

Daily Reminders...

- Health is the first wealth. “An ounce of prevention is worth a pound of cure...” – Ben Franklin
- Learn something new each day. Treat every failure as a learning opportunity. Fail fast & forward.
- Show up! You will have already won half the battle. Bonus points for enthusiasm.
- Success = intelligence + hard work + luck. You can influence 2/3 of these...
- Seek truth in all things. Start from first principles. The scientific method works for good reason...
- Focus on what is important. Generally, this is not what is urgent... Focus is about saying no...
- Write down your most important 3-5 tasks for the day. Block out at least 2-3 hours to focus on ONE of them (Deep Work). Stop multitasking!
- Ask better questions. “Once you frame the question correctly, the answer is often easy.” – Elon
- What sacrifices are you making today in order to achieve a better tomorrow?
- Be nice – you never know what demons others are fighting. Givers > takers.
- No one cares – you have to give some fucks, but not too many...
- Actions speak louder than words. Actions follow being. Have a bias for action and get shit done!
- Discipline = freedom. All disciplines affect the rest. Systems > goals.
- When communicating, remember your AIM – Audience, Intent, Message. People won’t remember what you said, they will remember how it made them feel...
- To disagree silently is disloyal. Feedback is a gift.
- Keep your promises – whatever it may cost in agony and overtime.
- “Avoid making important decisions when you are either hungry, angry, lonely, or tired (HALT). Just halt when you are HALT.” – Kevin Kelly
- When making important decisions, reference the 3 P’s – Preferences, Payoffs, Probabilities. Ask yourself if the decision is a one-way or two-way door. Think from mental models.
- If something can be done in 5 minutes, just do it. You only have a few minutes to act on a new idea before it disappears from your mind.
- Mimicking the herd invites regression to the mean. Don’t fear failure, fear average!
- “Never, ever, think about something else when you should be thinking about the power of incentives.” – Charlie Munger
- Do not cling to a mistake just because you spent a lot of time making it.
- Everyone has a plan until they get punched in the face. Expect the unexpected.
- Less impressed, more involved...
- Break one bad habit every 6 months. Pick up a good one every year.
- Time is the greatest filter and the currency of life. The biggest opportunity cost in our life is time.
- “Arm yourself with specific knowledge, accountability, and leverage.” – Naval
- Pay attention to what you pay attention to.
- What gets measured, gets managed...
- Challenge the assumptions and question the requirements.
- History doesn’t repeat itself; human nature does.
- Leaders act like leaders before they are leaders. Good leaders are good listeners. Stand on the shoulders of giants.
- “Management is doing things right. Leadership is doing the right things.” – Peter Drucker
- Maximize collisions (interactions with new people) – you are one phone call away!
- All good things in life come from compounding (wealth, relationships, knowledge, etc)
- Recognize the duality in all things... the yin and yang of the universe.