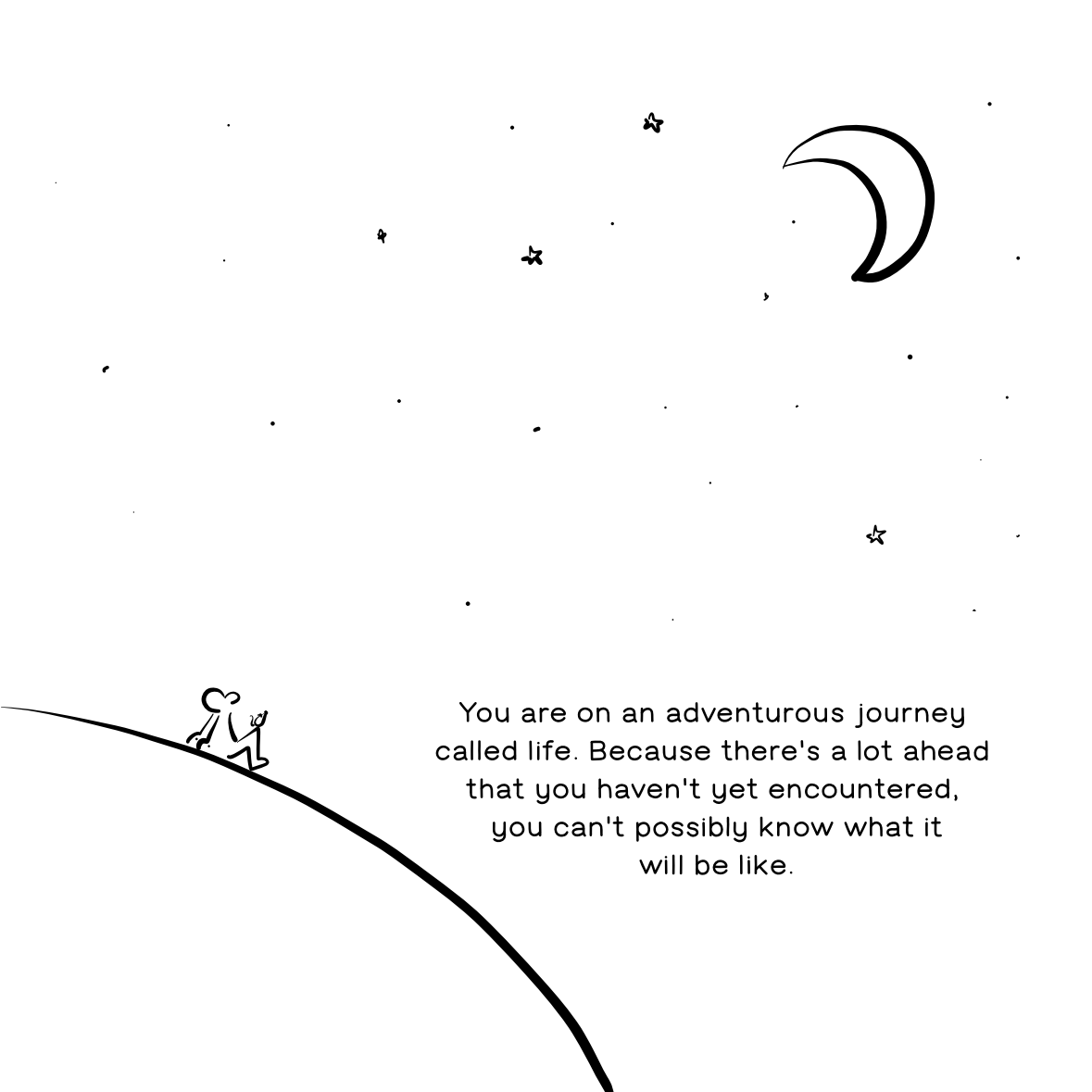


PRINCIPLES FOR SUCCESS

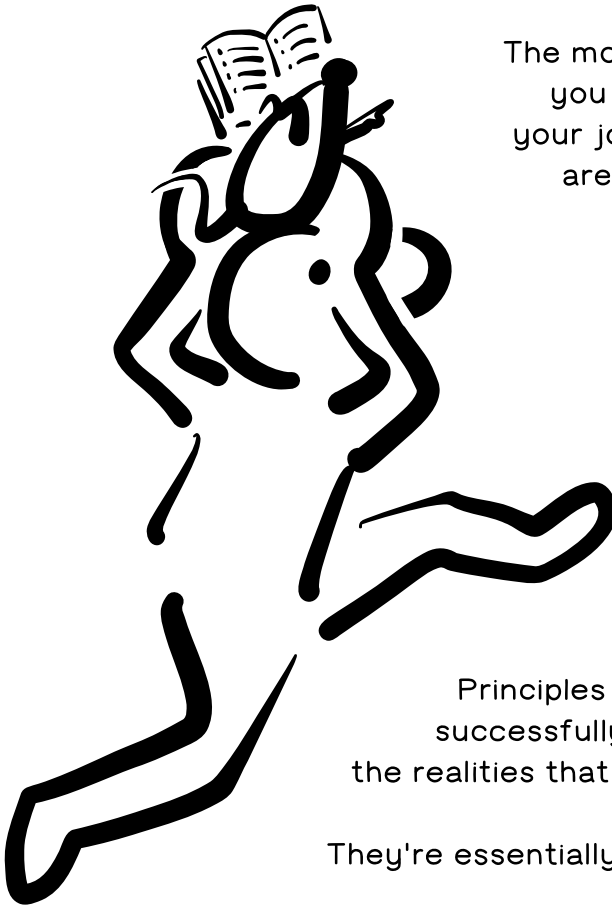
Ray Dalio



A HappyHabits Edition
November 2022



You are on an adventurous journey
called life. Because there's a lot ahead
that you haven't yet encountered,
you can't possibly know what it
will be like.

