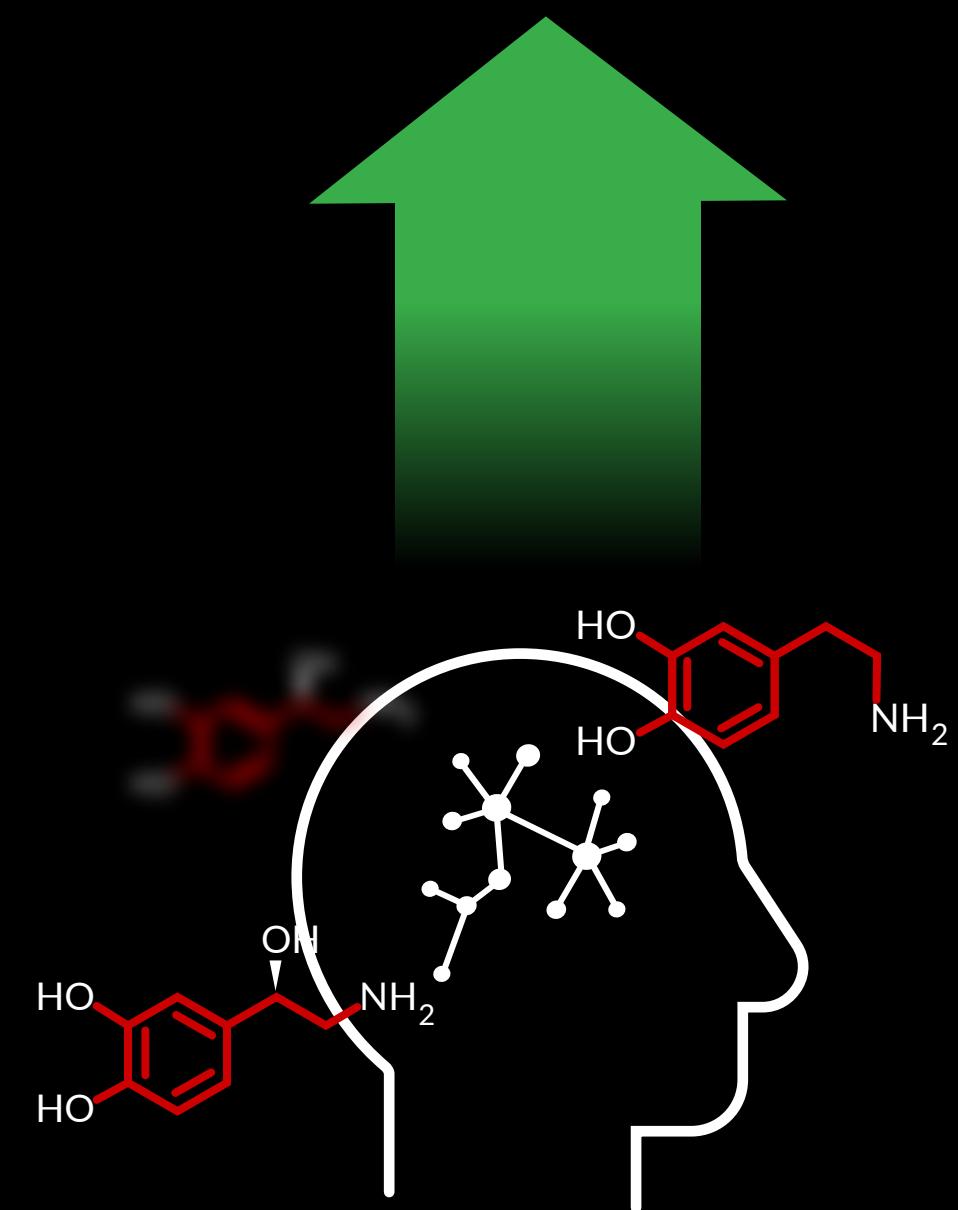


Liberation Through Elimination

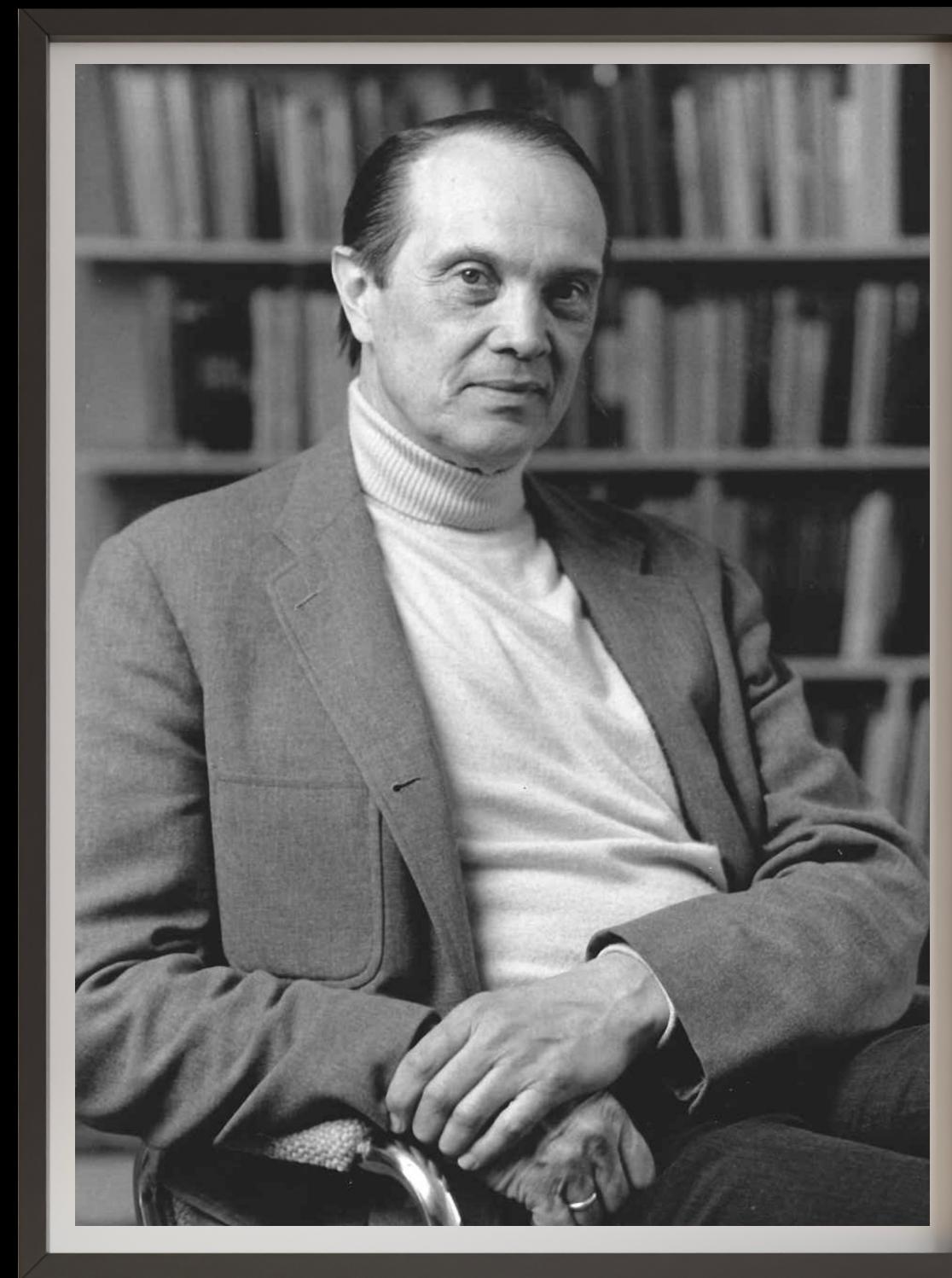
Today's Gameplan

- 1** Eliminate Before You Optimize
- 2** Phase 1 Elimination; Activities
- 3** Phase 2 Elimination; Decisions

