Principles

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- Two key words from Ray Dalio's **Principles**
 - * Realizing harsh realities will improve your attitude toward situations around you
 - Invest in Tech, learn and use Tech, and be at the forefront of Tech

(realizing) (leveraging)

Harsh Realities + Technology

- Reduce errors to accomplish faster
- Read, do not interpret
- Slower speaking / reading / swing
- 80/20 Don't be a perfectionist; Be efficient
- Don't be a programmer nor an engineer

 Be an innovator / entrepreneur / leader who uses technologies
- Make a right decision based on the best opinions, which do not only need to be coming from yourself
- Observe yourself from above, and meditate
- Don't be regretful **once the decisions are made** There is no such thing or decision that would have been much better anyway
- Be **true** to myself
- Build a lifetime plan for the next 40 years and execute the plan
- Do not pay any attention to what others say; their views are shallow anyway
- Own the room (from Mads)
- Create value and make impact Use 2yrs for my passion
- Don't think about the same thing twice
- Forgive people; things Look at yourself; you are spending your emotion and energy at something meaningless Pride or self-esteem are not meaningful
- The next 40 years, there will be tremendous changes in all areas of society/culture/economics/technology...

 Be at the forefront
- Manage your subconscious, which is the product of evolution
 - Understand our brains
 - Humankind has evolved as a entirety, not as a individual; individual has much less meaning

From Youtube, Rick Rigsby

- It's better to be an hour early than a minute late
- You are what you repeatedly do (Aristotle)
- Be kind to everyone, don't embarrass mother
- Make your servant's towel bigger than yours
- Pride is the burden of the foolish person
- Find your broom
- Do it right
- Good enough is not good enough, if you can be better
- You keep standing
- It's never wrong to do a right thing

From Steve Jobs, Standford commencement

- 1. Connecting the dots
 - Colleage drop-out and getting fired by Apple were the best things that happened
 - You can only connect dots looking backward
 - Awful tasting medicine is good for health
- 2. Following the passion
 - "I found it fascinating"
 - You must have the trust and courage to follow your passion, and the dots will be connected eventually
 - You got to find what you love
 - Keep looking / don't settle
 - Life is likely to be filled by what you do
- 3. Death / priorities / find meaning
 - You will die
 - Ask yourself what you do today is meaningful
 - Death is the very likely single the most important invention of life
 - Stay hungry, stay foolish
 - Don't waste life living someone else's life

From Tim Minchin, Austrailian speaker, Youtube

- 1. Be micro ambitious Look for shiney stones at every cornor of your life
- 2. Don't seek happiness If you think about it too much, it goes away
- 3. It's all luck! Don't be too proud or depressed
- 4. Exercise and take care of your body

- 5. Be hard on your opinions It's like asshole; your has to be constantly examined
- 6. Be a teacher; share your ideas
- 7. Define yourself by what you like, not by what you dislike Be a pro-stuff not an anti-stuff
- 8. Respect people with less power than you
- 9. Don't rush; Don't panic; Fill the meaningless life by learning and being enthusiastic

For now, my specific decisions:

- Use the next 2 years in order to prepare the next 40 years
- Focus / do not waste time / set priorities / be efficient / learn
- Do not regret or look back on things or people in the past
- Find happiness and joy from everyday activities
- Value health
- Take care of family
- Technology / Economics / English

Areas of my life

Split my time to the areas appropriately

Health/Activity	Value Creation	English	Family	Network
Golf	AI/Automation	Expansion of knowledge	Parents	Friends
Exercise	Lang/SW	Expansion of boundaries	Sister	Colleagues
Snowboard	HW/Equip		Sig other	Biz newtworks
High Blood Pressure	Business Model			
Annual examine	Working with people			
Hair	Economics			
Drinking sensibly				

Econ	Hobbies	Helping others	Obligations
Asset Management	SC2	MIT	Deloitte
- Investment	Car	Be a teacher	
- Apartment/assets	Drinking		
Spending	Travelling		