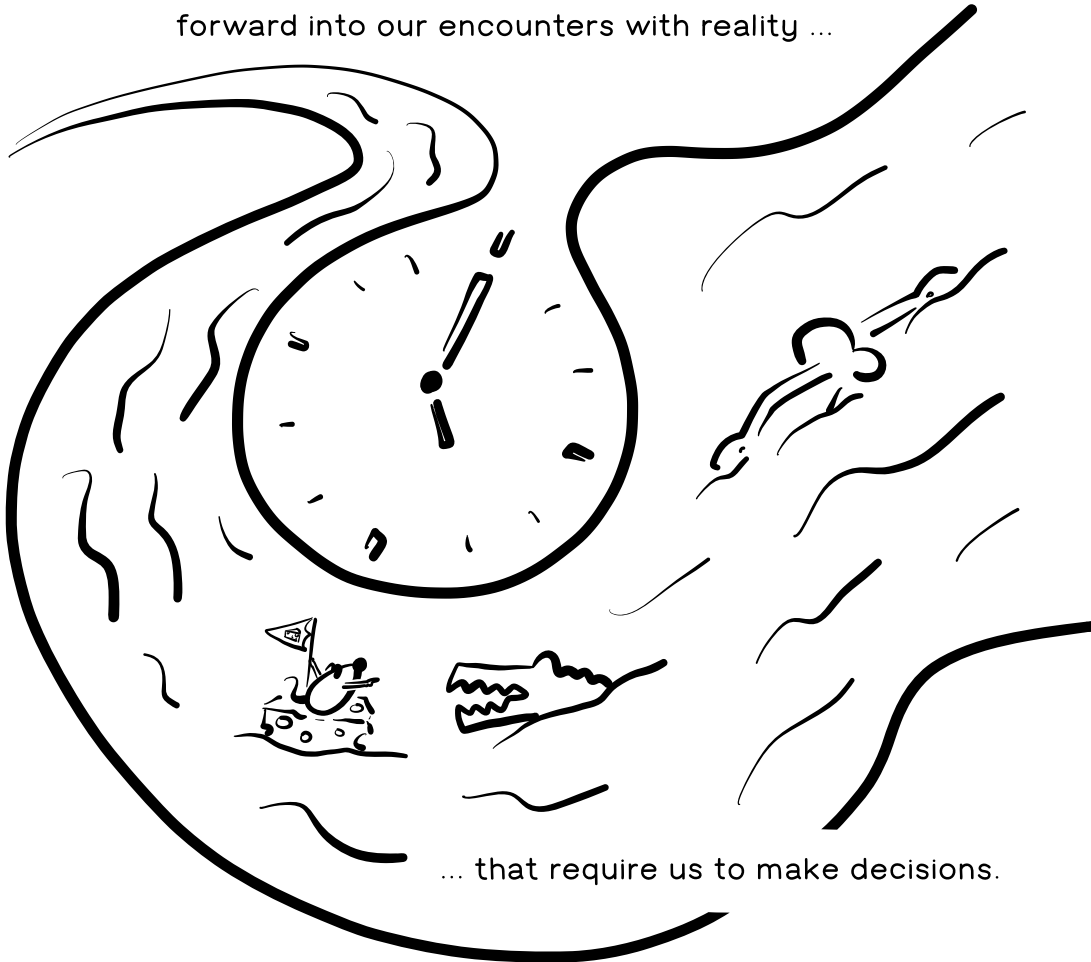


The most important things
you need to have on
your journey through life
are good principles.

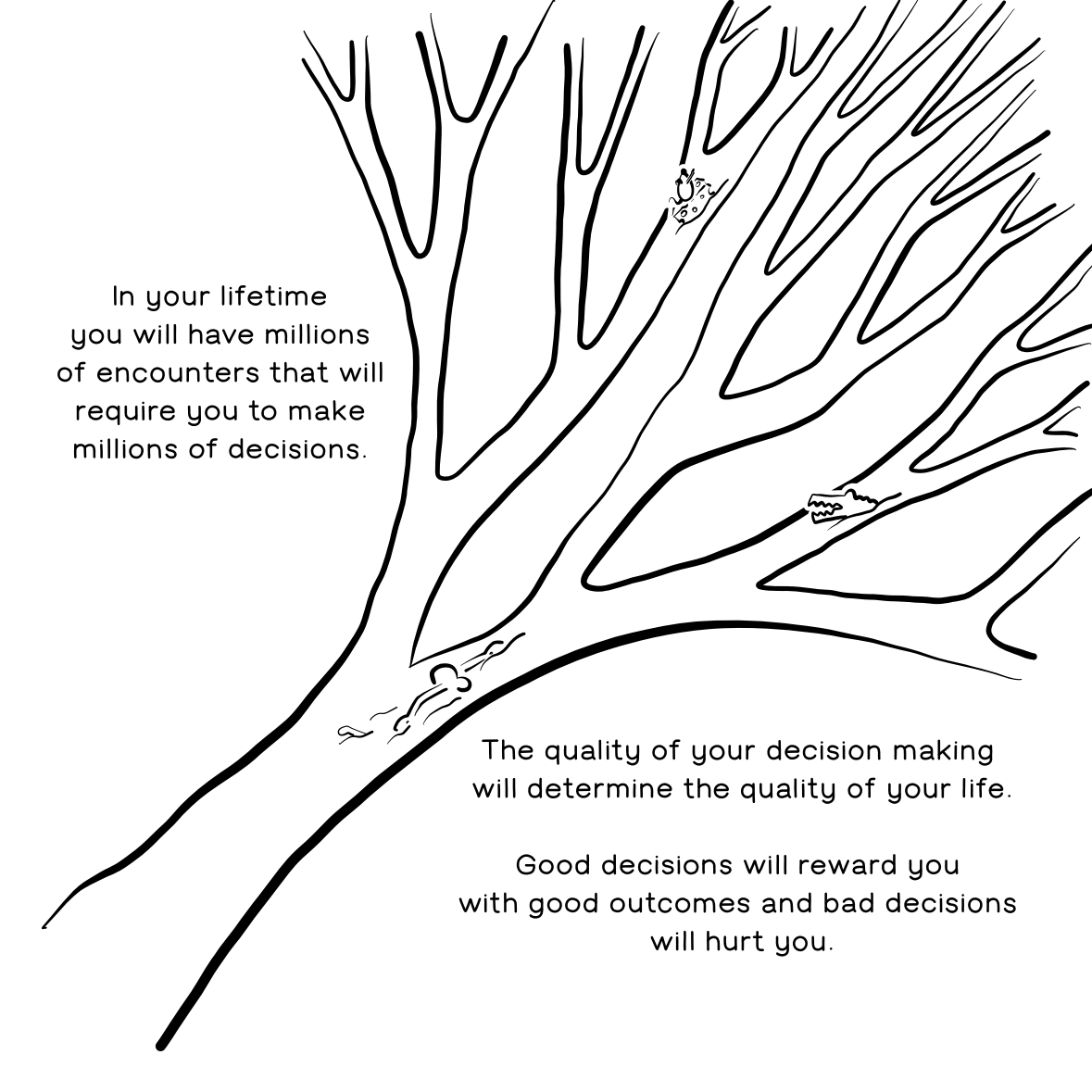
Principles are ways of
successfully dealing with
the realities that you will encounter.

They're essentially recipes for success.

Looking back on my own journey,
I can now see that time is like a river that carries us
forward into our encounters with reality ...



... that require us to make decisions.