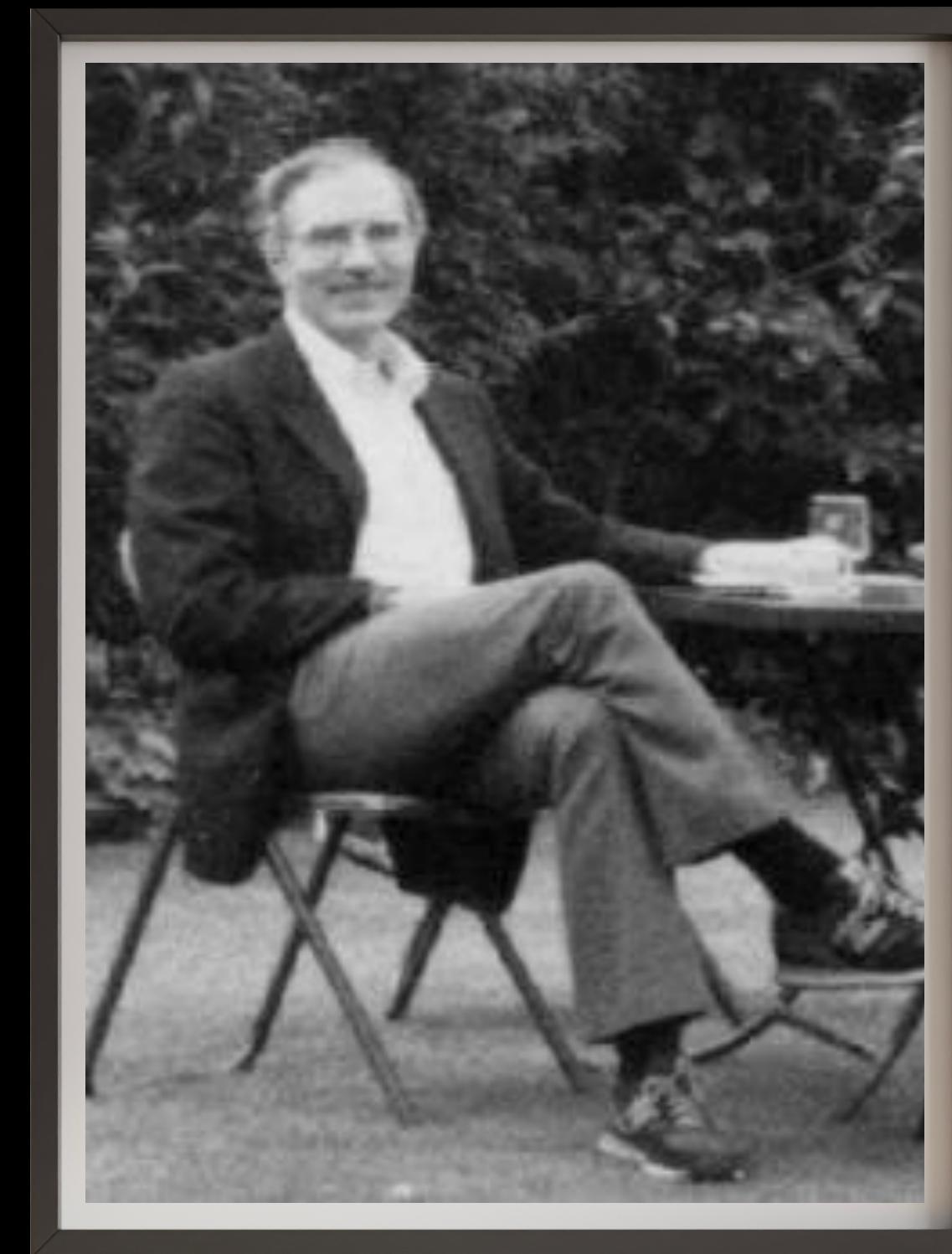
Reducing Cognitive Load Drives Flow



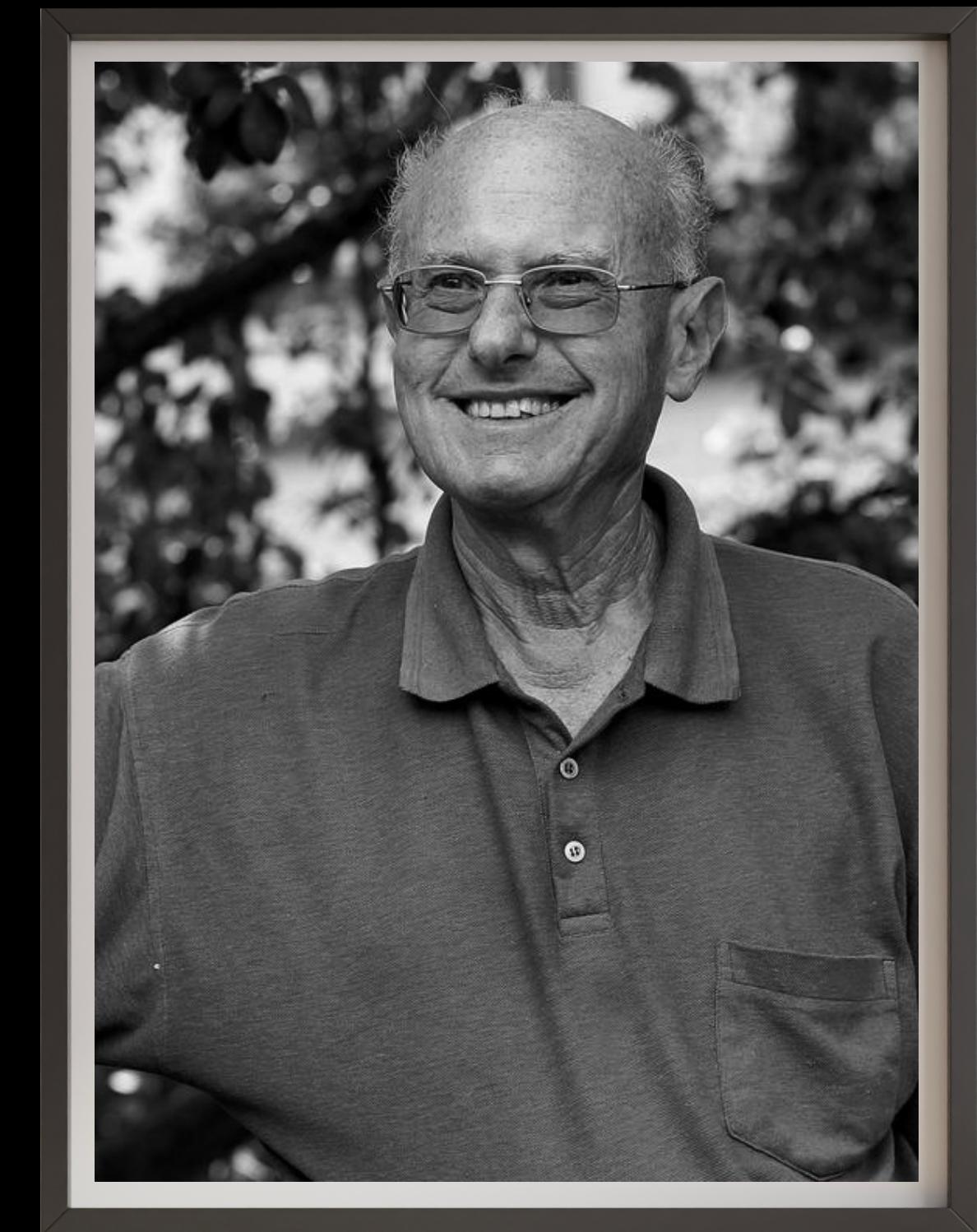
The What of Cognitive Load



**1950's Cognitive Science
George Miller**

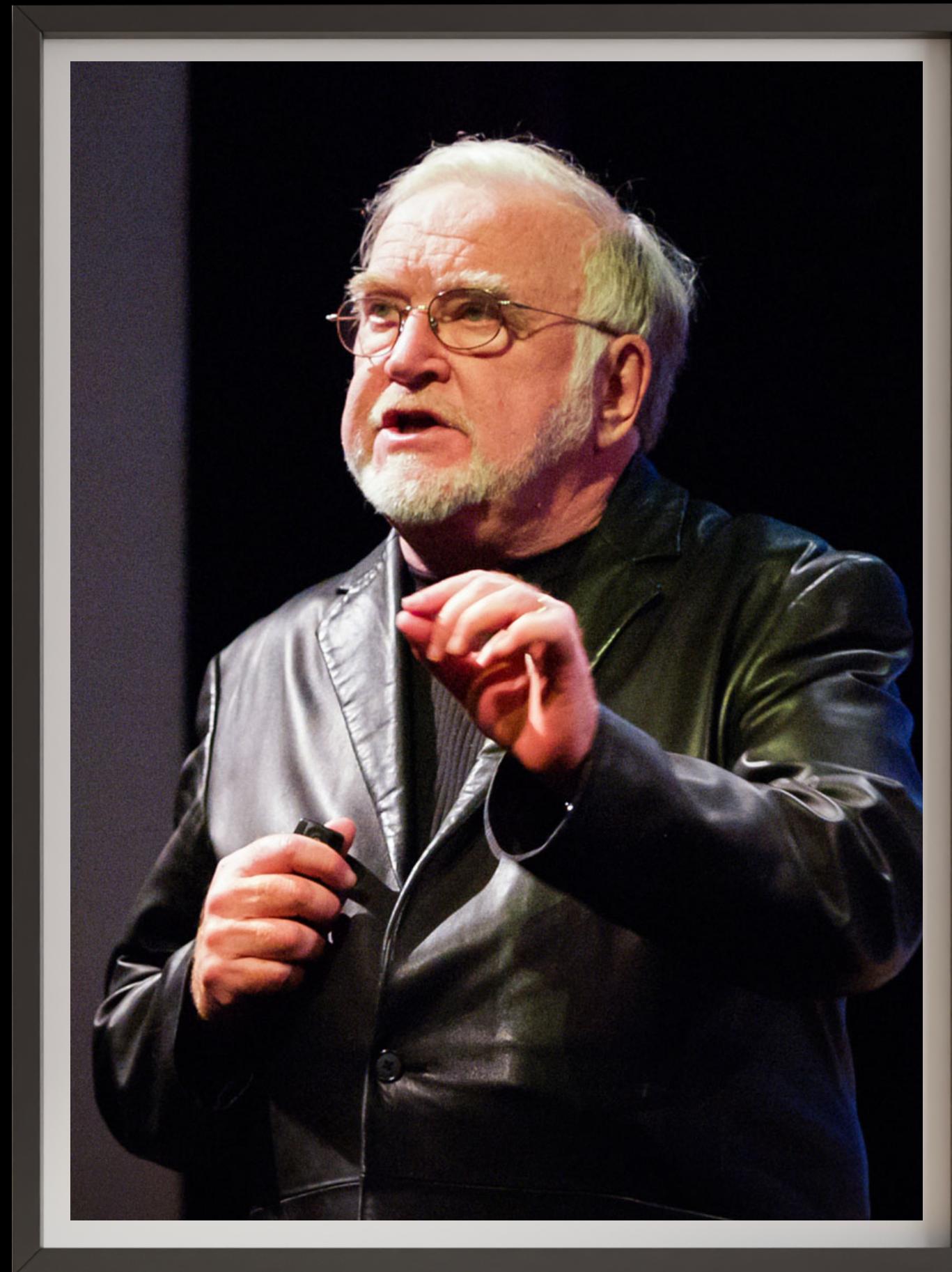


