

The Almanack of Naval Ravikant



Takeaways

1. Aim to be a clear thinker rather than being smart
2. **Pick one big desire in your life at any given time to give yourself purpose and motivation**
3. If you can't decide the answer is no, the modern society is full of options, there are tons and tons of options
4. **If there's something you want to do later, do it now. There's is no "later".**
5. Most effective way to build mental models: read a lot- just read
6. Just read because you enjoy it. Reading a book is never a race- the better the book, more slowly it needs to be absorbed
7. **mentally ask: "What is the positive of this situation?"**
Even if you can't come up with something positive,

you can see “ Well, the universe is going to teach me something now. Now I get to listen and learn.”

8. Reading 1–2 hours a day puts you at 0.00001 %. accounts for any material success or intelligence
9. Explain what you learned to someone else. Teaching forces learning
10. Build foundation strong to read originals and read classics, if you start with the originals as your foundation, then you have enough of as worldview and understanding that you won't fear a book
11. Feel no obligation whatsoever to finish the book
12. Happiness is a highly personal skill that can be learned.
Happiness is what is there when you remove the sense that something is missing in your life.
13. Life is just the way it is when you accept that you have no cost to be happier and happy those thing doesn't apply

14. Sure responsibility to make sure you're happy and
indicating everything in the best possible way
15. **Be yourself, with passionate intensity.**
16. Happiness love, and passion I don't think you find their
choices you make
17. Happiness requires presence. Happiness is internal.
18. Training yourself to be happy is completely internal. There
is no external progress, no external validation. you're
competing against yourself- it is a single player game
19. Desire is a contract that you make with yourself to be
unhappy until you get what you want.
20. Every desire is a chosen unhappiness
21. Always cook up something new, and always have a bunch of side
projects.
22. **Ignore people who play status game**
23. Learn to sell, learn to build if you can do both you'll be
unstoppable

24. Study microeconomics, game theory, psychology, persuasion, ethics, mathematics, and computers

25. **Work as hard as you can, become the best in the world at what you do**

26. The meaning of life is to do things for their own sake, when you do things for their own sake, you create your best work. Mostly do things for the sheer fun of it

27. **Follow your intellectual curiosity rather than what is hot right now, your curiosity will lead you to a place.**

28. Whenever you can, optimize for independence rather than pay. What you want in life is to be in control of your time.

29. Knowledge workers function like athletes — train, and sprint, then rest and reassess.

30. **When you do just the actual work itself, you'll be far more productive, far more efficient**

31. Value of time at an hourly rate, and ruthlessly spend time to save time at that rate. You will never be worth more than you think you're worth
32. **no one is going to value you more than you value yourself. You have to set a very high hourly rate and you have to stick to it.** If you value 100 USD for an hour, that's throwing it out of your pocket. Are you going to do it?
33. If you can hire someone to do it for less than your hourly rate, hire them.
34. Be optimistic and positive, it's important. optimistic do better in the long run
35. Spend more time making the big decisions. 3 big: where you live, who you are with, and what you do. Choosing what city to live in can almost completely determine the trajectory of your life
36. **On long level timescale, you'll attract what you project**
37. Figure out what you are good at and start helping others with it. Give it away. Pay it forward.

38. FIND WORK THAT FEELS LIKE PLAY.

39. The winners of any game are the people who are so addicted they continue playing even as the marginal utility from winning deadlines

40. **Build a unique character, unique brand, and unique mindset which causes luck to find you. Build your character in a certain way that your character becomes your destiny**

41. Your character and reputation are the things you build which will let you take advantage of opportunities other people think as lucky

42. Refine what you do until you become the best in what you do.
Opportunity will seek you out, luck becomes your destiny

43. Be a maker who makes something interesting people want. Show your craft, practice your craft and the right people will eventually find you

44. Great people have great outcomes; you just have to be patient. It never happens in the time scale you want or they want, but it does happen. It takes time, if you're counting you'll run out of patience before success arrives

45. **You have to do hard things anyway to create your own meaning in life**

46. **Your goal in life is to find the people, business , project or art that needs you the most. There is something out there just for you.**

47. Winners are the ones who step out of the game and entirely who don't even play the game who rise about it. Those are the people who have such internal mental and self control and self awareness. They need nothing from anybody else. I would consider him successful because he doesn't need anything from anybody..

48. They are successful in the sense that they step out of the game entirely winning or losing doesn't matter to them

49. **The reality is when our emotions want us to do something, we just do it. If you really desire something you just go and do it.**

50. All of the man's troubles arise because he cannot sit in the room quietly by himself. If you could just sit for 30 minutes and be happy, you are successful.

