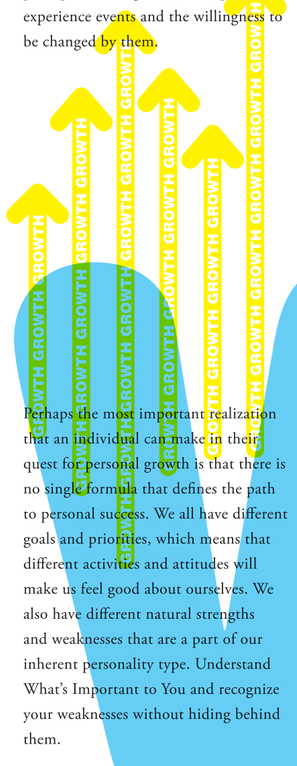
1. **Allow events to change you.** You have to be willing to grow. Growth is different from something that happens to you. You produce it. You live it. The prerequisites for growth: the openness to experience events and the willingness to be changed by them.



Perhaps the most important realization that an individual can make in their quest for personal growth is that there is no single formula that defines the path to personal success. We all have different goals and priorities, which means that different activities and attitudes will make us feel good about ourselves. We also have different natural strengths and weaknesses that are a part of our inherent personality type. Understand What's Important to You and recognize your weaknesses without hiding behind them.

2. **Forget about good.** Good is a known quantity. Good is what we all agree on. Growth is not necessarily good. Growth is an exploration of unlit recesses that may or may not yield to our research. As long as you stick to good you'll never have real growth.

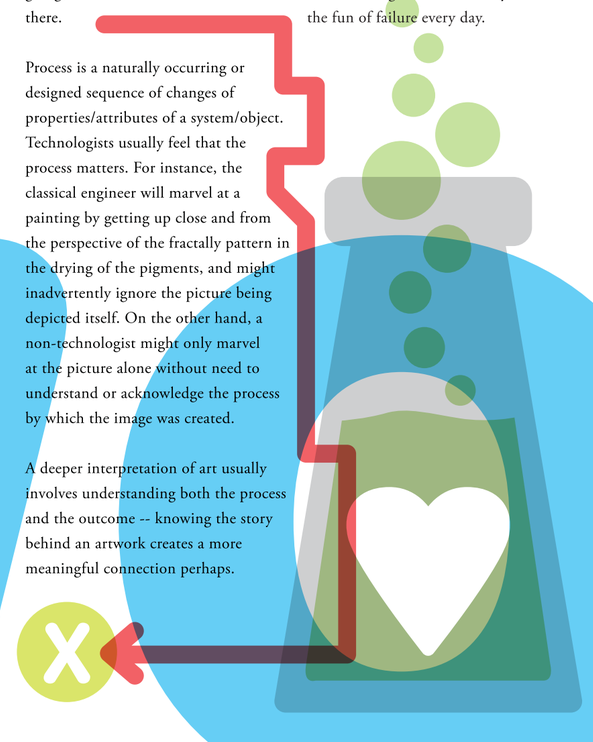
A valuable lesson to be learned is to behave as if you've reached where you want to be. You want to be a better soccer player, adopt the habits and obtain the mindset of a better player. You want to be a better developer, behave like one. This goes beyond simply visualizing your goals and has applications in many facets of life.

3. **Process is more important than outcome.** When the outcome drives the process we will only ever go to where we've already been. If process drives outcome we may not know where we're going, but we will know we want to be there.

Process is a naturally occurring or designed sequence of changes of properties/attributes of a system/object. Technologists usually feel that the process matters. For instance, the classical engineer will marvel at a painting by getting up close and from the perspective of the fractally pattern in the drying of the pigments, and might inadvertently ignore the picture being depicted itself. On the other hand, a non-technologist might only marvel at the picture alone without need to understand or acknowledge the process by which the image was created.

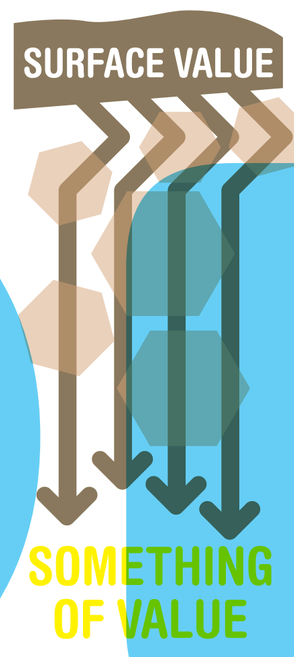
A deeper interpretation of art usually involves understanding both the process and the outcome -- knowing the story behind an artwork creates a more meaningful connection perhaps.

