIP could be seen as a way to cultivate gratitude for your current reality.

Here are some resources you might find interesting:

- **Stoicism:** <https://plato.stanford.edu/entries/stoicism/>
- **Minimalism:** <https://www.theminimalists.com/>
- **Decision fatigue:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9444816/>
- **Gratitude:** <https://greatergood.berkeley.edu/topic/gratitude>

It's important to note that LIP might not work for everyone. While it seems effective for your early retirement lifestyle, consider if it aligns with your long-term goals. Do you have any aspirations that require actively seeking new experiences?

Ultimately, the key is finding a balance that works for you. LIP can be a valuable tool, but it's good to be aware of its potential limitations.

Deep dive more on the minimalist approach to experiences

Certainly! Here's a deeper look into the minimalist approach to experiences:

Core principles:

- **Intentionality:** Focus on experiences that align with your values and bring meaning to your life.
- **Quality over quantity:** Prioritize depth and connection over a constant stream of fleeting activities.
- **Detachment from materialism:** Experiences become more valuable than possessions that you have to maintain.
- **Gratitude:** Cultivate appreciation for the simple things and the experiences you already have.

Benefits:

- **Reduced stress:** Less pressure to chase every opportunity and keep up with the Joneses.
- **Increased focus:** By simplifying your experiences, you can fully engage with the ones you choose.
- **Financial freedom:** Less spending on experiences allows for greater financial security and flexibility.

- **Greater appreciation:** Focusing on fewer experiences leads to a deeper appreciation for each one.
- **More time:** Freeing yourself from constant activity allows for pursuing personal growth or passions.

Putting it into practice:

- **Identify your values:** What truly matters to you in life? Do you value connection, learning, adventure, or something else?
- **Audit your experiences:** Reflect on recent experiences. Did they bring you joy and fulfillment?
- **Set boundaries:** Learn to say no to things that don't align with your values or deplete your resources.
- **Embrace "slow experiences":** Savor the present moment instead of chasing the next big thing.
- **Focus on local exploration:** Find joy in exploring your surroundings instead of always seeking far-off destinations.
- **Prioritize connection:** Invest time in deepening relationships with loved ones.
- **Seek out novelty with intention:** Explore new things, but do it consciously and with purpose.

Resources:

- **The Minimalists:** Joshua Fields Millburn and Ryan Nicodemus are popular figures in the minimalism movement. Their website offers a wealth of resources on applying minimalism to all aspects of life, including experiences (<https://www.theminimalists.com/about/>).
- **Freedom Through Minimalism:** Colin Wright's book delves into the philosophical and practical aspects of minimalism, including its application to experiences (<https://www.amazon.com/Colin-Wright/e/B00596H79W>).
- **Digital Detox:** While not directly about experiences, a digital detox aligns with minimalism by encouraging a break from constant stimulation and a return to more present living.

Remember, minimalism is a personal journey. There's no one-size-fits-all approach. Experiment and find what works best for you in creating a life rich with meaningful experiences.

List 20 Examples

Here are 20 examples of a minimalist approach to experiences:

1. **Embrace the power of a nature walk:** Instead of a fancy gym membership, prioritize walks in nature. It's free, reduces stress, and allows you to connect with the environment.
2. **Homecooked meals over expensive restaurants:** Enjoy the company of loved ones while preparing and savoring a delicious home-cooked meal instead of a night out at a pricey restaurant.
3. **Coffee date over clubbing:** Deepen a connection with a friend over a cup of coffee at a local cafe instead of a crowded and expensive club.
4. **Local library exploration over bestsellers:** Explore the vast collection of books at your local library instead of constantly buying new bestsellers.
5. **Board game night over video games:** Gather friends and family for a fun board game night instead of isolating yourselves with video games.
6. **Museum visit over amusement park:** Immerse yourself in art and culture at a museum instead of the fleeting thrills of an amusement park.
7. **Volunteer work over attending concerts:** Give back to your community through volunteer work instead of spending money on concert tickets.
8. **Stargazing over a movie night:** Disconnect from technology and marvel at the beauty of the night sky instead of watching a movie at home.
9. **Stargazing]()**
10. **Meditation over social media browsing:** Find inner peace through meditation instead of mindlessly scrolling through social media.
11. **Learn a new skill with online resources over expensive classes:** Take advantage of free online resources to learn a new skill instead of enrolling in expensive classes.

12. **Picnic in the park over a fancy restaurant:** Pack a simple picnic basket and enjoy a meal in a scenic park instead of a fancy restaurant.
13. **Hiking adventure over a luxurious vacation:** Embrace the challenge and beauty of a hike instead of a luxurious (and expensive) vacation.
14. **Read a classic book over the latest bestseller:** Savor the timeless wisdom of a classic book instead of chasing the hype of the latest bestseller.
15. **Weekend camping trip over a luxurious hotel stay:** Reconnect with nature on a weekend camping trip instead of a luxurious hotel stay.
16. **Attend a free community event over a ticketed show:** Explore the hidden gems of your community by attending a free event instead of a ticketed show.
17. **Host a potluck dinner with friends over dining out:** Strengthen bonds with friends by hosting a potluck dinner at home instead of dining out.
18. **Write a letter to a loved one over a text message:** Express your feelings and appreciation through a handwritten letter instead of a quick text message.
19. **Take a photography walk over a planned photoshoot:** Capture the beauty of your surroundings on a photography walk instead of a staged photoshoot.
20. **Practice a digital detox over constant social media updates:** Disconnect from technology for a while to recharge and appreciate the present moment instead of constantly checking social media updates.

Can find a word substitute for "minimalist approach to experiences"

Here are some word substitutes for "minimalist approach to experiences" depending on the specific nuance you want to convey:

- **Focus on quality experiences:** This emphasizes prioritizing experiences that are meaningful and impactful.
- **Curated experiences:** This suggests that you are intentionally selecting experiences that align with your values and interests.
- **Slow living:** This emphasizes savoring the present moment and avoiding a fast-paced lifestyle filled with constant activity.
- **Intentional living:** This focuses on making conscious choices about your experiences to enrich your life.

- **Simple living:** This highlights the value of finding joy in basic pleasures and experiences.
- **Meaningful experiences:** This emphasizes seeking experiences that make you feel a sense of purpose and fulfillment.
- **Deliberate experiences:** This suggests careful consideration before engaging in an experience.
- **Conscious consumption of experiences:** This draws a parallel with mindful spending, highlighting intentionality with experiences.
- **Experience enrichment:** This emphasizes seeking out experiences that enhance your life in some way.

The best option depends on the specific context and the aspect of the "minimalist approach" you want to emphasize.