51. The important thing is to do something everyday

52. The greatest superpower is the ability to change yourself

53. Single most important thing is to be present and hammers it home over and over again until you get it

54. **Inspiration is perishable (that is it decays), When you have inspiration, act on it right then and there.**

55. People who are the most happy and optimistic choose the right five chimp

56. As humans we try to take everything as granted, “stop asking why and start wow”

57. If you are present you'll realise how many gifts and how much abundance there is around us at all times

58. **The world just reflects your own feelings back at you**

59. **No exceptions: all screen activities linked to less happiness, all non-screen activities linked to more happiness**

60. Increase Serotonin in the brain without drugs: Sunlight, exercise , positive thinking

61. First you know it, then you understand it, then you can explain it. Then you can feel it, finally you are it

62. FIND HAPPINESS IN ACCEPTANCE. In any situation in life, you always have three choices: you can change it, accept it or leave it.

63. **Being peaceful comes from having your mind clear of thoughts. And a lot of clarity comes from being in the present moment.**

64. It's very hard to be in the present moment if you're thinking: "I need to do this. I want this. I want that. This has got to change."
65. Ultimately you have to save yourself. **SAVE YOURSELF.**
66. **To make an original contribution, you have to be irrationally obsessed with something.**
67. choose to care for yourself
68. **If you make the easy choices right now, your overall life will be a lot harder.**
69. Most fit and healthy people focus much more on what they eat than how much. Quality control is easier than(leads to) quantity control
70. The harder the workout, the easier the day. The best workout for you is one you're excited enough to do everyday
71. world's simplest diet: the more the processed the food the less one should consume
72. Courage is not caring what other people think.

73. **Life hack: When in bed, meditate. Either you will have a deep meditation or fall asleep. Victory either way.**
74. If you can get a free hour of bliss every morning, just by sitting and closing your eyes, that is worth its weight in gold.
it will change your life
75. You should always be internally ready for a complete change.
76. Commit externally to enough people. For example: if you want to quit smoking, all you have to do is to go to everybody you know and say: "I quit smoking. I did it. I'll give you my word."
77. **Anything you have to do, just get it done. Why wait? You're not getting any younger. Your life is slipping away. You don't want to spend it waiting in line. You don't want to spend it doing things you know ultimately aren't a part of your mission.**

78. When you do them, you want to do them as quickly as you can while doing them well with your full attention. But then you just have to be patient with the results because you're dealing with complex systems and many people

79. It's important to be honest with yourself and say: "Okay, I'm not ready to give up smoking. I like it too much, its going to be hard for me to give up"

80. **Impatience with action, patience with results.**

81. I have just got to be happy being me

82. **For self improvement without self discipline,
update your self image**

83. Value your time. It is all you have. It's more important than your money. It's more important than your friends. It is more important than anything. Your time is all you have. Do not waste your time. This doesn't mean you can't relax. As long as you are doing what you want, it's not a waste of your time.

84. Don't spend your time making other people happy. Other people being happy is their problem. It's not your problem. If you are happy it makes other people happy. You are not responsible for making other people happy.
85. My monkey mind should not control and drive me 24/7.
Break the habit of uncontrolled thinking
86. A busy mind accelerates the passage of subjective time.
87. THE PRESENT IS ALL WE HAVE.



Fave Quotes

1. Only real friends were books
2. The most important skill for getting rich: is becoming a perpetual learner, you have to know how to learn anything you want to learn
3. You are not going to get rich(seek wealth, not money or status) by renting out your time

4. Aim for specific knowledge(found by pursuing your genuine curiosity), if society can train you, it can train someone else and replace you. Specific knowledge cannot be taught but it can be learned
5. Productize yourself
6. All returns in life, whether wealth relationships, or knowledge, come from compound interest.
7. people who have the ability to fail in public under their own names gain a lot of power
8. People will forgive failures as long as you are honest and make a high-integrity effort
9. if it entertains you now but will bore you someday, it's a distraction. keep looking
10. the less you want something, the less you're thinking about it, the less you're obsessing over it, the more you're going to do it in a natural way

11. Biggest leverage: PRODUCTS WITH NO MARGINAL COST OF REPLICATION

12. Humans are wired to feel what the other person deep down feels inside, if you have any bad thoughts or judgment about them, they will feel it.