4. **Love your experiments** (as you would an ugly child). Joy is the engine of growth. Exploit the liberty in casting your work as beautiful experiments, iterations, attempts, trials, and errors. Take the long view and allow yourself the fun of failure every day.



5. **Go deep.** The deeper you go the more likely you will discover something of value.

Depth may describe any of a number of different concepts both abstract and concrete, and such concepts can be either qualitative or quantitative in nature.



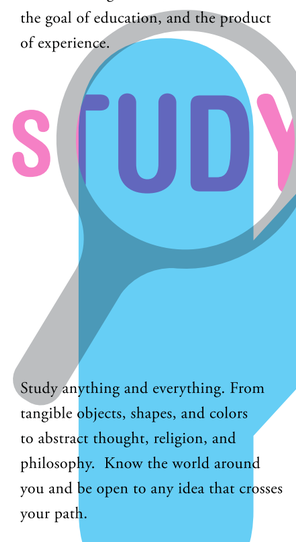
6. **Capture accidents.** The wrong answer is the right answer in search of a different question. Collect wrong answers as part of the process. Ask different questions.

These different questions will take you on different paths, creating various journeys that may end up with more "wrong answers." Asking different questions and learning from your mistakes builds you up as individual and will make you an excellent problem solver.

Problem solving forms part of thinking. Considered the most complex of all intellectual functions, problem solving has been defined as higher-order cognitive process that requires the modulation and control of more routine or fundamental skills. It occurs if an organism or an artificial intelligence system does not know how to proceed from a given state to a desired goal state. It is part of the larger problem process that includes problem finding and problem shaping.

7. **Study.** A studio is a place of study. Use the necessity of production as an excuse to study. Everyone will benefit.

To study means to acquire knowledge about a given subject, often by memorization or reading. Studying is the activity of a student. Be a student for the rest of your life. The Goal of studying is to learn and obtain useful knowledge. Learning is the acquisition and development of memories and behaviors, including skills, knowledge, understanding, values, and wisdom. It is the goal of education, and the product of experience.



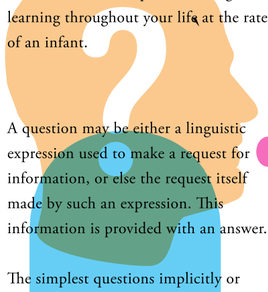
Study anything and everything. From tangible objects, shapes, and colors to abstract thought, religion, and philosophy. Know the world around you and be open to any idea that crosses your path.

8. **Drift.** Allow yourself to wander aimlessly. Explore adjacencies. Lack judgment. Postpone criticism.

Drifting is the act of exploration. Exploration is the act of searching or traveling for the purpose of discovery.

New discoveries are acquired through various senses and are usually assimiliated with preexisting knowledge and actions. Questioning is a major form of human thought and interpersonal communication, and plays a key role in discovery. With reference to science and academic disciplines, discovery is the observation of new phenomena, new actions, or new events and providing new reasoning to explain the knowledge gathered through such observations with previously acquired knowledge from abstract thought and everyday experience. Discovery is made by providing observational evidence and attempts to develop an initial, rough understanding of some phenomenon. Some observational discoveries lead to invention of object, process, or techniques. The process of discovery requires at least the awareness that an existing concept or method can be modified or transformed. However, some discoveries also represent a radical breakthrough in knowledge.

15. **Ask stupid questions.** Growth is fueled by desire and innocence. Assess the answer, not the question. Imagine learning throughout your life at the rate of an infant.



A question may be either a linguistic expression used to make a request for information, or else the request itself made by such an expression. This information is provided with an answer.

The simplest questions implicitly or explicitly request information from a certain range of alternatives. When information purporting to be that requested is presented back to the questioner, the question is said to be answered. The information thus presented is called an answer. Answers may be right or wrong. They are wrong if they present false information. If they present information from outside the profferred alternatives, they may be called wrong or simply inappropriate or irrelevant. This depends on the context, as do several other possibilities: Sometimes "I don't know" is an acceptable answer, sometimes even a right answer. An answer is the, or a, right answer, if it presents true information which falls within the determined range of alternatives.

16. **Collaborate.** The space between people working together is filled with conflict, friction, strife, exhilaration, delight, and vast creative potential.

Collaboration is a process that includes the recursive interaction of knowledge and mutual learning between two or more people working together toward a goal. Increased success in collaboration can occur through deliberate group setup, self-awareness and appropriate communication. Using forms, rubrics, charts and graphs, personal traits can be easily recorded and discussed, particularly within a team assembled for Problem solving.

The main barrier is the inability for collaboration teams to make effective decisions. This is because the diversity of viewpoints makes it hard for people to agree. Even if collaboration members do manage to agree they are very likely to be agreeing from a different perspective. This is often called a cultural boundary.

