

Operating Environment. Where are you?

The Four Agreements

- 1) Be Impeccable with your Word
- 2) Don't take anything personally
- 3) Don't Make assumptions
- 4) Always do your best

The Body Keeps the Score

Trauma and Adverse Childhood Events

The Naval Podcast

<https://www.youtube.com/watch?v=1-TZqOsVCNM>

Joe Rogan Experience #1309 - Naval Ravikant

The Four Types of Luck

- Blind luck – “dumb luck”
- Luck that comes to you through persistence – “fortune favors the bold”
- Spotted luck – “chance favors the prepared mind”
- Luck that finds you – ???

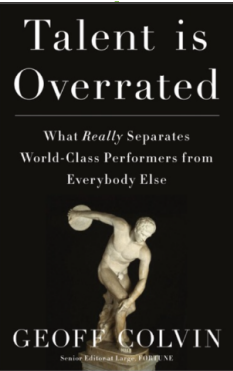


Hebbs Law:
"Neurons that fire together wire together."

Survival Machine

Why is there no "easy" reset button for the subconscious?

How to learn. How to analyze.



Talent is Overrated. -Geoff Colvin

Talent is Overrated

Francis Galton - Nature vs Nurture

Mozart, Tiger Woods, Warren Buffet

They started practicing at young ages and had great teachers and mentors.

"One factor and only one factor predicted how musically accomplished the students were, and that was how much they practiced."

Deliberate Practice

How deliberate practice works

Perceiving more

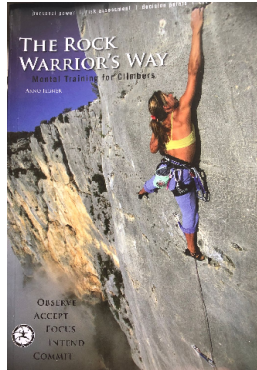
Knowing more

"The most important ingredient in any expert system is knowledge."

"Domain Expertise"

Useful questions

- Can you provide me the source document?
- Can you show me an image or diagram?
- Who makes money from this?
- What was the previous state and why did it change?



The Rock Warriors Way. -Arno Ilgner

Becoming Conscious

In the first process, you improve observation skills to become more self-aware.

WITNESS POSITION

With a focus on learning, awareness improves

The first step is to become aware of how you respond to life's circumstances.

Life is Subtle

Schemas and Scripts

Learning and growing is a process of modifying your beliefs.

Efficient learning requires an open mind & Deliberate speech:

- A) Express a possibility attitude
- B) Use power words that are active, not passive
- C) Direct your words in an efficient direction
- D) Speak in questions (Statements leave you no options)

Accepting Responsibility

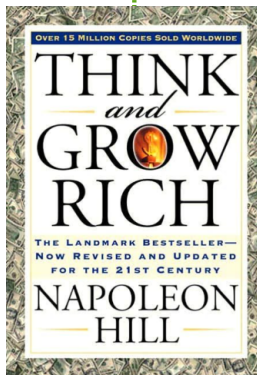
Accepting Responsibility encompasses: clearly grasping the reality of a challenging situation by collecting objective information and dealing with that information honestly

Radical Honesty

Things to Avoid:

- A) Blaming
- B) Denial
- C) Excuses
- D) Pretend
- E) Justifying

What is the destination?



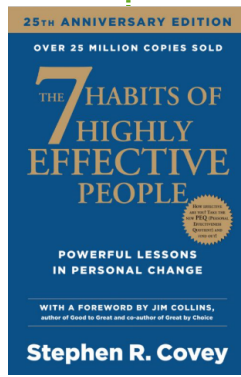
Think and Grow Rich. -Napoleon Hill

DESIRE

You must have a burning DESIRE to accomplish your chief aim/definite purpose!

The Six Basic Fears

- The fear of POVERTY
- The fear of CRITICISM
- The fear of ILL HEALTH
- The fear of LOSS OF LOVE OF SOMEONE
- The fear of OLD AGE
- The fear of DEATH



The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change. -Stephen R. Covey

Part Two: Private Victory

Habit 1: Be Proactive - Principles of Personal Visio

Accepting Responsibility

If you want to change something - start with me

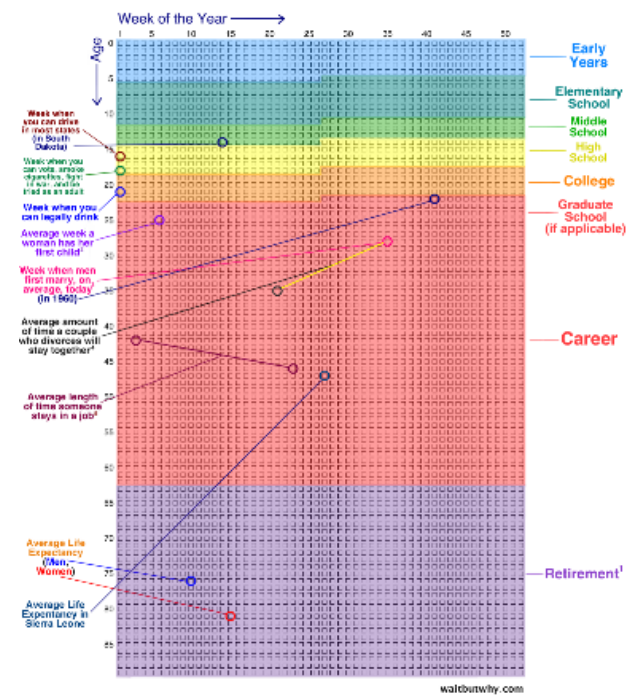
Habit 2: Begin with the end in mind TM

Scripts

"We reactively live the scripts handed to us by family, associates, other people's agendas, the pressures of circumstance -- scripts from our earlier years, from our training, our conditioning. These scripts come from people, not principles. And they rise out of our deep vulnerabilities, our deep dependency on others and our need for acceptance and love, for belonging, for a sense of importance and worth, for a feeling that we matter."

Action Item - Write your own obituary

The Life of a Typical American



Life in Weeks