**70's William Chase
& Chunk**



**John Sweller and
The Birth of CS**

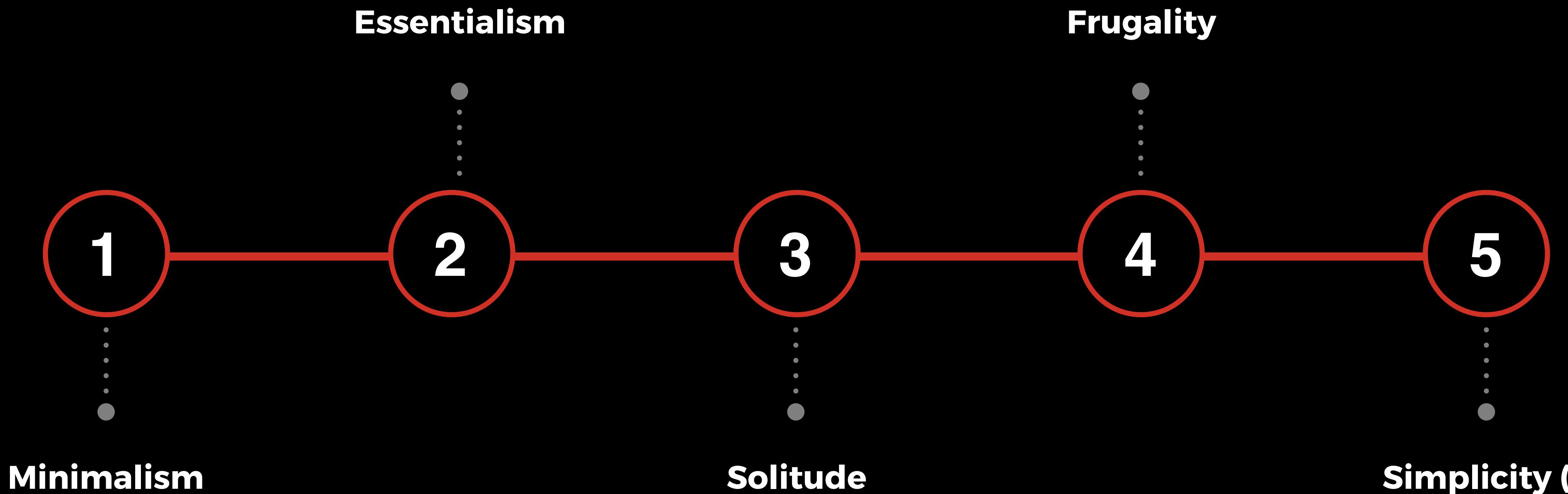
The Godfather of Flow on Freedom



“As Cicero said, to be completely free, one must become
become the slave of a set of laws. The cultivation of a way of
life oriented by ultimate goals, themselves capable of
cultivation, seems to be how a free self might develop. Indeed,
pursued with one’s psychic energy, the process of cultivation
would eventually compel the self to become free.”