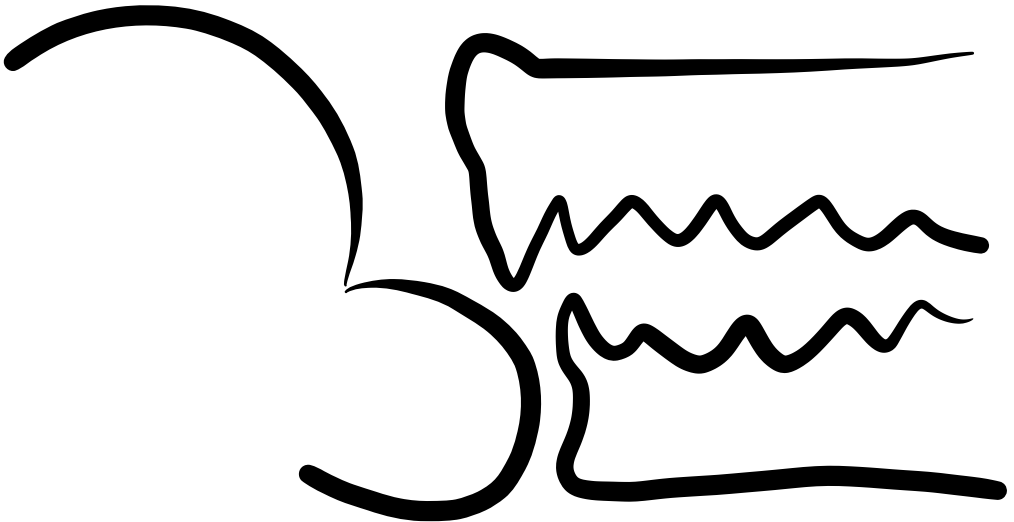


In your lifetime
you will have millions
of encounters that will
require you to make
millions of decisions.

The quality of your decision making
will determine the quality of your life.

Good decisions will reward you
with good outcomes and bad decisions
will hurt you.

If you're smart, these encounters
will teach you how reality works
and will give you principles for
dealing with your realities well.

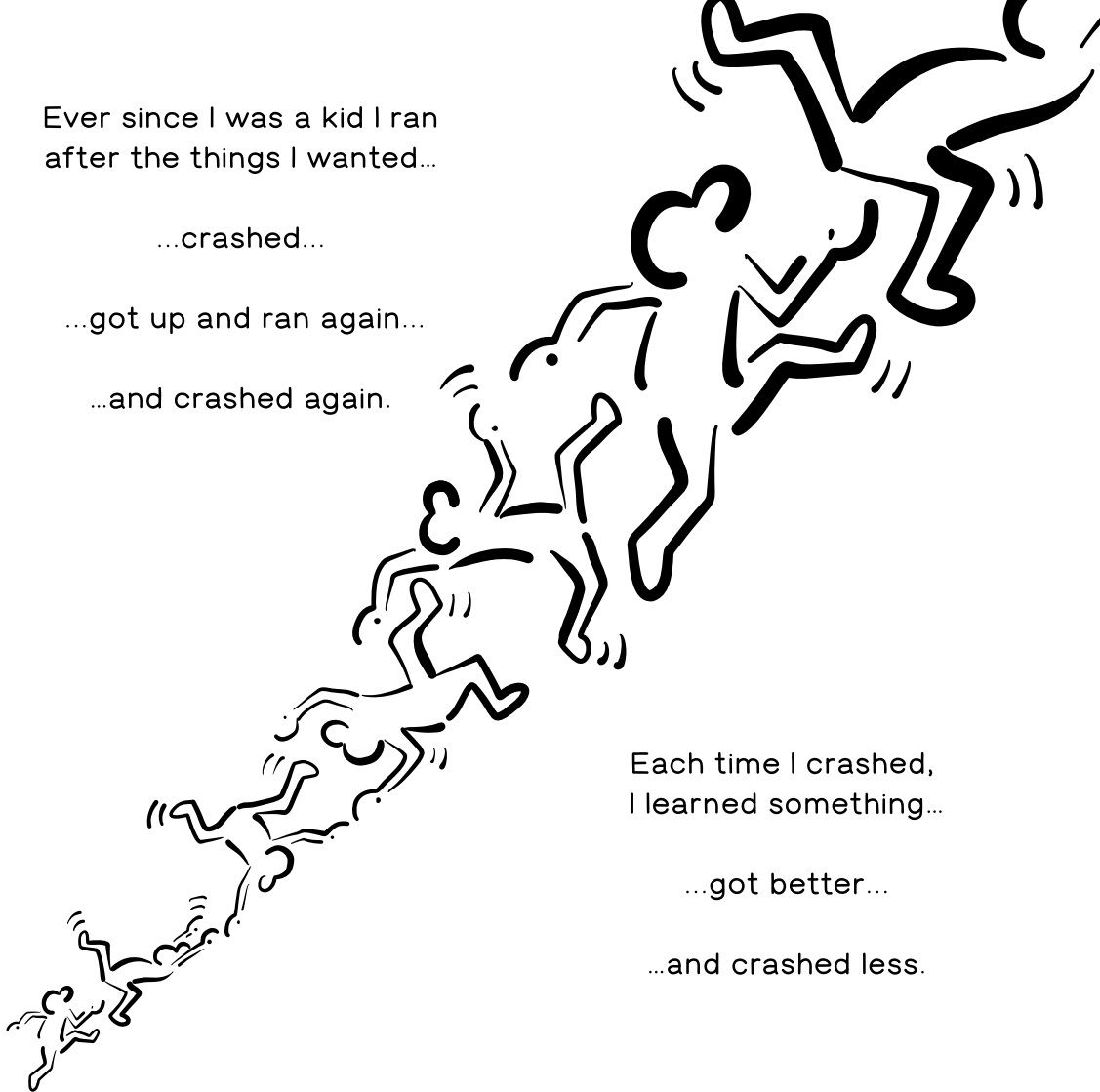


Ever since I was a kid I ran
after the things I wanted...

...crashed...

...got up and ran again...

