

THINK STRAIGHT

— Darius Foroux

"If you can change your mind, you can change your life"

1. Thoughts → distract us → we miss out our actual life.
2. If you feel like → you're doing better than → You're climbing!
a year ago

3. WE ALL SUFFER

4. Changing our thoughts → doesn't happen → Give yourself enough overnight time.

5. "You become what u think about all day long."
↓

you can't change our actions w/o changing our thoughts.

6. "I may have acted a little bit too dramatic"
↓

i say to myself "THINK STRAIGHT".

7. We're always too quick to judge & draw conclusions based on our assumptions.

8. We assume things → that are not true all the time.

9. ** "our life is what our thoughts make it."

↳ "quality of life is defined by quality of thoughts."

10. A quick look @ surroundings → shows → how life is changing.

11. Human Brain } 12. Most of our } 13. when we sit down and
Instrument } Thoughts } observe our thoughts, we
solves problems } makes no sense! } see → a lot of things flow
in our mind → The thoughts
are just there

14. We should question → the source of our beliefs



Not the belief.

15. THOUGHTS SHOULD SERVE A USEFUL PURPOSE.



if they don't → they're useless.

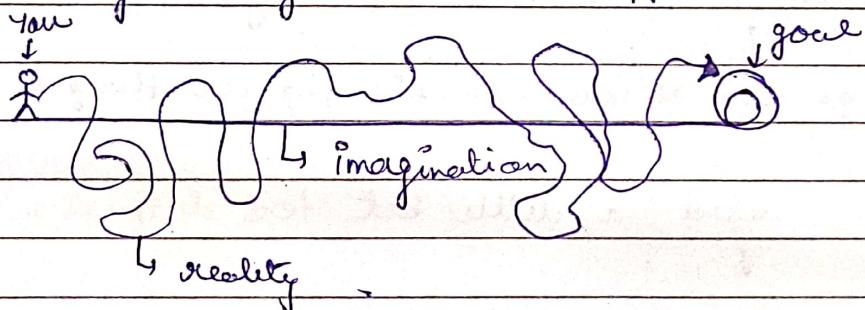
16. "Thinking is the hardest work there is, which is probably the reason why so few engage in it".



Thinking is not only hard → it's the single most imp thing in life.

17. Our Decisions are result of our thoughts.

18. Achieving a goal never happens linearly.



19. Nothing is guaranteed in life → you've to work hard to make money.



has nothing to do with degree.

20. Better you're at something → the more value you can provide to others.

the more money, people are willing to pay in exchange for our value

21. THINGS OFTEN DON'T

GO ACCORDING TO PLAN → Think of backup plan/ alternative.

There are multiple ways to achieve
your goals.

option

DO WHAT WORKS FOR YOU.

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22. IF EVERYONE IS DOING ONE THING THAT OFTEN MEANS YOU SHOULDN'T.

23. CONNECT THE DOTS.

↳ you can't connect it while looking forward.

↳ you have to trust that → dots will somehow connect in our future.

↳ Only way you form dots is → by
• learning
• doing
• reflecting
• making mistakes

24. Filter knowledge that impacts your habit.

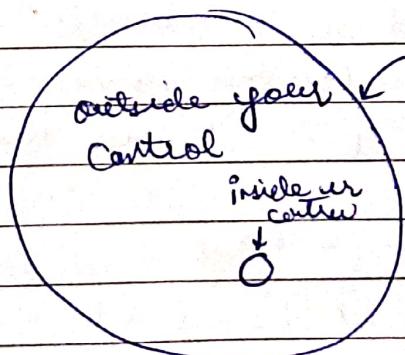
25. STOP THINKING → 99% of thoughts are useless

Be aware of your thoughts.

↳ Acknowledge 'em

no one has the answer Never blame yourself or say to that. ↳ "Why do I have these thoughts?"

26. Be aware of ur thought → DECIDE → what you'll ignore and what you'll give importance to.
"YOU DON'T CONTROL ME"



ONLY FOCUS ON ONLY WHAT YOU CAN CONTROL automatically eliminates 99% of your thoughts.

useless thought → anything out of + without a useful purpose
↓
in control

FANTASIZING YOUR FUTURE ↓ unless → You're reflecting on a past decision

ASK YOURSELF: "IS THAT WORTH IT?"

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28. 2 Main types of Useful Thoughts -

- ① THINKING ABOUT HOW YOU CAN SOLVE PROBLEMS
- ② UNDERSTANDING KNOWLEDGE

29. Commit → to stop thinking about useless things.

↓
start taking control of ur life.

