



Liberation Through Elimination

Key Takeaways

- 1 Eliminate Before You Optimize
- 2 Reducing Cognitive Load Drives Flow
- 3 Don't Be a Dumb Optimizer
- 4 Phase 1 Elimination: Activities
- 5 Building an Eliminative Mindset
- 6 Phase 2 Elimination: Decisions
- 7 Creating Your Rulebook
- 8 Creating Your Playbook

Quote:

“What's Essential; To Do Less Better

— *Marcus Aurelius* ”

Diagnostic

Zero & Dangerous Self Diagnostic 

Exercise

Define Your Activity Values & Eliminate the Rest.

See next page for details

Exercise

1. Define Your Activity Values & Eliminate the Rest

Pick at least one from the FRC Alumni Top 5 list below:



Phone – Social media and other unintentional phone usage.



Food – Preparing food for function, not leisure (cooking, cleaning, shopping).



News – Consuming current affairs unintentionally.



Streaming – YouTube, Netflix, TV.



Alcohol – Boozing regularly.

Exercise

2. Scope Out Your Life Rulebook & Your Life Playbook

Scalable Rule

Write down at least one scalable rule that solves a scenario you face daily.

Morning Routine

Write down your morning routine in detail.

Glossary

Cognitive Load Theory: Cognitive load theory says holding information in your working memory at any given time exerts a toll on you. In other words, you use up a certain amount of your fixed cognitive capacities. Think of it like this; your brain has a certain amount of RAM, the higher the cognitive load, the more RAM is being taken up at any given moment. Now, this isn't necessarily a bad thing. Whatever amount of cognitive capacity you're using to try and remember things at any given time is equal to your cognitive load.

Liberating Constraints: A rule or principle that restricts freedom in one direction, to enable greater freedom in another direction.

Decision Fatigue: Decision fatigue is the psychological phenomenon where there is a loss of self-control and important decision-making skills are significantly reduced (or even avoided) after having to make repeated, excessive, most unnecessary, and even unnoticed, decisions.

Notes

Lesson Resources:

1. The Organized Mind,
by Daniel Levitin
2. Voluntary Simplicity,
by Duane Elgin
3. Extraneous factors in judicial decisions,
Danziger, S., et al., 2011
4. Decision fatigue: A conceptual analysis,
Hickman, R., et al, 2018
5. Correlates of Cognitive Load in Surrogate Decision Makers of the Critically Ill,
Hickman, R., et al., 2018
6. How to Have It All...
 - “All” = What You Value
 - Define “All”
 - Understand Trade-Offs
 - Eliminate Everything Else
 - Ruthlessly Eliminate Everything Else
7. The Benefit of Eliminating All Beyond Your Values
 - Less Cognitive Load → More Flow
 - Less None Flow Activities → More Flow
 - More Life (live longer)
 - Presence, space, time
 - Depth
 - Meaning
 - Connection
 - Minimized Regrets
 - Progress
 - No Business, Rushing