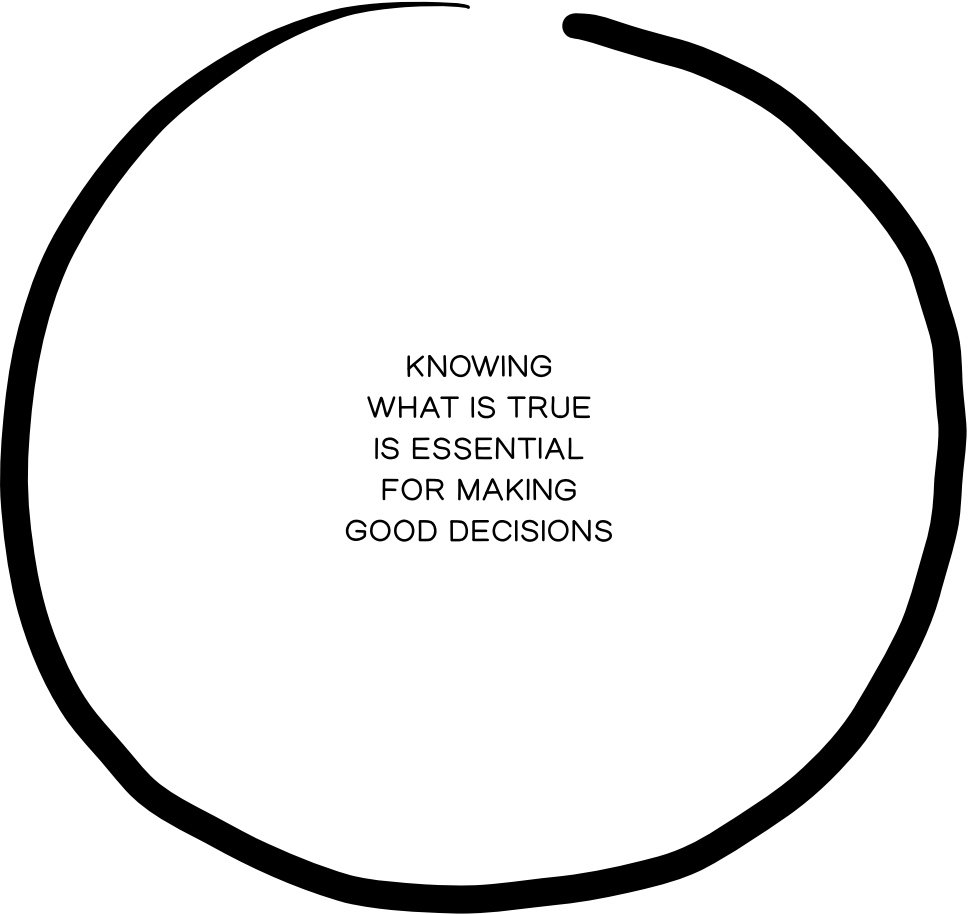
...and crashed again.



Each time I crashed,
I learned something...

...got better...

...and crashed less.