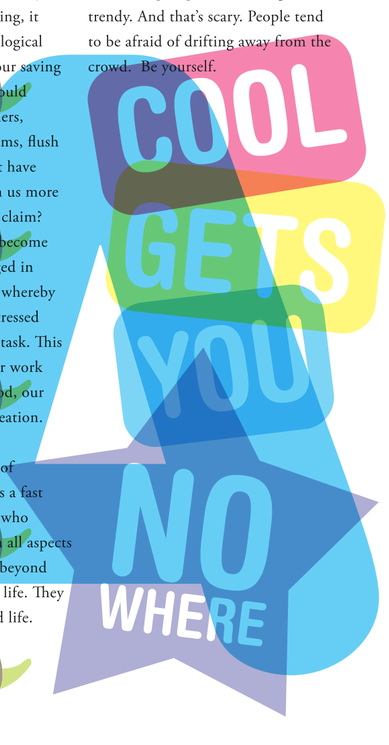
13. **Slow down.** Desynchronize from standard time frames and surprising opportunities may present themselves.

If you can slow down when all around you are speeding up, be proud. Why? Because if a thing is worth doing, it is worth doing slowly. Technological advances have resulted in labour saving devices for the home. Who would complain about vacuum cleaners, electric stoves, hot water systems, flush toilet, or the bread maker, but have these technologies really given us more time to enjoy life as was their claim? Or have we used this time to become even more busy. We are engaged in constant fast-forward motion whereby we are often overscheduled, stressed and rushing towards the next task. This rushing is not restricted to our work environment. We rush our food, our family time and even our recreation.

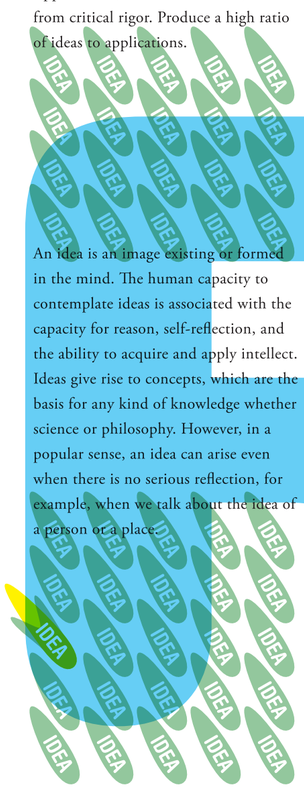
Some of us may take the step of downshifting. Downshifting is a fast growing movement of people who choose voluntary simplicity in all aspects of their life. Downshifters go beyond materialism – beyond the fast life. They downshift to a slow connected life.

14. **Don't be cool.** Cool is conservative fear dressed in black. Free yourself from limits of this sort.

Staying cool is difficult work. It requires constant upkeep and scanning of what's trendy. And that's scary. People tend to be afraid of drifting away from the crowd. Be yourself.



11. **Harvest ideas. Edit applications.** Ideas need a dynamic, fluid, generous environment to sustain life. Applications, on the other hand, benefit from critical rigor. Produce a high ratio of ideas to applications.



An idea is an image existing or formed in the mind. The human capacity to contemplate ideas is associated with the capacity for reason, self-reflection, and the ability to acquire and apply intellect. Ideas give rise to concepts, which are the basis for any kind of knowledge whether science or philosophy. However, in a popular sense, an idea can arise even when there is no serious reflection, for example, when we talk about the idea of a person or a place.

12. **Keep moving.** The market and its operations have a tendency to reinforce success. Resist it. Allow failure and migration to be part of your practice.

Persevere and preserve yourselves for better circumstances. Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.

You can't go through life quitting everything. If you're going to achieve anything, you've got to stick with something.

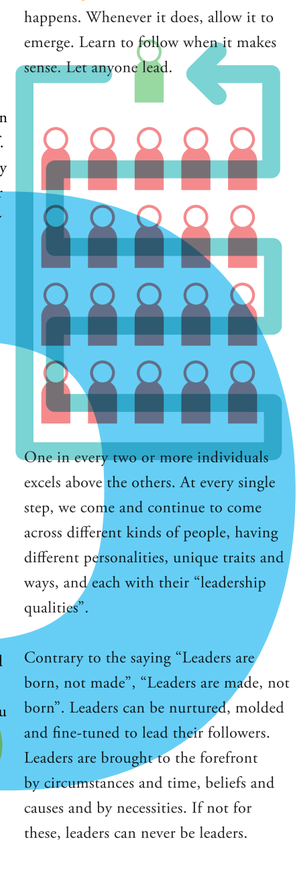
9. **Begin anywhere.** Not knowing where to begin is a common form of paralysis. So, begin anywhere.

