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Explore More: A Bag of Tricks to Keep Your Life on the Rails by Shoshannah Tekofsky

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Summary: The author reflects on life advice, focusing on self-discovery and personal growth rather than traditional goals. Initially influenced by a humble upbringing in the Netherlands, the author faced societal pressure that limited their aspirations. Through a series of career explorations, from wanting to be a doctor to landing a data scientist role in the video game industry, the author emphasizes the importance of choosing a direction rather than a specific goal. This strategy allows for a broader range of opportunities aligned with personal interests. The author advocates for tapping into natural motivations and embracing novelty through a method called 'random search,' where trying new activities can stimulate happiness and open doors. This approach ultimately led to unexpected career advancements, illustrating that finding fulfillment involves navigating life's uncertainties and actively engaging with one's passions. Key takeaways include prioritizing motivation over rigid goals and remaining open to new experiences as a way to enhance one's life trajectory.