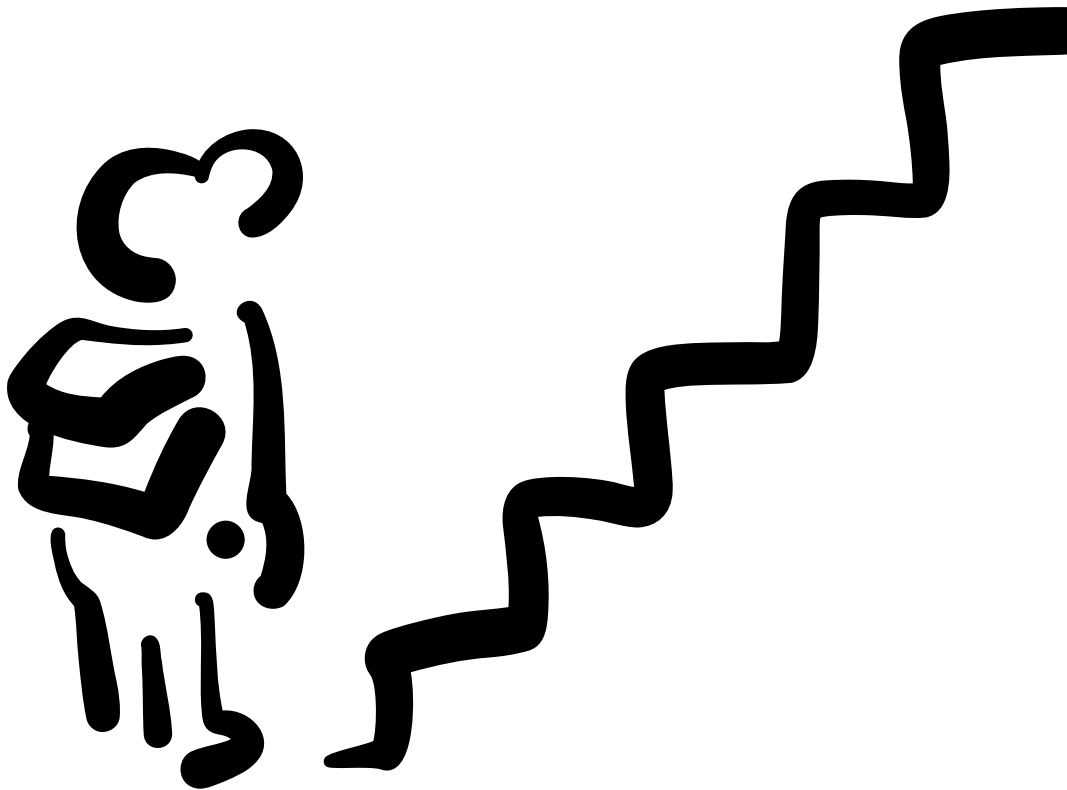
KNOWING
WHAT IS TRUE
IS ESSENTIAL
FOR MAKING
GOOD DECISIONS

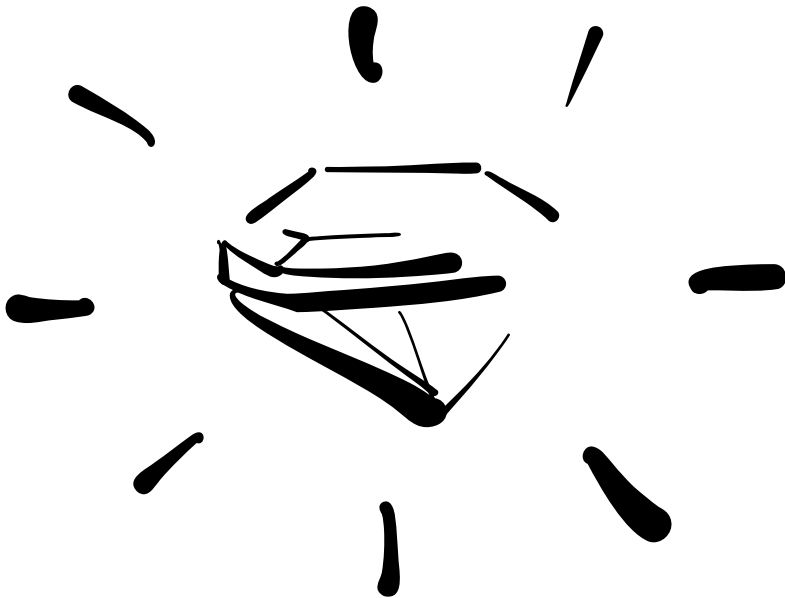


DREAMS + REALITY + DETERMINATION

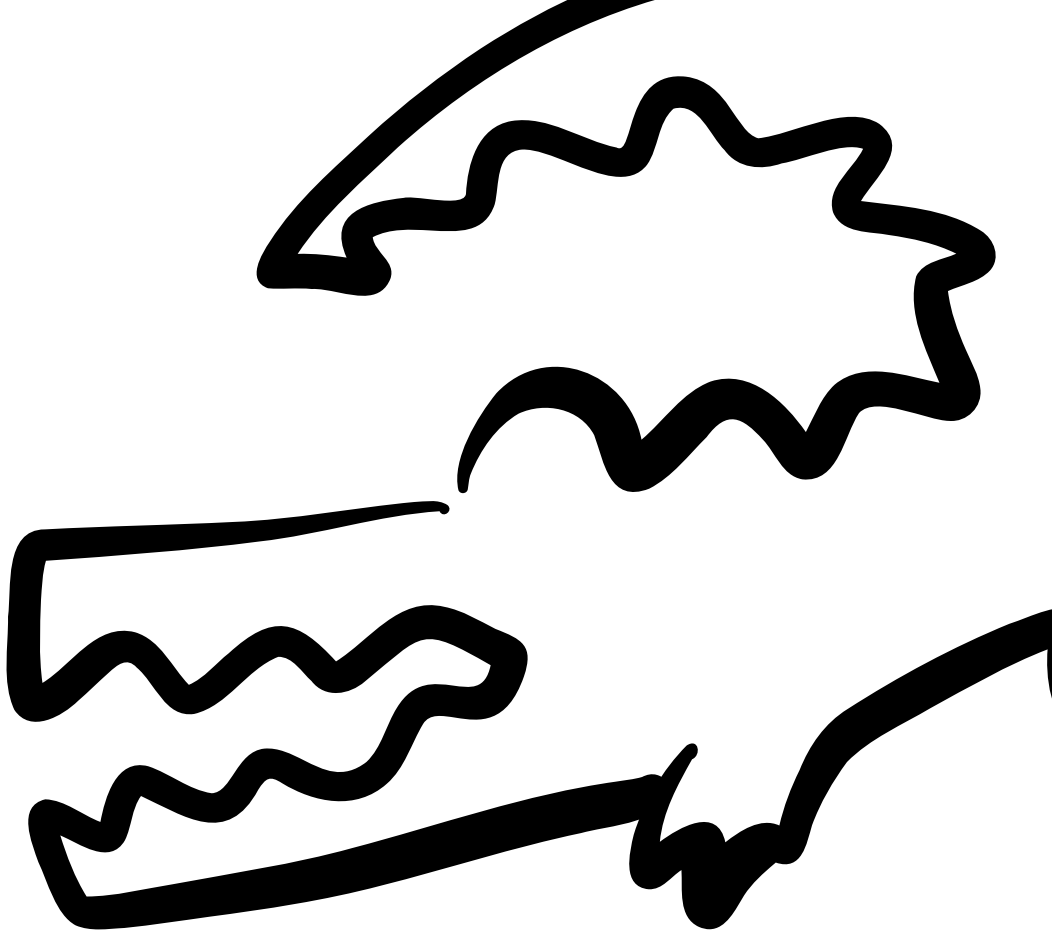
= A SUCCESSFUL LIFE

5-Step Process
for being successful:





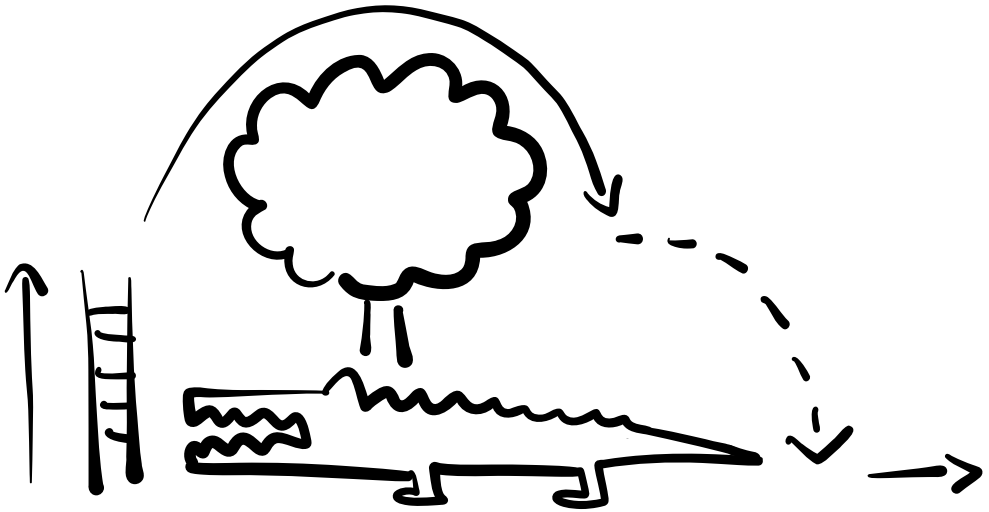
Step 1: Know your goals
and run after them.



Step 2: Encounter the problems
that stand in the way of you achieving your goals.



Step 3: Diagnose these problems
to get at their root causes.



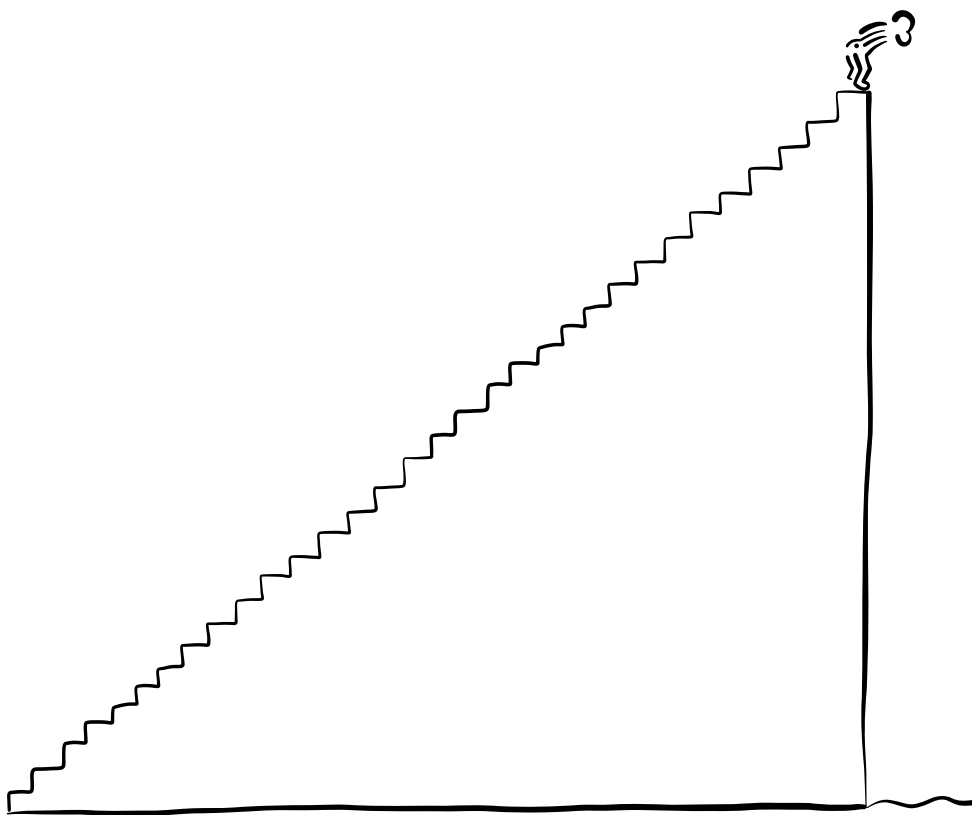
Step 4: Design plans to get around the problem that is standing in the way of your progress.