13. When today is complete, in and of itself, you're retired.

14. History remembers the artist whether in science politics or commerce

15. Art is anything, anything done for its own sake

16. As you make money, you just want even more, and you become paranoid and fearful of losing what you do have, the best way to stay away from this constant love of money is to not upgrade your lifestyle as you make money

17. Business networking is a waste, if you are building something interesting you will always have more people who will want to know you

18. The worst outcome in this world is not having self-esteem

19. Always pay it forward and don't keep the count.
20. The only way to truly learn something is by doing it, Listening to guidance but not wait
21. The solution to make everyone happy Is to give them what they want Wisdom is knowing the long-term consequences of your actions
22. **You're going to die one day, and none of this is going to matter . So enjoy yourself . Do something positive. Project some Love. Make someone happy. Laugh a little bit. Appreciate the moment. And do the work.**
23. **Charisma is the ability to project confidence and love at the same time**
24. learning are abundant- its the desire to learn that is scarce
25. "I wish i had all the same things, but with less emotion and less anger."
26. No book in library should scare you. You should be able to take any book and read it. A number of them are going to be too

difficult for you, that's okay read them anyway, then go back and reread them and reread them

27. to think clearly, understand the basics

28. Read enough, and you become a connoisseur (expert). Then you naturally gravitate more towards theory, concepts, nonfiction.

29. you are just a monkey with a plan, don't take yourself too seriously

30. happiness is the state when nothing is missing. when nothing when nothing is missing your mind shut down and stop running into the past or future to regret something or to plan something

31. Happiness to me is mainly not suffering, not desiring, not thinking too much about the future or the past really embracing the present moment and the reality of what is and the way it is

32. If you look at little children, on balance, they are generally pretty happy because you're really immersed in the environment at the moment

33. I just don't believe in anything from my past anything no memories no regrets no people no trips. Nothing a lot of our unhappy comes from comparing things from the past to the present.
34. **The most common mistake for humanity is believing you're going to made happy because of some external circumstances**
35. To have peace of mind you need to have peace of body first
36. Happiness is being satisfied with what you have. Success comes from dissatisfaction. choose.
37. If you are peaceful inside and out, that will eventually result in happiness. Peace is happiness at rest and happiness is peace in motion. If you are a peaceful person anything you do will be a happy activity.
38. The only way to actually get peace on the inside is by giving up this idea of problems
39. Envy is the enemy of happiness

40. Most of our suffering comes from avoidance. Once you're in, you're in. Its not suffering.
41. the enemy of peace of mind is expectations drilled into you by society and other people
42. **The most important trick to being happy is to realize happiness is a skill you develop and a choice you make. You choose to be happy and then you work at it.**
43. Just being very aware in every moment. If I catch myself judging anybody, I can stop myself and say "What's the positive interpretation of this?"
44. The real truths are heresies. They cannot be spoken. Only discovered, whispered and perhaps read.
45. If you have peace of body, its easier to have peace of mind.
46. Advice to younger self: "Be exactly who you are."
47. The more secrets you have, the less happy you're going to be
48. Meditation is not hard. All you have to do is sit there and do nothing. Just sit down. Close your eyes and say: "I am going to

give myself a break for an hour. This is my hour off from life.

This is the hour I'm not gonna do anything."

49. If thoughts come, thoughts come. I'm not going to fight them. I'm not going to embrace them. I'm just gonna think harder about them. I'm not going to reject them. I'm just going to sit here for an hour with my eyes closed, and I'm going to do nothing.

50. Meditation is turning off society and listening to yourself. It only works when done for its sake

51. i read concepts for fun, i have to stick to what i enjoy

52. Anger is its own punishment. An angry person trying to push your head below water is drowning at the same time.

53. Before you can lie to another, you must first lie to yourself.

54. "To find a worthy mate, be worthy of a worthy mate."



Bonus

1. Life is going to play out the way its going to play out.

There will be some good and some bad. Most of it is just

up to your interpretation. How you choose to interpret those experiences is up to you, and different people interpret them in different ways.

2. as long as I have a book in my hand, I don't feel like I'm wasting time
3. Once I feel I have gotten the gist, I feel very comfortable putting a book down
4. Study logic and math, because once you have mastered them, you won't fear any book
5. The more I am the happier and more content I will be
6. **Everything is perfect exactly the way it is. Things are perfect or imperfect because of what we desire.**
7. The world just reflect your own feelings back at you. Reality is neutral. Reality has no judgment
8. How you choose to interpret them is up to you you have the choice. Happiness is a choice.

