

# AI-01548 Ride and Cut Protocol

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**Deep dive: ride the trends as much as possible, cut losses on what's not in demand, and move on to the next trend. List 22 examples of each in the domain of living well, health, relationships, finance and investing.**

This strategy—riding trends while cutting losses—can be applied to multiple domains for optimizing life. Below is a breakdown of 22 examples in each category.

## LIVING WELL

(Adopting what's trending and beneficial, cutting what's outdated or inefficient)

1. Ride smart homes → Cut traditional, manual household management
2. Ride minimalist lifestyles → Cut cluttered, material-heavy living
3. Ride AI personal assistants → Cut relying solely on manual organization
4. Ride ergonomic home setups → Cut outdated, uncomfortable furniture
5. Ride subscription-based services (e.g., streaming, software) → Cut buying DVDs and physical media
6. Ride sustainable products → Cut single-use plastics and high-waste items
7. Ride plant-based eating (if beneficial) → Cut excessive red meat consumption
8. Ride alternative commuting (cycling, EVs) → Cut gas-guzzling vehicles
9. Ride functional fitness (mobility, bodyweight exercises) → Cut outdated gym bro splits
10. Ride digital detox weekends → Cut endless social media scrolling
11. Ride skill stacking (multiple competencies) → Cut over-specialization with no adaptability

12. Ride hyperlocal travel (exploring nearby locations) → Cut expensive, long-haul vacations with little ROI
13. Ride DIY skills (home repairs, self-reliance) → Cut outsourcing basic tasks unnecessarily
14. Ride home-based side businesses → Cut full dependence on traditional employment
15. Ride passive income strategies → Cut pure salary dependence
16. Ride cutting-edge tech (e.g., VR, AI tools) → Cut outdated software and workflows
17. Ride cold exposure therapy → Cut unnecessary medication for minor issues
18. Ride home gardening → Cut complete reliance on supermarkets for produce
19. Ride flexible work models → Cut rigid 9-to-5 mentalities
20. Ride eSports and digital gaming economies → Cut outdated leisure activities that don't scale
21. Ride buying experience over things → Cut excessive spending on status symbols
22. Ride biohacking for longevity → Cut ignoring health optimization techniques

## HEALTH

(Adopting modern, research-backed health practices, cutting outdated or inefficient habits)

1. Ride continuous glucose monitoring → Cut assuming diet works without data
2. Ride intermittent fasting → Cut excessive snacking culture
3. Ride wearable fitness tracking → Cut guessing workout intensity
4. Ride high-protein diets → Cut carb-heavy, low-protein eating
5. Ride zone 2 training for endurance → Cut always training at max intensity
6. Ride gut microbiome optimization → Cut ignoring fiber and fermented foods
7. Ride strength training at all ages → Cut thinking muscle loss is inevitable
8. Ride standing desks and movement snacks → Cut prolonged sitting culture
9. Ride cold and heat therapy → Cut overmedicating for recovery

10. Ride HRV monitoring → Cut blindly pushing through fatigue
11. Ride mental health focus (meditation, therapy) → Cut ignoring emotional stress
12. Ride sleep optimization (cool rooms, light control) → Cut ignoring sleep hygiene
13. Ride electrolyte balance → Cut assuming water alone is enough
14. Ride ancestral health principles → Cut ultra-processed modern food reliance
15. Ride corrective posture exercises → Cut slouching and ignoring back pain
16. Ride testosterone and hormone management → Cut ignoring natural hormone decline
17. Ride longevity research and supplements → Cut dismissing anti-aging science
18. Ride circadian rhythm-based living → Cut random sleep/wake cycles
19. Ride psychedelics for mental health (where legal) → Cut ineffective pharmaceuticals
20. Ride precision medicine and genetic testing → Cut one-size-fits-all health approaches
21. Ride plant-based and regenerative farming → Cut mass-produced, nutrient-poor foods
22. Ride AI-driven health diagnostics → Cut outdated manual checkups

## RELATIONSHIPS

(Optimizing connections by following social and psychological trends)

1. Ride relationship attachment styles → Cut "love will figure itself out" mindset
2. Ride direct communication → Cut passive-aggressive behavior
3. Ride emotional intelligence training → Cut ignoring social skills
4. Ride conscious coupling → Cut traditional "just stay together" mentality
5. Ride strong male-female polarity → Cut gender-neutral, bland relationships
6. Ride self-sufficiency in dating → Cut over-relying on a partner for happiness
7. Ride networking through value exchange → Cut outdated "just be nice" networking

8. Ride platonic friendships in adulthood → Cut limiting relationships to romantic/family only
9. Ride personal branding on social media → Cut assuming social media doesn't matter
10. Ride pre-nups and financial clarity → Cut naive love-over-money views
11. Ride independent emotional fulfillment → Cut co-dependency in relationships
12. Ride learning high-value social skills → Cut assuming "just be yourself" works
13. Ride aligned values over attraction alone → Cut dating based on short-term lust
14. Ride self-awareness and therapy → Cut blaming external factors for relationship failures
15. Ride clear standards in dating → Cut vague, wishy-washy relationship goals
16. Ride mentor-based friendships → Cut random social circles with no growth
17. Ride strategic reputation building → Cut assuming people don't judge
18. Ride international dating strategies → Cut limiting oneself to local options
19. Ride redefining masculinity and femininity → Cut traditional, outdated gender roles
20. Ride supporting partner's ambitions → Cut selfishly focusing on oneself
21. Ride micro-dosing social interactions → Cut binge socializing and burnout
22. Ride scaling friendships and connections → Cut maintaining dead-end relationships

## FINANCE & INVESTING

(Following capital trends, cutting losses fast in bad investments)

1. Ride AI-driven investments → Cut outdated human-only analysis
2. Ride options trading for income → Cut only holding long-term stocks
3. Ride tax optimization strategies → Cut paying unnecessary taxes
4. Ride investing in disruptive tech → Cut legacy industries with no growth
5. Ride international real estate → Cut relying only on US property markets

6. Ride high-interest savings accounts → Cut traditional low-yield savings
7. Ride digital assets (crypto, NFTs) → Cut ignoring blockchain developments
8. Ride fractional investing → Cut assuming only the rich can invest in assets
9. Ride cash flow over speculation → Cut purely growth-driven assets
10. Ride early retirement strategies → Cut working until 65+
11. Ride owning productive assets → Cut relying solely on labor income
12. Ride geopolitical investing awareness → Cut ignoring macroeconomic risks
13. Ride stock sector rotations → Cut holding industries in decline
14. Ride private equity and startups → Cut outdated big-cap stock focus
15. Ride trend-following investing → Cut buy-and-hold dogma
16. Ride inverse ETFs for downturns → Cut only playing bullish markets
17. Ride real-time data-based investing → Cut old-school fundamental-only investing
18. Ride digital nomad income models → Cut location-dependent careers
19. Ride reducing fees on investments → Cut overpaying for active management
20. Ride decentralized finance (DeFi) → Cut relying only on banks
21. Ride passive business models → Cut trading time for money
22. Ride exit strategies in investments → Cut blindly holding forever

What resonates most? Want me to refine any category?