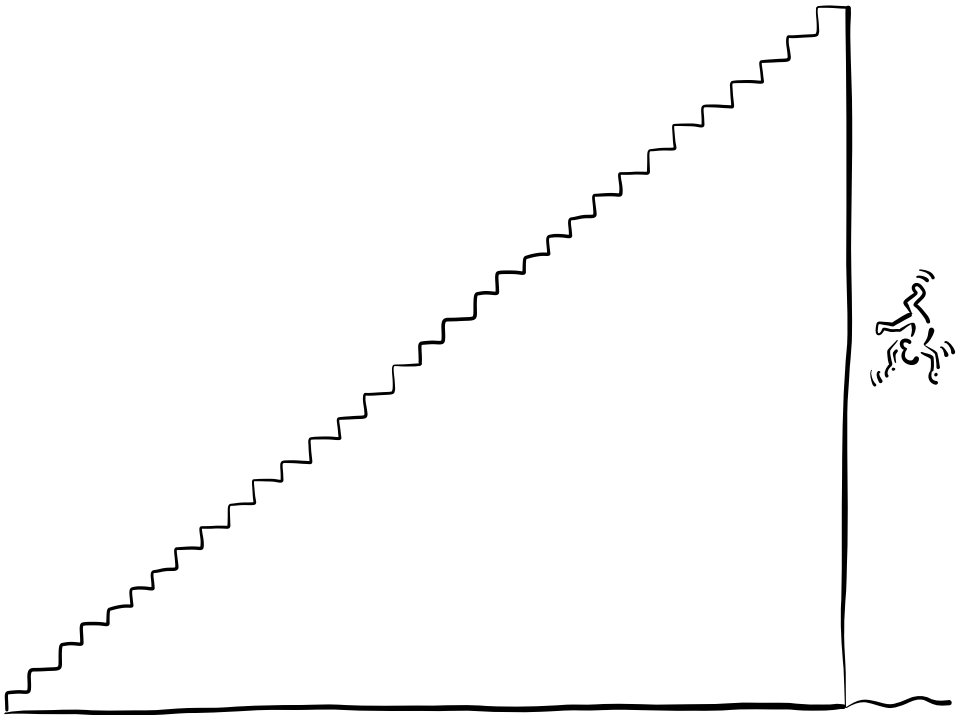
Step 5: Execute those designs,
pushing yourself to do what's needed.



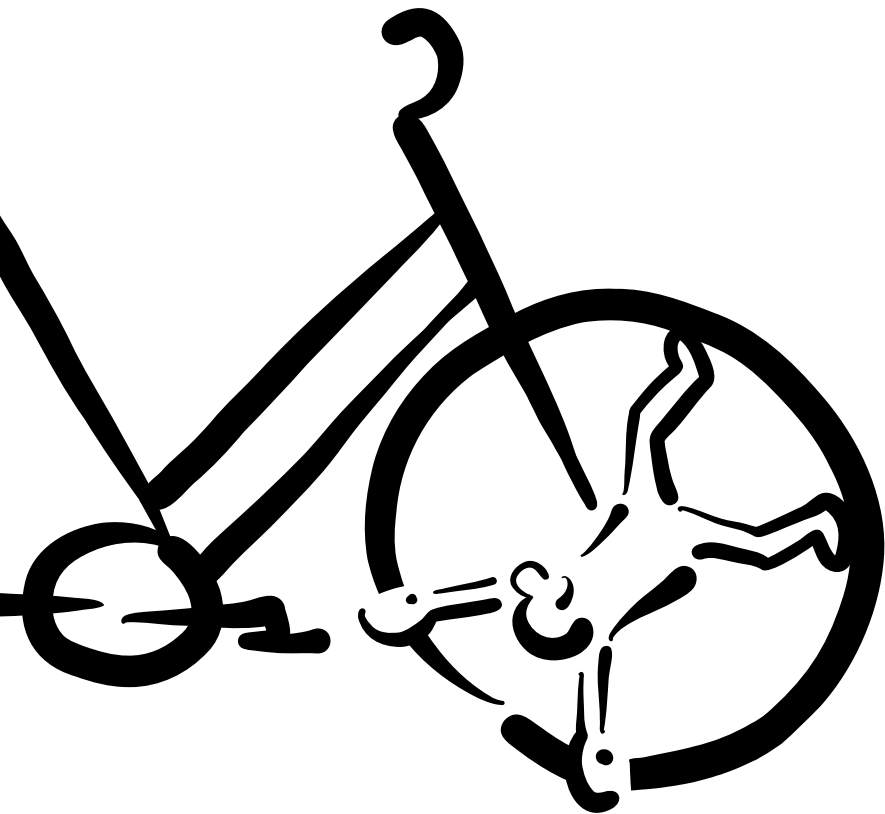
As you push through this process,
you'll ascend to higher levels of success -
which also bring greater challenges.



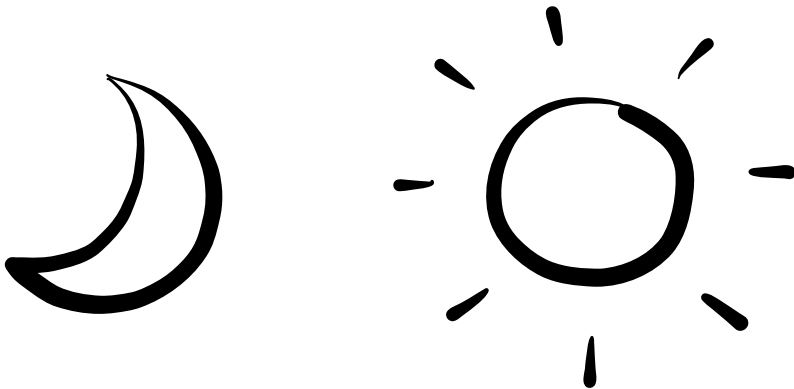
Of course as the heights get greater,
the falls get greater, too.