9. A happy person isn't someone who is happy all the time it's
someone who effortlessly interpret events in such a way that they
don't lose their innate peace
10. If you can't see yourself working with someone for life, don't
work with them for a day
11. We don't always get what we want, but sometimes what is
happening is for the best. The sooner you can accept it as reality ,
the sooner you can adopt to it
12. People who live far below their means enjoy a freedom that
people busy upgrading their lifestyles cant fathom
13. A taste of freedom can make you unemployable
14. Sugar makes you hungry. The combination of sugar and fat is
really deadly
15. Meditation is the intermediate fasting for the mind
16. Too much sugar leads to a heavy body, and too many
distractions leads to a heavy mind

17. **Time spent undistracted and alone, in self-examination, journaling, meditation, resolves the unresolved and takes us from mentally fat to fit.**
18. At any given time, I'm either trying to pick up a good habit or discard a previous bad habit. It takes time.
19. Honesty is a core core value. By honesty i mean i want to be able to just be me.
20. Set up systems not goals. Use your judgement to figure out what kind of environment you can thrive in and then create an environment around you so you're statistically likely to succeed.
21. The current environment programs the brain, but the clever brain can choose its upcoming environments
22. Social approval is inside the herd
23. At some level, you're doing it for social approval. You're doing it to fit with other monkeys. You're fitting in to get along with the herd. That's not where the returns are in life. The returns of life are being out of the herd.

24. **It takes a lot of nerve to say: “Nope, I’m just going to do my own thing. Regardless of the social outcome, I will learn anything I think is interesting.”**

25. If you view yourself as a loser, as someone who was cast out by society and has no role in normal society, then you will do your own thing and you’re more likely to find a winning path.



CHANGING HABITS:

Pick one thing. Cultivate a desire. Visualize it.

Plan a sustainable path.

Identify needs, triggers and substitutes

Tell your friends

Track meticulously

Self discipline is a bridge to a new self image

Bake in the new self image. It's who you are now.

55. intentions don't matter actions do

56. When you are dating and the moment you know this relationship won't lead to marriage, move on.

57. if you don't own a piece of business, you don't have a path towards financial freedom.

58. if you don't own equity in the business your odds of making money are very slim. Everybody who makes money at some point owns a piece of product/business.

59. CODE is the most powerful form of permissionless leverage.

60. Stay out of things that can cause you to lose all of your capital

61. solve by iteration and then get paid via repetition

62. There are fundamentally 2 huge games people play in life One is a money game and the other is a status game

63. Your real resume is the catalog of all your suffering

Archive

1. if you are not. 100% into it, somebody who will outperform you not just by little but by a lot.

2. If they can train you to do it, they can train a computer to do it

3. SELL OR BUILD. if you don't do either, learn.

4. every human should aspire to be knowledgeable about certain things and be paid for their unique knowledge

5. those attacking wealth creation are often just seeking status.

Status is your ranking in the social hierarchy. The problem is to win the status game you have to put someone else down. That's why you should avoid them — they make you an angry combative person

6. WOULD rather be a failed entrepreneur than who never tried

7. What you really want is freedom, you want to be off the hedonic treadmill

8. in the long-term game it seems that everybody is making each other rich, and in the short term it seems like everybody is making themselves rich
9. Money buys you freedom in the material world. But it will solve a lot of external problems. It is a reasonable step to go ahead and make the money
10. The number of books completed is a vanity metric. As long as you know more, you leave more books unfinished. Focus on new concepts with predictive power.
11. It's not about educated or uneducated it's about likes to read or not
12. I only want to be around people I know I'm going to be around for the rest of my life.
13. **Happiness is there when you remove the sense of something missing in your life**
14. How I combat anxiety: I don't try to fight it. I just noticed I'm anxious because of these thoughts I tried to figure out, but I'd

rather be having this thought right now or would I rather have my peace because as long as I have my thoughts, I can't have my peace.

15. The mistake over and over and over is to say oh I'll be happy when I get that thing whatever it is that is the fundamental mistake. We all make 24 seven all day long.

16. If you can't see yourself working with someone for life, don't work with them for a day

17. Not eating sugar, not going to social media with keep your mood more stable

18. I try to get more sunlight. i look up and smile

19. I think dropping caffeine made me happier. It makes me more stable person

20. I think working out everyday made me happier

21. when everyone is sick, we no longer consider it disease

22. The cold is important because it can activate the immune system.

Once you're in, you're in. It's not suffering. Your body saying its cold is different than your mind saying its cold

23. If you had to pass down 2 things to your kids what would it be???

1. **Read everything you can.** and not just society tells you to read. **Just read for its own sake.** Develop a love for it. There's no such thing as junk. Just read it all. Eventually you'll guide yourself to the things that you should and want to be reading. 2.

Having the skill of persuasion is important because if you can influence your fellow beings, you can get a lot done. I think persuasion is an actual skill. So, you can learn it and it's not hard to do so. You should know probability and statistics inside out.