## Bet

You can take control of your life, or you can let the world bet for you.

You can’t help but think how to make your life better. You can leave it to chance or commit yourself to finding out which thoughts are right, and live that better life.

A commitment is the first step, but far from the last.

If you want your dreams to become real, listen to your doubts.

Then test them. The outcome will either move you toward your goal, or to adjust your expectations.

Winning means your reality is one step toward your goal. Losing is the wake-up call to be more realistic.

Betting is a protocol to guide you to reality, and, if you’re lucky, your dreams might fit in.

How real will your dreams get before you die?

### L1: Imagine

A stranger comes to your garden at the end of a long day, chopping his jaw. You look up.

“No really, consider it, right now. Imagine the most realistic, attainable, best life you could have. Imagine taking the first step and then stay with the thought. Listen to the fear that surfaces. For the moment, never mind how the world has gotten in your way. How are you in your own way?”

He seems to be in your way. He’s staring past your wet forehead.

“See your doubts with curiosity. Now bet on what you tell yourself you believe. Bet on overcoming them.”

You would like to say something like, ‘I don’t need to bet to better myself or know my doubts.’

But you mostly only think of frustration and say, “I appreciate the suggestion.”

“Let’s both bet. Name what you believe you can accomplish tomorrow, in terms of what you think holds you back most. If you make it happen before sun-up, you’ll be over the most daunting hurdle between you and your outcome. And I’ll give you the equivalent of your harvest, today. If you fail, you leave me today’s harvest.”

“Okay,” you say. And then this is exactly what you decide to tell him will help you, and show him who you are.

“The rocks on the far field. They’re on a slippery slope. To build the home I want, I need those rocks, but I’m afraid of falling. I’ve collected every rock on my land and I need those rocks. Tomorrow I’ll finish my foundation with rocks from the slippery slope.”

## Ideas

## BET

Betting is confronting  
costs, habits, unknowns and doubts that stand in the way of your wants and dreams. The time that passes and the status of your goal when it runs out are an intersection of reality: the world and you.

To name them, is to shed CHUD.

Every IDEA you hold is a BET with a rolling deadline, idiosyncratic successes and revisions.

A BET is a PLAN template for reconciling REALITY with CHUD, to accomplish GOALs.

Successes shorten your PLAN, and the distance to your GOAL. Failures imply CHUD.

Figure 2. Bet schema. CHUD is the consequence of a PLAN that simplifies the GOAL; both are updated when the deadline passes.

## C.H.U.D.

CHUD encompasses the changes in you, the world, and your goal for you to achieve it.

### COSTS

COST is the change needed - time (labor and resources) from your current state to accomplish a GOAL

### HABITS

Your dominant tendencies (FORCES). Bad HABITS are FORCES working against your GOALS. Good HABITS are ALIGNED with GOALS.

### UNKNOWNS

As long as you have not arrived at the goal, there are Unknowns. It is unclear if you can control it, but you can estimate it. Failures reveal DOUBTS.

The difference (error) between your Plan’s estimate of reality, and Reality.

### DOUBTS

Good DOUBTS temper an optimistic PLAN. Bad DOUBTS fuel bad habits and fantasies.

Fear, anxiety, and jealousy, reflect overestimation of UNKNOWNs. Resistance to change due to arrogance and ego reflect underestimation of UNKNOWNs.

To be **distracted** from or bored of your plan is - anxiety about your future. - discomfort toward present reality. - distrust in your past.

## Plans

### BETS

(BET) Name: - a step in your PLAN, - a **deadline** to achieve it, and - the C.H.U.D. for that duration.

Attempt to succeed, and document your efforts.

When the deadline arrives, take stock. - Revise your PLAN and CHUD based on your effort. - Start another BET or GOAL.

### UNK

Explore and learn where the line of control is, Expand control productively, and Let go of unhelpful attempts to control.

## L9: Doubt (Pandemic)

Imagine receiving the perfect email that meets your needs; addresses your fears, frustrations, paralysis. One that gives you the guidance only you could dream of.

**Task 1. 4m, 40w**

List things the email should include: feelings, tangible things, states, words of wisdom, anything you need to hear.

**Task 2. 4m, author name, revise**

Consider who could write this: a boss, a best friend, a stranger. Add an author, and revise as needed.

**Task 3. 15m, 200w**

Now write that email. Don’t worry about how or why “they would say this.” Focus on making sure the letter covers the things you NEED to hear.

**Task 4. 2m, “your name”**

Plot twist. Russia sends long range missiles that take out U.S. infrastructure including the internet. The government issues a full lockdown, and you’re home alone without netflix.

Two days in, an email appears on your computer.

It’s the letter! How is this possible? Slowly you realize, you must have written this letter. You did!

Add these words at the bottom of your letter:

“Respectfully, (your name)”

Read what you need to hear, in the true leader’s voice: yours.

**Task 5. 15m, 0w**

Your original author may have had the authority, resources, or information you don’t. For example, “Here’s 20 thousand dollars to build your classroom.”

revise to make the letter practical.

Some tips: 1. for resources you don’t have– money, time, influence– accept that indeed, you do not have power over these things, give up attempts to control, and welcome your feelings.

1. for guiding your behavior– decisions, actions, confidence– give permission to take action.

## Back to the Garden

The next morning you woke to a field in disarray and a letter. You had worked harder than you planned, and still fell short of your goal. “If you did more than you would have without the bet, you won something, including evidence that there is some commitment in you to make your dreams come true.”

The biggest reward is not a positive one: you should accept you failed, and, in part, due to a miscalculation. Such a failure suggests other aspects of your plan are likely misguided, and your goal is further than you estimate.

If you disagree, let’s bet again. Otherwise, to fix your miscalculated life plans, you’ll need  
the Intellectual Bootcamp.