

# AI-01555 Attention vs Self-Interest

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Explain and unpack the following postulate in the domain of living well, health, relationships, finance and investing. List 22 examples of each.

In mature life, we never attend to anything without some degree of interest derived from its connection to other objects, the two processes of sensorial adjustment and ideational preparation likely coexist in all our concrete acts of attention.

This postulate suggests that in mature life, our attention is always guided by an underlying interest, which arises from how something connects to other aspects of our lives. When we focus on something, it is not in isolation—our perception (sensorial adjustment) and our thoughts (ideational preparation) work together.

In practical terms, this means that:

**1. Living Well** – We engage with activities that align with our values, routines, and past experiences.

**2. Health** – We adopt habits based on past learning, motivations, and how they relate to our broader well-being.

**3. Relationships** – Our social interactions are shaped by previous experiences, emotional connections, and expectations.

**4. Finance** – Our financial decisions are influenced by prior knowledge, goals, and broader economic conditions.

**5. Investing** – We assess investments based on experience, market trends, and personal objectives.

22 Examples for Each

**Living Well**

1. Choosing a hobby based on childhood interests.
2. Preferring a routine because it aligns with past successes.
3. Decorating a home based on nostalgic memories.
4. Valuing experiences over material things due to past realizations.
5. Seeking solitude after years of overstimulation.
6. Choosing to live near water because it brings peace.
7. Loving a sport because of previous achievements in it.
8. Listening to music that recalls certain emotions.
9. Adopting minimalism after experiencing clutter stress.
10. Reading books that align with philosophical views.
11. Avoiding crowds after a past of overstimulation.
12. Choosing a diet based on past experiences with health.
13. Setting routines that provide familiarity and comfort.
14. Traveling to places with personal history.
15. Avoiding social media due to previous dissatisfaction.
16. Seeking simplicity after years of complexity.
17. Valuing silence after a career in noise.
18. Engaging in long-term projects because of past fulfillment.
19. Using technology that fits with learned habits.
20. Watching films that align with personal narratives.
21. Preferring certain workspaces due to past productivity.
22. Seeking environments that match past positive experiences.

## **Health**

1. Exercising because it once improved mental health.
2. Avoiding certain foods due to past digestion issues.
3. Taking supplements that worked for a relative.
4. Drinking more water after past dehydration.

5. Prioritizing sleep after suffering from burnout.
6. Choosing swimming due to its past therapeutic effect.
7. Avoiding alcohol due to previous negative experiences.
8. Meditating because it once helped with anxiety.
9. Wearing certain shoes to prevent recurring pain.
10. Using a standing desk after back pain history.
11. Walking daily because it improved previous health markers.
12. Tracking heart rate due to past health scares.
13. Avoiding sugar due to family diabetes history.
14. Lifting weights after experiencing muscle loss.
15. Eating fiber-rich foods after learning about gut health.
16. Avoiding late meals after experiencing acid reflux.
17. Getting regular checkups due to past close calls.
18. Cycling because it once led to weight loss.
19. Taking vitamin D after past deficiencies.
20. Practicing yoga because of past flexibility improvements.
21. Choosing organic food after prior pesticide concerns.
22. Managing stress after a past cardiac event.

### **Relationships**

1. Choosing a partner based on past relationship lessons.
2. Avoiding toxic people after previous bad experiences.
3. Spending time with like-minded individuals.
4. Valuing deep conversations due to past loneliness.
5. Seeking stability after experiencing emotional chaos.
6. Setting boundaries due to past emotional exhaustion.
7. Reconnecting with old friends because of nostalgia.
8. Prioritizing family after years of career focus.

9. Ending friendships that drain energy.
10. Avoiding drama due to past stress.
11. Marrying someone with shared financial values.
12. Choosing a quiet partner after past loud relationships.
13. Expressing gratitude after realizing its impact.
14. Valuing independence after a controlling relationship.
15. Parenting based on childhood experiences.
16. Seeking comfort in those with shared struggles.
17. Adjusting communication based on past conflicts.
18. Ending relationships that repeat past mistakes.
19. Avoiding gossip after seeing its consequences.
20. Supporting people who once helped you.
21. Choosing company that aligns with personal growth.
22. Saying no more often after past regrets.

## **Finance**

1. Budgeting after past financial instability.
2. Avoiding debt after experiencing its burden.
3. Saving aggressively after a prior financial crisis.
4. Tracking expenses after past overspending.
5. Prioritizing cash flow due to past liquidity issues.
6. Living below means after seeing financial stress.
7. Avoiding lifestyle inflation after witnessing its effects.
8. Choosing a simple financial plan after past complexity.
9. Investing in assets after experiencing inflation.
10. Earning passive income after learning about financial freedom.
11. Buying insurance after seeing someone struggle without it.
12. Keeping emergency funds after experiencing job loss.

13. Managing risk based on past losses.
14. Avoiding financial commitments that led to stress before.
15. Tracking net worth after seeing its benefits.
16. Simplifying investments after past complications.
17. Choosing low-fee funds after past high-cost mistakes.
18. Avoiding emotional spending after previous regrets.
19. Investing based on long-term lessons.
20. Earning from skills developed over years.
21. Prioritizing financial independence after learning its value.
22. Teaching financial literacy based on past ignorance.

### **Investing**

1. Avoiding speculative assets after past losses.
2. Choosing index funds after seeing their performance.
3. Investing for dividends after needing cash flow.
4. Holding long-term after past trading mistakes.
5. Avoiding leverage after witnessing margin calls.
6. Diversifying after experiencing volatility.
7. Buying real estate after seeing property appreciation.
8. Sticking to a strategy after learning from past errors.
9. Using ETFs after realizing stock-picking failures.
10. Hedging against inflation after experiencing devaluation.
11. Investing globally after past local downturns.
12. Avoiding timing the market after past failures.
13. Prioritizing tax efficiency after past oversights.
14. Allocating assets based on learned risk tolerance.
15. Taking profits after missing chances before.
16. Choosing funds based on past research.

17. Avoiding high-fee advisors after losing money.
18. Following evidence-based investing after past speculation.
19. Holding cash reserves after learning liquidity lessons.
20. Buying businesses with strong fundamentals after past mistakes.
21. Adjusting strategy after learning from previous cycles.
22. Teaching investing to others after personal growth.

## **Conclusion**

Every action we take is influenced by prior experiences and how they connect to our broader life. Whether in living well, health, relationships, finance, or investing, our attention is never random—it's shaped by patterns, lessons, and personal history.