

# THE SUBTLE ART OF NOT GIVING A FUCK

12/8/23

Objective → Approach (sensational) to live a good life.

PRINCIPLE 1 • Happy person (truly) → doesn't feel the need to stand in front of mirror → and say - they're happy  
↓  
They just are!  
• world → constantly telling you → what you're not

PRINCIPLE 2 • Not giving a fuck → (key) → why?  
↳ bcoz world is totally fucked up & it's alright.  
• wanting +ve exp → negative experience  
• accepting -ve exp → +ve exp.

PRINCIPLE 3 • You → die soon → limited amt of fucks to give → if you give a fuck about everything & everyone you're fucked up.  
• You must have to give a fuck about something → (choose) ↳ which really matters  
• Say (FUCK IT) → to every → (non imp thing in life)  
• Reserve fucks → for things which (matters really)

PRINCIPLE 4 • [Maturity] → give fuck to (truly fuck worthy things)  
• Sufferings → inevitable → life is full of → failures · regret · loss · death } → become [comfortable] with it  
• Life itself → suffering → such sufferings → poor for being rich, poor for being poor.  
• Happiness → not a solvable equation.  
• We are [created] → dis-satisfied with what we have  
↳ satisfy by only what we don't have.

PRINCIPLE 5 • [Happiness] → comes from → [solving problems]  
• Life → endless series of prob → hope for good problems  
• Whatever makes us happy today → don't make us happy tom.  
• True self of world → X person feels about this +ve exp  
→ ✓ " " " -ve exp.

PRINCIPLE 6 • To be good at something

↳ dedicate → shit tons of <sup>time</sup> & <sup>energy</sup> } to it.

• Vast majority life → unextraordinary, quite avg

↳ boring & not noteworthy → absolutely okay

• More uncomfortable the answer → more true.

• We can control our people → on how we think about 'em

PRINCIPLE 7 • pleasure → not cause of happiness → effect

• Assume → you're ignorant & don't know a lot.

• Nobody makes it though → life → w/o any scars

• blame → gives → temporary high ← feeling offended

• being wrong → brings → opportunity to change, growth

• If someone is better than you in something → they've failed more

• True success → if we are willing to fail

PRINCIPLE 8 • PAIN → part of PROCESS

• Answer sometimes simple → shut up & DO IT.

DO SOMETHING PRINCIPLE

• failure → pushes you forward

• To value X → we need to reject what's next X

• DEATH → Scary to all

• A man who lives fully is prepared to die anytime.

• You are great already → not bcz you did that or this

but because → you chose to give a fuck abt certain things  
in life

• There is nothing to be afraid of.

• Everyone who ever lives will die.