ALL THAT WORRYING ABOUT THE PAST & FUTURE IS
NOT GOING TO HELP YA. IT NEVER DID. AND IT
NEVER WILL.

30. we are very illogical beings → every person creates their own social reality

31. ATTENTION BIASES → our perception are affected by our thoughts.

our perception → determines our → • action
• decision

if u have -ve thoughts → you also have a -ve perception of life.

32. if you believe in

somethig → you'll do everything to prove you're not wrong

33. Your mind can't be trusted.

↳ avoid making decisions based on ↳ beliefs
obvious logic

34. you can't trust ur judgement

↳ own biases

no matter how much knowledge u have

35. if u want to think straight → discard all ur assumptions
only look at facts

36. AVOID ASSUMPTIONS AS MUCH AS POSSIBLE

↳ prefer to look back → & then draw conclusions.

37. NEVER WASTE YOUR THOUGHTS ON OTHER PEOPLE'S
ILL-INFORMED OPINIONS AND GUESSES.

38. DON'T BOTHER WITH CONVINCING PEOPLE WITH DIFFERENT
OPINIONS OF THE 'TRUTH'.

39. TAKE YOUR TIME TO THINK

↳ always better

↳ instead of you insert "I'll prove them!" → take a step
break and ask yourself - "Why do I have to come across
as smart?"

40. It's okay to say "I don't know". You can say that
to yourself.

41. When things are in future we're more likely to say yes.

↓

Train yourself: "Please give me a day or two to think about it."

42. Break is imp to get through a breakdown

↳ when you hit the wall (exhausted)

↳ everything seems useless, unreachable

↓
Life is lost.

all u need to do is to take break, rejuvenate & let
ur mind recover.

43. DRAW YOUR THOUGHTS

↳ Best thinkers → thought visually

↳ drawing frees your mind → from const verbalization

44. TAKE TIME TO REFLECT.

45. We become too dependent on something → when we give it
too much importance.

46. Never be cheap when it comes to buying imp things.

47. No matter what → if u have enough money to survive → you'll figure it out.
happens for 6 months

48. INVEST IN YOUR SKILLS. always
↳ it's naive to think we'll make money or able to find a job

Money is a replaceable resource → when you're out of it → you'll earn it back.

DON'T SPEND TOO MUCH TIME THINKIN ABOUT MONEY

49. Money Rules

- ① Don't buy shit you don't need.
- ② Save at least 10% of your monthly income.
- ③ Stay out of debt.
- ④ Invest your money in things that have a return.
- ⑤ Don't be stingy it's just Money!

50. Become aware of ur thoughts, observe 'em and let them go.

51. You don't need anything to relax but yourself.

52. We always limit ourselves by narrow & conventional thinking. We always want to stay in the box. That's bcz we never take a step back to look at larger picture

THINK OUTSIDE THE BOX .

Action > Thinking

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53. if you want to grow - financially, spiritually, mentally - you must review the details all the time

Never underestimate or overlook details if you want to do a job right.

54. "Create very basic & simple rules for wifey."

55. YOU DON'T REGRET WHAT YOU DID IN LIFE, YOU REGRET WHAT YOU DIDN'T DO.

56. Some things in life you must experience to know what they're like in reality. → no I can truly feel how it is to be an entrepreneur unless they start doing it.

57. Only way you can live with wifey → is to follow your strongest DESIRES } 58. You're successful if you never have the urge to relive the past.

59. When we hold on to a lot of things in the past, they form an obstacle to living in the present

only purpose to look @ past → to learn.

60. If things don't work out, it's not the end of the world, Make a decision, stand by it. Move on AND LOOK BACK TO LEARN. → look back but don't stare for long → LIFE HAPPENS NOW

61. if you want to do a job → DO it right or not at all.

62. Sometimes you have to think differently, and there are times you must stop thinking altogether.

63. Action follows thought → thinking → useless w/o action,

64. Beauty of life lies in small things not fancy affectionate.

STOP THINKING AND START FEELING.

65. ULTIMATE PRIZE IN LIFE



no matter what you experience in life, no matter what happen to you, your mind should stay CALM at all circumstances.

66. Just sit down → be one with → observation? and then ignore them.

Meditation ↑

67. "The greatest use of a life is to spend it on something that will outlast it".

68. If we live our life everyday with the idea in mind → that we should strive for doing / creating useful things that matters to others ↓

69. Don't Think, DO,

are end up

70. if you want to do something, do it, spending our time there is nothing else to it, whatever on things that actually you want to achieve, woke up everyday make a difference and go after it.