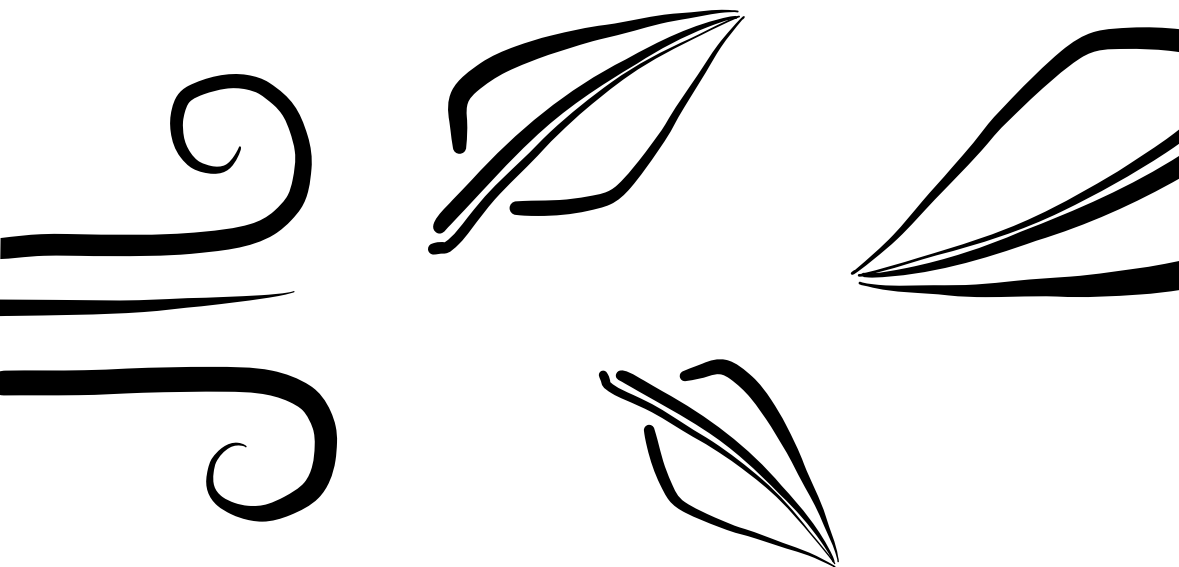
Terrible things happen to all of us.
Depending on how we handle them, they can ruin us ...
or they can profoundly improve us.



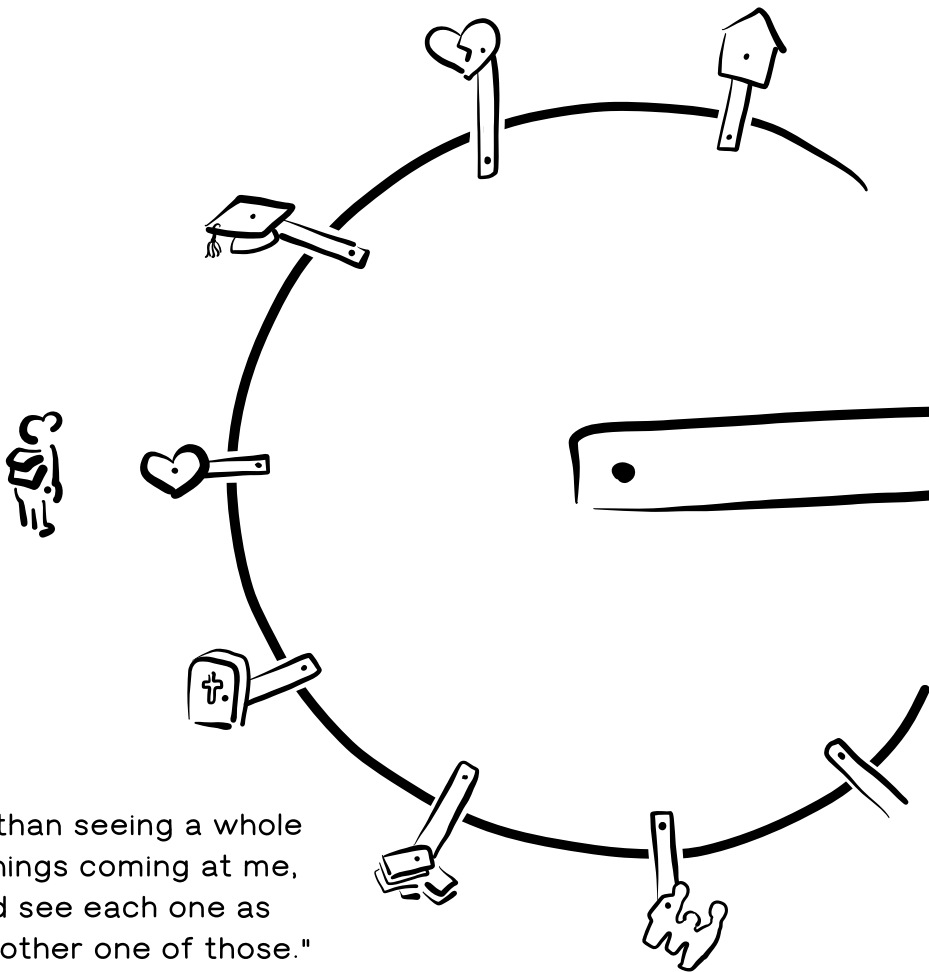
I observed that everything happens over and over again
in slightly different ways ...



... some in short-term cycles
that are easy to recognize
(like the 24-hour day) ...



... and some so infrequently that they haven't
occurred in our lifetimes and we're shocked when they do
(like the 100-year storm).

