

1

Every piece of wisdom is fake. It can be directly contradicted by another. There's no universal truth, you just have to find what works for you. You have to do a searching moral inventory, you have to know yourself.

2

Everything starts with discipline but this has historically been hard for me. Two lessons I have learnt:

- You have to reposition your mind from thinking to doing. Introspection is a gift that can become an absolutely crippling vice. Downtime is the enemy. Think less, do more. Hard lesson for neurotics.
- Avoid deriving your discipline from a puritanical ideology. If something resonates with you, take some ecstatic truth from it, but do not try and reason your way to a complete philosophy of life. This will fall apart and you will relapse into nihilism.

To avoid the second point, arbitrate between different ideas as and when you need to. The sign of a first rate intelligence is holding several competing ideas in your mind whilst still being able to push ahead with what needs be done. And indeed, as in point one, think less! do more!

3

You have the authority to impose meaning. You are of and derived from this universe. No one can tell you what is meaningful. For me, it's:

- My quest for knowledge and growth, whilst not undermining this collective quest of humanity to the same goal.
- Love.
- Beauty.

Why do I not expand on the former two points? They come to me so instinctively, I would rather not intellectualise it. But I know these are things that bring me great satisfaction when I cultivate them.

4

Contingent on 3, it is right that I must order my mind and discipline myself, because not everyone sees things as clearly as me. It is my responsibility to step up. It falls to a minority

of humans to steer our species through, and it is self evident to me that I am part of that group.

5

It is noble and perfectly valid to improve your personal lot, as this creates favourable conditions for 4. Do not think this is 'greedy' - you can be assured that all your wealth comes from value add, unlike many others in this world that inherit great wealth but do nothing with it.

6

It's okay to fake it. Start behaving the way you want to when you're 'in a good place' and you will arrive in a good place. Imagine yourself a king, and you will be a king. Actions before psychology, not psychology before action.

7

Feelings are for feeling... to be noticed, experienced, and accepted while we go about doing what needs doing.

This thing that is bothering you - Is it something within your control? Then act accordingly. Is it outside of your control? Do not let it affect you. Nietzsche did not have enough love in his life, but he was right about slave morality. People should spend more time focusing on what they can do, not what they can't. Never play the victim card.

8

To quote Lil Dicky, most dreams are surprisingly attainable. Set goals, plan, and follow through.

9

We are all contingent. The world we live in today is a result of generations upon generations of humans planting trees in whose shade they never sat. Enjoy the fruit of their deeds, and plant more for the next. Learn from these humans who have done it all, and understand that it is your turn now, your window of opportunity. Most of humanity is dead and soon you will be too.

10

Notice when you are happy, and exclaim or murmur or think at some point, 'if this isn't nice, I don't know what is.' It's okay to be happy, Jamie.