— *Mihaly Csikszentmihalyi*

Cognitive Load and Liberating Constraints



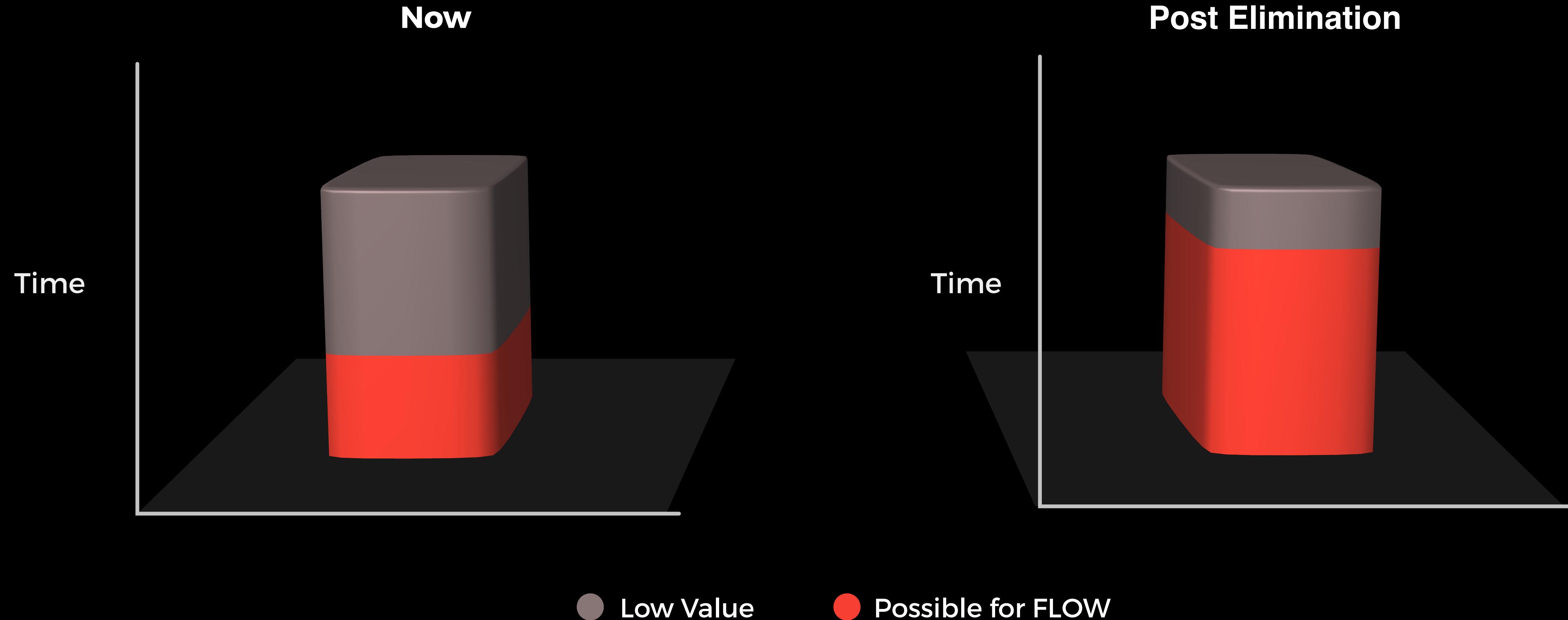
Elimination > Optimization, Systemization, Delegation

“ The best code is no code. ”

Elimination > Optimization, Systemization, Delegation

Don't be a dumb optimizer...

Allocation of Time in Your Day



Today's Gameplan

- 1 Eliminate Before You Optimize
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- 3 Phase 2 Elimination; Decisions



How to Have It All...

- 1** “All” = What You Value
- 2** Define “All”
- 3** Understand Trade-Offs
- 4** Eliminate Everything Else
- 5** Ruthlessly Eliminate Everything Else

Preserving Your Most Precious Asset

Type 1 Waste

Necessary Actions That You Don't Value

Delegate, systematize, routinize, standardize, restructure.

Commuting, cooking, cleaning, admin, logistics.



Type 2 Waste

Unnecessary Actions That You Don't Value

Eliminate entirely.

Social media, TV, news.





A Case Study in Elimination...

“Activity Values” Defined



Business and impact



**Peak-experiences
(flow, travel, novelty)**



Learning

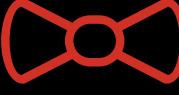


Health and exercise



**Quality relating with
family and friends**

Everything Else Goes!

- | | | | |
|---|--|---|--|
|  | Dressing – choosing what to wear |  | Social media |
|  | Food decisions – choosing what or where to eat |  | Entertainment of all kinds |
|  | Alcohol |  | Commuting |
|  | News of any kind |  | Lying |
|  | Shopping of any kind, banned from all shopping |  | Possessions – owning absorbs resources |
|  | Watching TV and movies |  | Parking |
|  | Gossip/low value social interaction |  | Any other tasks that consume time or other resources that are outside the scope of my values |

The Benefit of Eliminating All Beyond Your Values

- | | | | |
|----------|---------------------------------------|-----------|----------------------|
| 1 | Less Cognitive Load → More Flow | 6 | Meaning |
| 2 | Less None Flow Activities → More Flow | 7 | Connection |
| 3 | More Life (Live Longer) | 8 | Minimized Regrets |
| 4 | Presence, Space, Time | 9 | Progress |
| 5 | Depth | 10 | No Busyness, Rushing |

Activity – Unleash the Elimination

- 1 Define Your “Activity Values”**
- 2 Note Everything You Do Outside of These Values**
- 3 Identify Other Trade Offs (e.g. Health → Cooking)**
- 4 Rank by Resource Requirements**
- 5 Eliminate Top Five (at Least for 7 Weeks)**
- 6 Post Your Elimination List**

The FRC Alumni Top 5!