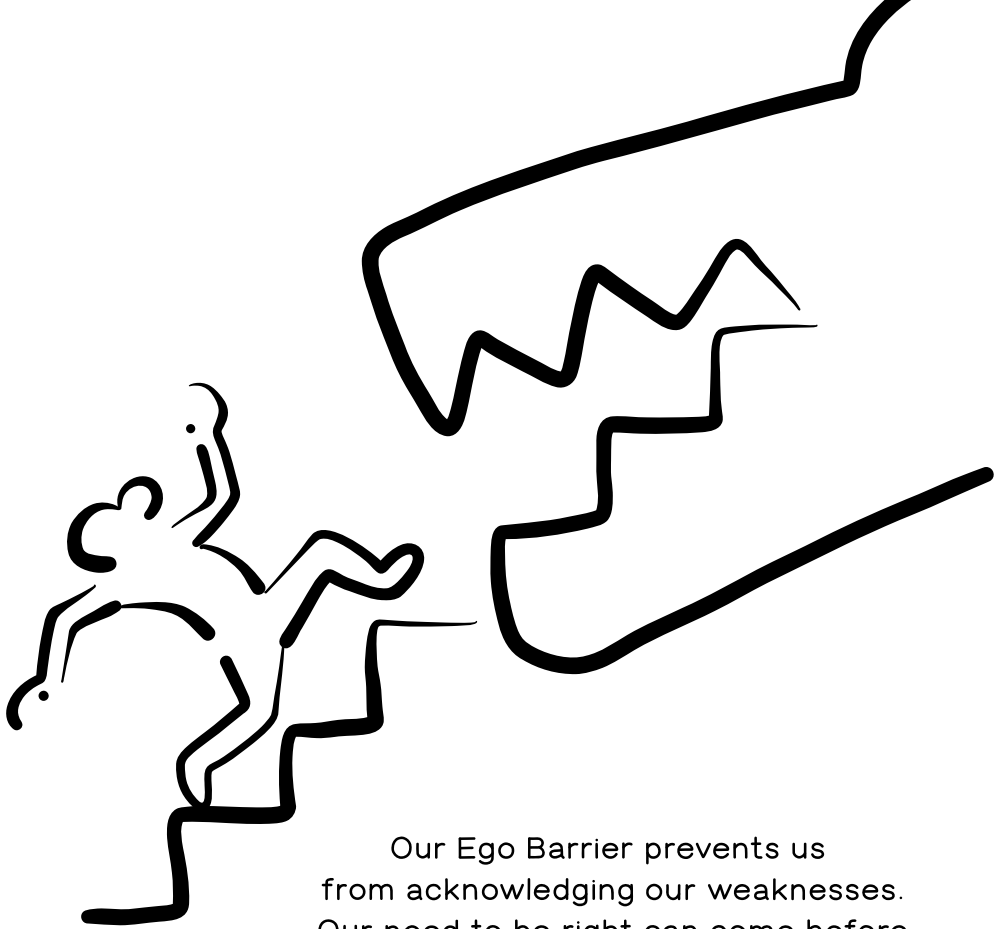


Rather than seeing a whole
lot of things coming at me,
I could see each one as
"just another one of those."



I observed that people are biased by recent history
and overlook events that haven't happened in a long time,
especially if they haven't happened to them.

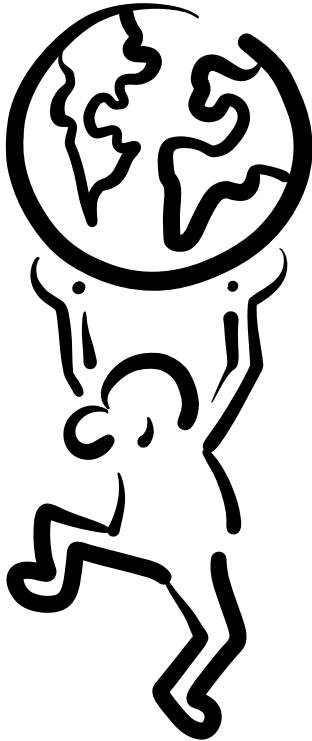
But they will happen again.



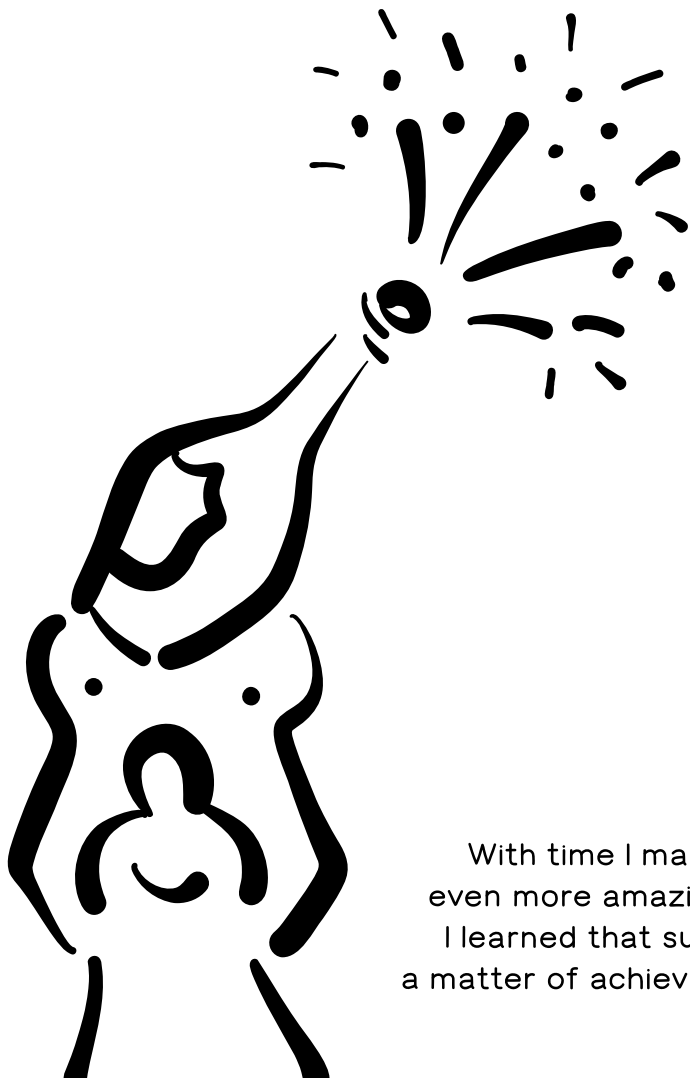
Our Ego Barrier prevents us
from acknowledging our weaknesses.
Our need to be right can come before
our need to know what's true ...
so we believe our opinions without testing them.



If you can look at things with the help of others
who can see what you are blind to,
you'll see much more than you can alone.



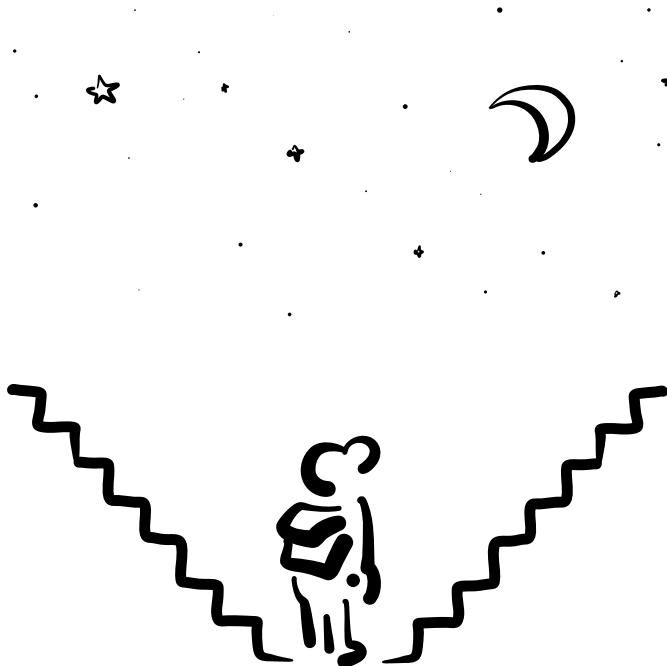
To achieve my goals,
I had to replace
the joy of being right
with the joy
of learning what's true.



With time I made another
even more amazing discovery.
I learned that success is not
a matter of achieving one's goals.

The things we strive for are just the bait ...
the struggle to get them with people that we care about
gives us the personal evolution and the meaningful relationships
that are the real rewards.





My only hope for you is that
you will live by your own good principles
that will help you decide what to do -
and give you the courage to do it.

THE END

For more habits visit
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We love to hear from you
Email us at happy@habits.art