



A New Chapter

Nyla Pirani | [Annual Review](#)

Thank You!

The last 3 years have been filled with the most life-changing experiences. The people I've met, stories I've created and knowledge I've gained are beyond anything my 12-year-old self could even conceive of. I have the utmost gratitude for everyone currently reading this, everyone that's impacted me over the last 3 years and everyone who will impact me in the future. So I wanted to kick this newsletter off by saying thank you so much for all the support, the amazing conversations, opportunities and everything else! ☺

Now let us get into it :)

We're ending this year on a really good note! Some things I'll cover in this newsletter:

- Monthly updates: talking to insanely smart people, training to solve world problems and learning about startups!
- Shoutouts to some incredible people <3
- Biggest learnings from the last year that I want to share with all of you!
- Some 2021 plans :)

[Ending The Year Off Strong](#)

December Overview

Being in quarantine has affected the way we all live our lives in so many ways.

But, we learned to adapt. I'll always love being in person and surrounded by people. But when my whole life changed to online, so many new opportunities appeared. **I got to chat with the former Director of growth @ Tesla and the head of talent @ Khola Ventures** ☺ Big thank you to Praveen and Ted for taking the time to chat with us.

Top two takeaways from chatting with both of them: When trying to choose whether to do something or not, think long term (ask yourself where will the focus be 20 years from now and how do they relate) and the biggest mistake people make when hiring is not knowing the specifics of the role you want to hire for. In order to hire the best person, you truly have to know what you're looking for!

[Solving World Problems](#)

Cluster Headaches

Over the last month, I spent time diving deep into MRIs and Cluster Headaches. My goal is to identify the misalignment between the two and find the best possible technology to replace it. My next steps are going through all the information I have to create a clear path and then validate with professionals! If you know anyone working in this area, please reach out I would really appreciate it!

[Startup World](#)

Interning @ Spira

At the beginning of the month, I met with the Founder of [Spira](#), Elliot Roth. Spira is creating algae-based products to replace artificial and animal-derived food and beverage products. Over the next few months, I'll be working with them on everything from marketing to product development and customer discovery. Big thank you to [Amanda](#) and [Elliot](#) for all the guidance and the opportunity :)

[The Future of Education](#)

Captains + Poets Focus Group

Creating the future of education with [Captians + Poets](#) was so inspiring. I loved this focus group! Big thank you to Carolyn and Jennifer :)

[Philosophy](#)

David Hume Podcast

I filmed a [podcast](#) on the difference between feelings and rationale with some of my friends @TKS. Really interesting conversation around the concept!

[Gratitude Gratitude Gratitude](#)

2020 Shoutouts

Navid & Nadeem Nathoo: You both have changed my life exponentially. There are no words I could use to describe how thankful I am for you both. Even though this is my last year officially in TKS, you both created a second family for me and so many others which is something we will always have. Thank you for the guidance, advice and all the time you've put into me and everyone else in the TKS community.

Christina Vadivelu & Adara Hagman: Two of the most incredible people I have ever met. Thank you for your endless love and support. Thank you for being my best friends. Thank you for all the incredible things we've done together (consulting for companies, creating our own moonshot companies...!) I'm so thankful for all the stories, adventures and advice from both of you <3

Amanda Presgraves + Spira Team: I just started working with you all a few weeks ago but the gratitude I have for everything you do to help me is beyond this world. Amanda, you are such a genuine person and I couldn't thank you enough for everything you are teaching me and will teach me in the future!

My TKS Family: Everyone from my very first TKSquad (Anupra, Mishaal and Nina), to all the new squads and friends I've made this year (Rishi, Gurjaap, Arnav, Aryaan, Hailey, Sabeeh, Adam, Khalid, Soumiya, Emaan, Kevin, Aleem and the list goes on....) I'm so thankful for all the interesting conversations, adventures, projects and everything else we've done together.

To all the people who take time out of their lives to talk to me and help me grow: I never would have imagined I would be in Zoom calls learning about how to scale startups (thanks to Praveen, Ted and all the other incredible people I've had the chance to ask questions too!), helping run sessions that are training the next CEOs and world problem solvers (thank you Nadim, Tanisha, Kim, Harrison!), consulting for huge impact / billion \$\$ companies (big thanks to the team at Oxford Properties and Kidogo) or working at crazy startups (huge thank you to the team @ Spira and @ Oro / Apollo). You all reading this right now, are such incredible people and I can't even begin to show the amount of gratitude I have for you all. From the bottom of my heart, thank you so much 🙏!



Top Learnings

I could go on forever about all the things I've learned this year. Picking just four

things to share with you was really hard. But I'm planning to release an article sharing more soon so follow my medium below so you don't miss it!



Importance of time

Time is your most valued asset. There is nothing in this world that can replace it. You can't get more, you can't get less. It's all about how you spend that time. Procrastination is your worst nightmare. Take action and start today. Otherwise, you're just wasting time. It's either one day or day one. Your choice. Fear complacency, seek failure and be intentional.



Network = Networth

Almost every week this year I had a weekly meeting. Some were incredible, others not so much. But I started to realize over time how incredibly helpful all these people became overtime. I got exposed to things I didn't even know existed. But it's all about meeting the right people. I really urge you to make it a commitment to meet interesting people, hear their stories and learn from them.



Push yourself

It's really easy to give up. To say you've reached your limit. But the truly successful are the ones who push themselves beyond the boundaries. In order to get better, you have to reach beyond the limit. Try new things, take the risks or do stupid discomfort challenges. But do something to push yourself and level up. New things should be hard. If everything you're doing is easy, start looking for something else that's challenging. It's going to be hard, but if you want to grow, it's the best way.



Be okay with being alone

Being in quarantine has been incredibly hard on the entire world for many reasons. But one positive thing that came out of it was being forced to spend more time alone. My fellow extroverts can probably relate to me when I say being alone is hard. I thrive when I'm around other people and I feed off their energy. But you can never escape yourself. You are the only person you will always have to be around. Forcing myself to spend time alone and become comfortable with that was one of the best things I could've done and I really hope you try doing the same.

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Planning For 2021

I have a very spontaneous life and I love it. I really don't know what the new year is going to bring me, but I'm excited to see what

happens. I have two big buckets now (other than high school) so here's an overview of what goes into those things.

Solving A World Problem

I'm currently training myself to solve some of the world's biggest problems and impact millions of people. Right now I'm working on **programming, interning @ Spira** to learn about the startup world and **diving into the misalignment with MRIs and cluster headaches.**

Self Development

Continuing my Olympic level training to change the world @ **The Knowledge Society's** second-year program, **learning new languages, skills and continuously working on developing my mindsets.**

That's a wrap to 2020. A year full of surprises, lockdowns, a lack of toilet paper and blue Doritos and adjusting to new circumstances. But most importantly a year of growth and learning. Thank you again to everyone who has made this year out of this world. I'm thrilled to see what the next 365 days bring to my life and to witness all the growth you all experience as well.

Happy New Year 🍷🍷

Solving The Worlds Biggest Problems

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crazy journey with me ☐

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