Greenlights

***\*Language Warning\****

My Understanding:  
Greenlights, a superb book about turning your red lights into greenlights by Matthew McConaughey. “A greenlight is being kind to your future self”. one of my favourite paragraphs is “I created lots of the greenlights by taking responsibility today, which created freedom on behalf of me tomorrow. I made decisions today, and sometimes even sacrifices, that teed me up for more pleasure or more of what I wanted tomorrow.”  
Sometimes you gotta return to travel forwards.  
  
Part One: Outlaw Logic  
1974  
Outlaw Logic, His parents were divorced twice and married 3 times to each other. Words are momentary. Intent is momentous. Greenlights, to not hate, to not say I can’t and to never lie. Hope includes a higher return on happiness. Outlaw Logic, we want discipline, guidelines, context, and responsibility early in any new Endeavor. Creativity needs borders. Individuality needs resistance. Without only chaos. Greenlights, Knowing the reality, seeing the reality, and telling the reality are all different experiences. Everything carefully, including moderation. In everything, do to others what you'd have them do to you. Greenlights, it’s the time to sacrifice, to learn, to observe, to need heed.  
  
Part Two: Find your frequency  
1988  
Find your frequency, Hustle, Effort, and engage. Get relative so on survive.  
Sometimes we discover our frequency by holding on to an ethical bottom line within the mindset of chaos. Sometimes we discover it by breaking the foundations. Greenlights, “Style is knowing who you're, what you would like to say, and not giving a damn. to possess style, you have got to possess these during this order. Knowing who you're is that the base that everything else comes from.”  
Greenlights, Life’s hard, Shit Happens. We make shit happen. Greenlights, The Monster, the future is that the monster. The monster is that the future, the unknown, the boundaries not yet crossed. The potential not yet realized. Greenlights, we'd like finites, borders, gravity, shape and resistance to possess order. This order creates responsibility which creates judgement, which creates choice. within the selection lines the freedom, to form the weather that gives us the foremost favourable win we must remove that which causes the foremost friction to our core being. the strategy of elimination creates order. Greenlights, while living in Australia he was forced to become an introspective person and appearance inside himself to form sense of what the hell goes on around him. Note to self: process of elimination and identity. the first step that leads us on our journey to our identity is often “I know who I’m not”. Get obviate excess in our lives.  
  
Part Three: Dirt roads and autobahns  
1989  
Note to self: once we all know what we'd wish to attempt to do, knowing when to undertake and do is that the hard part. Get them early so you don’t should get them as often. Prevent before the cure  
Greenlights, we wish friends, lovers, soldiers and recruits that support who we are. Note to self: Biology and giddy up. DNA and work. Genetics and willpower. Life may be a combination. Greenlights, we all want to believe and be believed in. Common denominator of life is Values. Note to self: we do not seem to be here to tolerate our differences, we’re here to simply accept them. Greenlights, engage with ourselves then engage the world. Prosperity help dump adversity. the sooner we lessen impressed with our accomplishments and more involved, we make a comeback at them. Greenlights, Do one thing well then another, over and over.  
  
Part Four: The art of running downhill  
1994  
Note to self: after you can, ask yourself if you wish to before you are doing. Note to self: The intellect isn't meant to surpass the apparent such a lot on conceal it or make it more confusing. it's meant to reveal the reality more clearly and make it more obvious. Greenlights we are all made for each moment we come along, whether the instant makes us or we make the instant. Unnatural stimuli are increasingly being fed to us continuously. to listen to the background signals of our psychological processes, we must situate ourselves in environments with less sensory input. those who add the blue-collar sector pray for things like food, housing, and medical aid.  
White-collar prayers are those from rich individuals who desire things like material possessions.  
Greenlights we must stop requesting that God grant our requests of this nature. Prayer: God, once I cross the reality, give me the notice to receive it, the consciousness to acknowledge it, the presence to personalize it, the patience to preserve it, and therefore the courage to measure it. Sometimes we don’t need advice, sometimes we just must hear we don't seem to be the sole one.

Part Five: Turn the Page  
1999  
Note to self: People don’t get in trouble for what they are doing, they get in trouble for getting caught. The art is in getting away with it. The outlaw lives within the middle, drifting through the slipstream, not at the fringes. If something is phenomenal and strange, don't call it incredible. Because it just happened, accept it. Great leaders know who to follow and do not always take the lead. Bumper sticker: Educate before you indict. He began to experience greater inner growth via travel than through his acting job.  
Part Six: The arrow doesn’t see the target, The target draws the arrow.  
Undisclosed  
He had another vivid dream about having an outsized family and lots of romantic connections to reflect on in his later years. Note to self: the good man isn't all to every. he's each to all or any. The Genius can do anything but do you thing at a time. Note to self: Man isn't more masculine than after the birth of his first child. Bumper sticker: Life, like architecture, is a verb. It works if it's strategically. it's lovely and self-explanatory. It need upkeep. Bumper sticker: It’s not a risk unless you'll be able to lose the fight.  
  
Part Seven: Be Brave, Take the Hill  
2008  
Note to self: Self fish  
When a man is taken into account a classic, that's the mark of his brilliance. Man becomes a legend when mortal rewards aren't any longer sufficient to hide his rent.  
Forage on your own  
He seized the prospect to co-star with Leonardo DiCaprio in Wolf on Wall Street because the mentor.  
He accustomed retain his rhythm by beating his chest, but Leonardo came up with the notion to try and do it in-scene.  
He disappeared off Hollywood's radar and from the general public eye for 20 months.  
The serenity of mind of an honest person is his pillow.  
After almost two months, he was lost and so found again.  
It was now time for him to remake himself after successfully unbranding.  
Note to self: Time and truth  
You can figure two constants. One always arrives on time, whereas the opposite never does. Decide what success means to you. Keep asking yourself: What does success mean to me?  
It's okay if your response changes as time goes on. But whatever you are doing, don't make a choice that might endanger your soul. Set your identity and aspirations as a top priority. Spend no time with anything that may make your character angry.  
  
Part Eight: Live your Legacy now  
2011  
Marriage doesn't diminish one's sense of self; on the contrary, it enlightens it.  
We don't lose half ourselves in marriage; instead, we grow into more of ourselves. He was informed by his pastor that the covenant we've got with God truly triples our existence. We split into three separate beings: wife, husband, and God  
Note to self: If you simply cohabitate, you simply exist within the now. you reside for the long run if you hook up with. Note to self: He begins to question whether he's a phony as he draws nearer to god. Note to self: Self-expression isn't the identical as art. All art could be a sort of self-expression but not all self-expression is art. Why should I pray? it is time to create an inventory. must delve deeply at our own mortality, the mortality of our loved ones, and To be grateful for what we've got, to deny our own desires, and to indicate compassion to those that are in need. We live longer after we are too busy living, not once we try to avoid dying.  
  
My closing thoughts:  
I really enjoyed this book as a full. I never knew Matthew McConaughey was such a philosopher, or rather he’s very introspective. However, it’s a double edged sword. While he’s an excellent writer, thinker, and storyteller, it makes it very difficult to follow along because i've got to require notes on all of his “note to self” and prescriptions.  
During a life reflection, actor Matthew McConaughey describes the concept of "catching greenlights." For him, this can be being attentive to when and the way to handle obstacles in life and accepting the unavoidable.