

Goals

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Contents

1	Introduction	5
2	What is a Goal?	7
2.1	The Aim	7
3	The System	11
3.1	Aim	11
3.1.1	Routine	11
3.1.2	Metrics	12
3.2	Scheduling and Time	12
3.2.1	Time Management System	12
3.2.2	Diversions and Avocations	13
3.2.3	Chores	13
4	Applications	15
4.1	Studying Mathematics	15
4.2	Financial Freedom	16
4.2.1	Introduction	16
4.2.2	Living Costs	16
4.2.3	Current Income	16
4.2.4	Financial Liabilities	17
4.2.5	Market Conditions	17
A	Tools and Strategies	19
A.1	Deep Work	19
A.2	Mindfulness	19
A.3	Minimalism	19
A.3.1	Single-purpose Technology	19
B	Mental and Physical Health	21
B.1	Mental Health	21
B.1.1	Depression	21
B.1.2	Anxiety	21
B.2	Physical Health	22

B.2.1	Consumption and Drugs	22
B.2.2	Sleep	22
B.2.3	Exercise	24
C	Philosophy	25
C.1	Logic	25
C.1.1	Uncertainty	25
C.2	Metaphysics	25
C.3	Ethics	25
D	Failure	27
D.1	Exploiting Failure	27

Chapter 1

Introduction

Why bother rigorously structuring your life? The practices to follow may seem "extreme" or "superfluous." That's because they are. They are—if you are so arrogant as to think you can passively tame your own psyche, and be more than a spitting image of your predecessors. If you find such things futile, you should read something else.