

"get a good compass, get a good playbook, and don't worry so much about where you end up, focus on 'what's your strategy' and the world will give you supportive information or  
un( ↑ ↑ ↑ ↑ ) that  
you have to incorporate"

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If you want to be in control of your life, you have to learn how to do something for no reason. If you require a reason to do something, you're beholden to the outside world. We've been conditioned to act because of something, a reason.

"i don't have motivation"

- we think we need to have motivation, what if you didn't need motivation to take action?

We don't know what the consequences of our actions are, we need to act first, then learn about the consequences.

We're afraid to lose, so we're afraid to act.

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Day to day burnout → avoidance via technology → can't move forward.

Stuck in a cycle of burnout → avoidance → inaction

fueled by an inability to sit with negativity.

making a positive life is about moving towards the negative. When you try to avoid, or move away from the negative, your life gets worse. if you move towards it, your life will get better specifically discomfort + difficulty - neuroscience actually backs this up, pushing on the pain lever from dopamine nation

Q: "What do you do if  
What makes you happy is  
not achievable?"

Happiness won't come from an  
external achievement.

"What percent of your happiness  
and enjoyment of life is controlled  
by your external circumstance"