Phone

Social media and other



Food

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



News

Consuming current affairs unintentionally



Streaming

Youtube, Netflix, TV



Alcohol

Boozing regularly

Activities

Eliminated

Alcohol
Dressing
Food decisions
News
Shopping
TV
Gossip
Social media

More

Work
Family
Friends
Exercises
Health
Travel
Meaningful experiences

Belief 1

Time → Money

1 Time is premature money

2 Time is gone, money can be earned

3 You can buy more life (!)

Belief 2

First Principles Cognition

1 Squirrely Logic – “Everybody/I’ve always done it this way”

2 The Clean Path from Values to Actions

Belief 3

Ruthlessness

“ All conditioning aims at that; making people ”
like their inescapable social destiny.

— Aldous Huxley

1 You Don't Like It as Much as...

2 It Doesn't Only Take You a Minute

3 Avoid Fake Pride

4 If in Doubt, ELIMINATE!

5 Reversibility – RUN THE EXPERIMENT!

Belief 4 **Deathbed Logic**

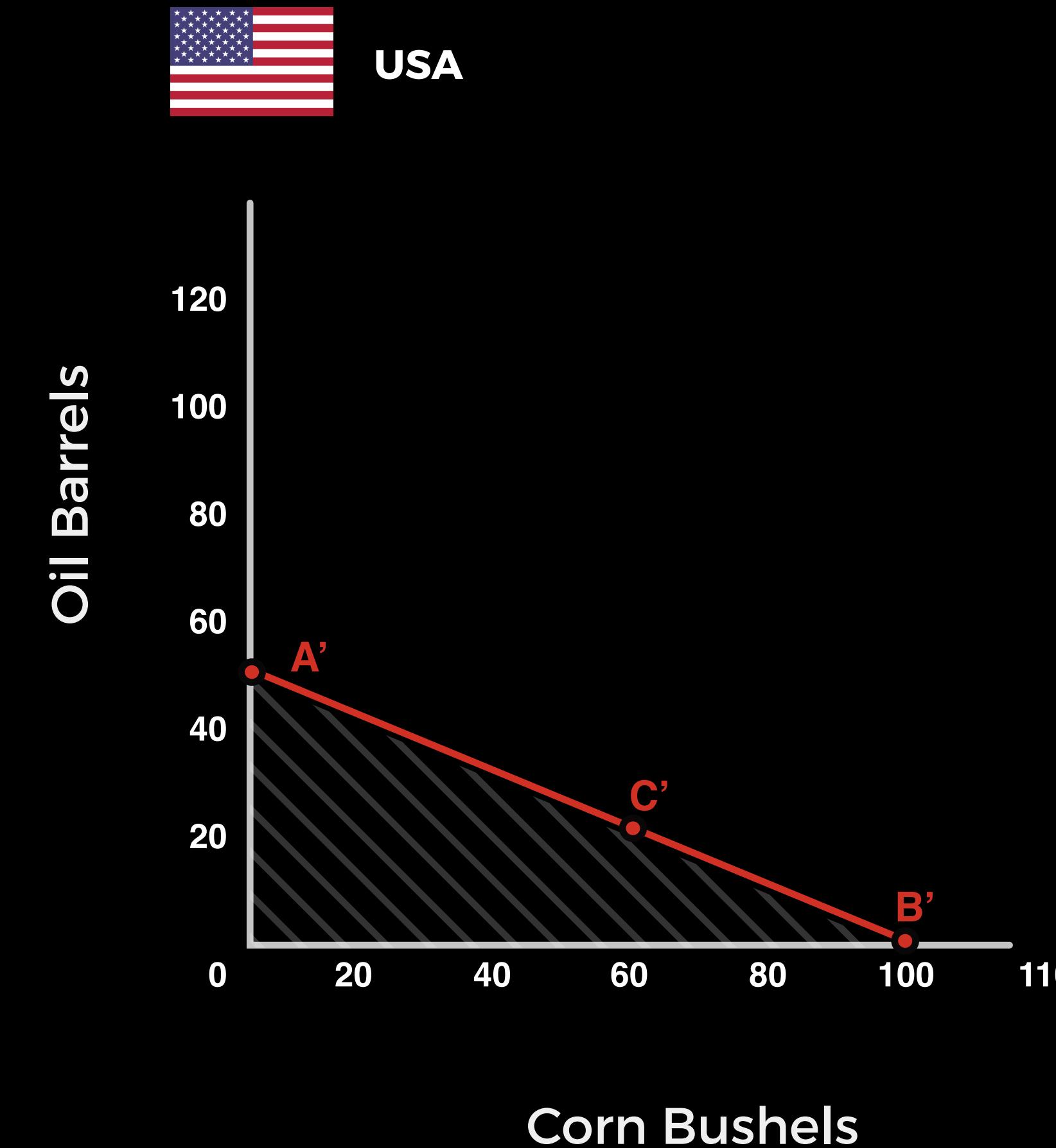
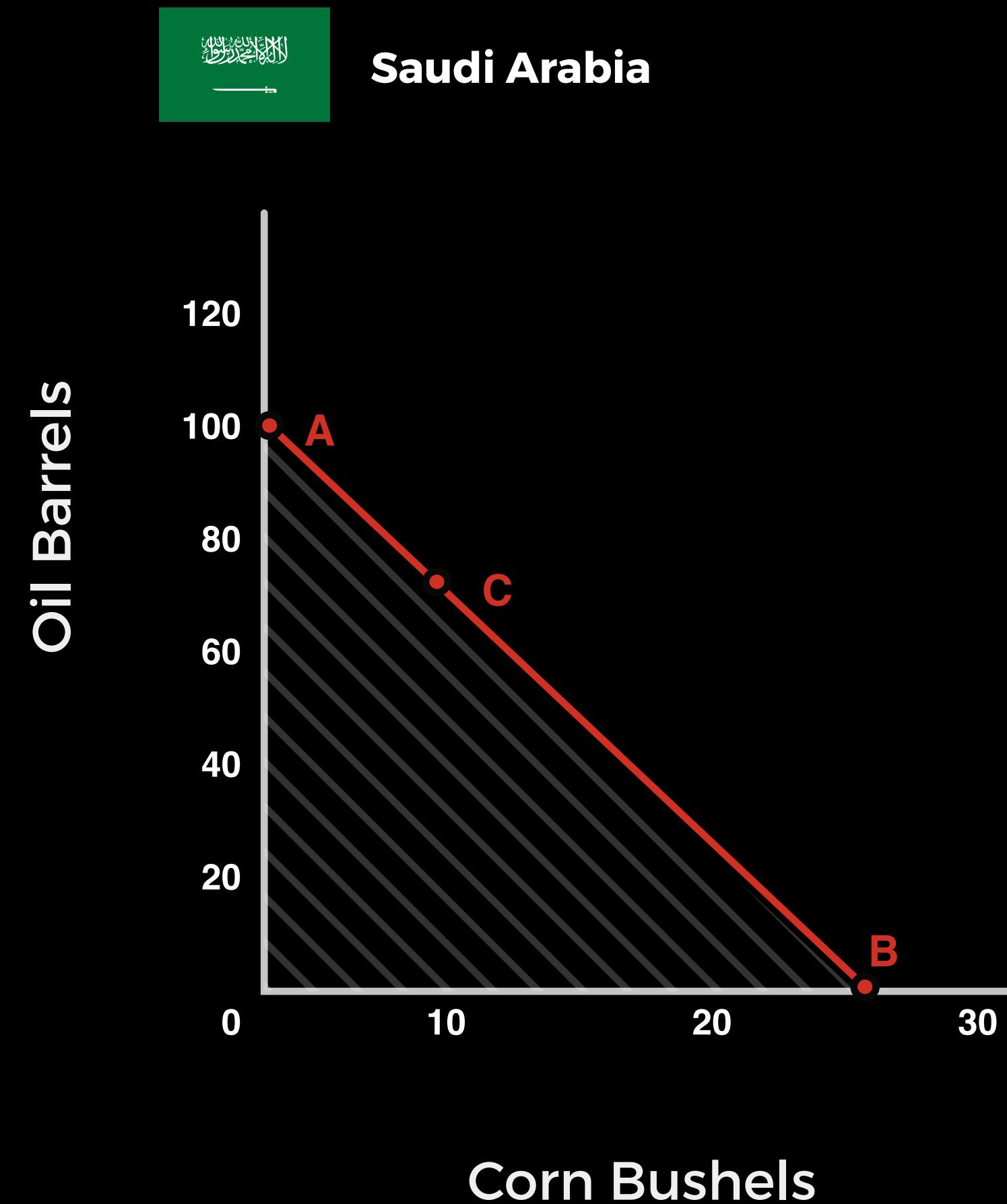
1 The Proxy:

“ On my deathbed, what would I be happier than I did? ”

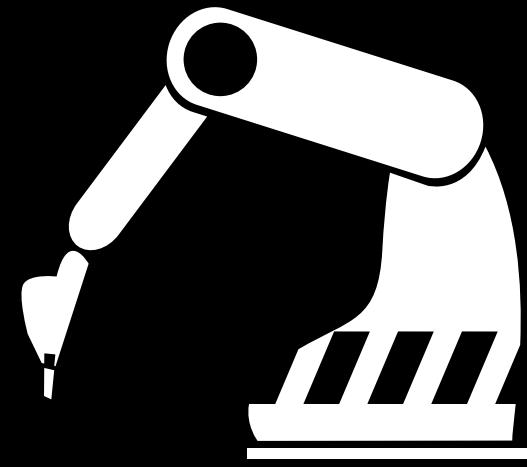
Today's Gameplan

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The Brain's Comparative Advantage and Trade Efficiency

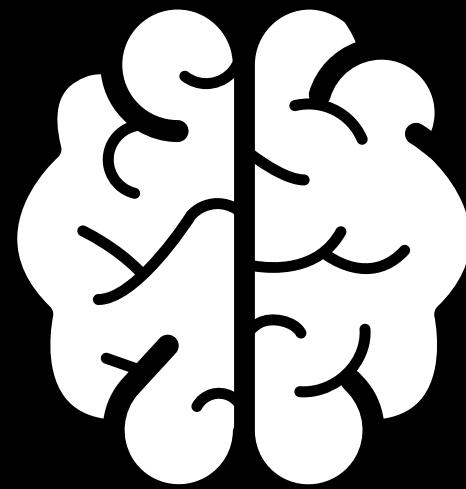


Machine vs. Mind



Tedium
Repetition
Information Storage
Information Processing
Objectivity
Speed

VS



Empathy
Creativity
Relating
Morality
Intuition
Flexible and Symbolic Cognition

Leveraging Your Decisions

1

Decision

∞

Situations

VS

∞

Decisions

∞

Situations

Exercise – Creating Your Rulebook

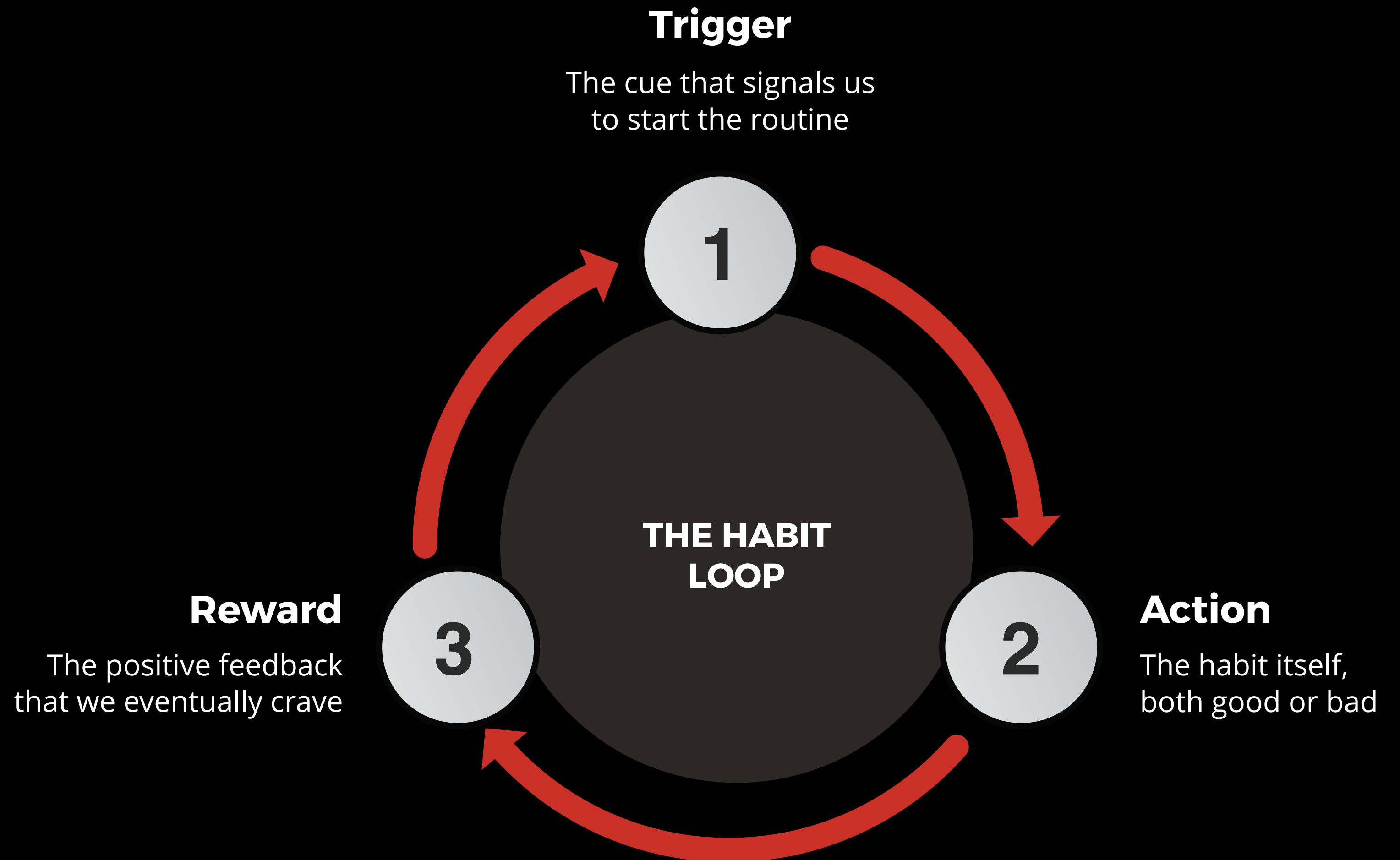
Examples:

- Wake up Time
- Fasting
- Work Setup
- No Weekday Socializing
- Fixing Workouts
- Direct Flights

Exercise – Creating Your Rulebook

- 1** List decisions you frequently make
- 2** Create a rule for all of them
- 3** Abide for next 7 weeks (at least)

Machining the Habit Loop



Building Your Life Playbook – Routinizing

- 1 Deconstruct Morning and Evening Routine
- 2 Map It in Detail
- 3 Execute It Mindlessly

A Caveat: Inverting the Straight Jacket Effect



What We've Covered:

- 1 Eliminate Before You Optimize
- 2 Phase 1 Elimination; Activities
- 3 Phase 2 Elimination; Decisions

Exercise:

Define Your Activity Values & Eliminate the Rest



Download Workbook
to Get Started

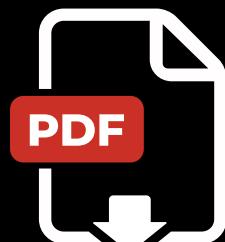
1

Pick at least one from the top 5 list.

Exercise:

Scope out Your Life Rulebook and Your Life Playbook

- 1** At least one scalable rule that solves a scenario you face daily
- 2** At least your morning routine written out in detail



Download Workbook
to Get Started