The most appropriate starting point, and how best to frame it, will depend on the situation in which you find yourself. Starting somewhere will eventually leady you to the correct starting point of your problem. All starting points are equally valid. They begin where they are, often in the middle.

Our interests are a good starting point, maybe the best starting point. Your interests will keep you abreast on the subject, what information people would like to see, you speak the language of the audience, and most importantly, you would enjoy working on it.

Origin and outcome will never replace the experience you gain from finding both areas.

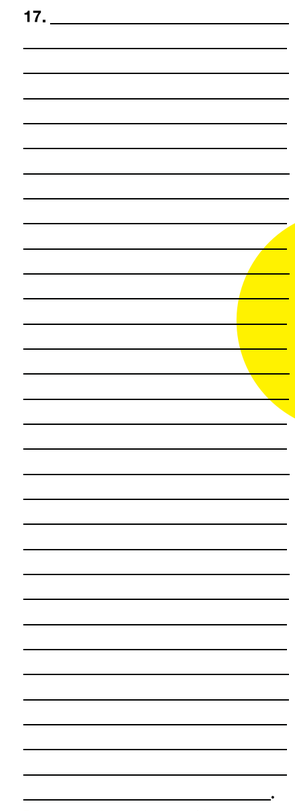
10. **Everyone is a leader.** Growth happens. Whenever it does, allow it to emerge. Learn to follow when it makes sense. Let anyone lead.



One in every two or more individuals excels above the others. At every single step, we come and continue to come across different kinds of people, having different personalities, unique traits and ways, and each with their "leadership qualities".

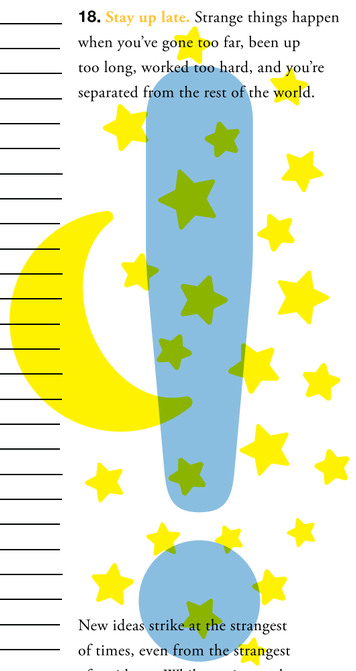
Contrary to the saying "Leaders are born, not made", "Leaders are made, not born". Leaders can be nurtured, molded and fine-tuned to lead their followers. Leaders are brought to the forefront by circumstances and time, beliefs and causes and by necessities. If not for these, leaders can never be leaders.

17. _____



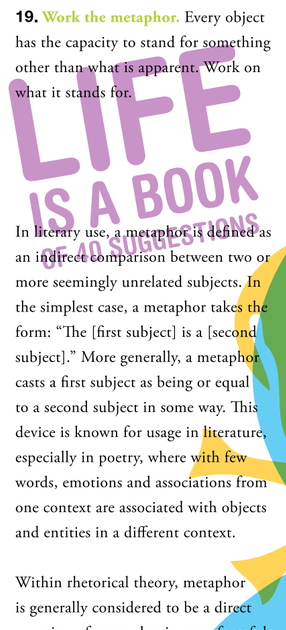
Intentionally left blank. Allow space for the ideas you haven't had yet, and for the ideas of others.

18. **Stay up late.** Strange things happen when you've gone too far, been up too long, worked too hard, and you're separated from the rest of the world.



New ideas strike at the strangest of times, even from the strangest of accidents. While staying up late sometimes produces these effects, do not rely on it. More importantly, don't give up after a straining yourself. This doesn't mean wait until the last minute to produce something. However, sometimes great ideas come to us at inconvenient times.

19. **Work the metaphor.** Every object has the capacity to stand for something other than what is apparent. Work on what it stands for.



In literary use, a metaphor is defined as an indirect comparison between two or more seemingly unrelated subjects. In the simplest case, a metaphor takes the form: "The [first subject] is a [second subject]." More generally, a metaphor casts a first subject as being or equal to a second subject in some way. This device is known for usage in literature, especially in poetry, where with few words, emotions and associations from one context are associated with objects and entities in a different context.

Within rhetorical theory, metaphor is generally considered to be a direct equation of terms that is more forceful and assertive than an analogy, although the two types of tropes are highly similar and often confused. One distinguishing characteristic is that the assertiveness of a metaphor calls into question the underlying category structure, whereas in a rhetorical analogy the comparative differences between the categories remain salient and acknowledged.

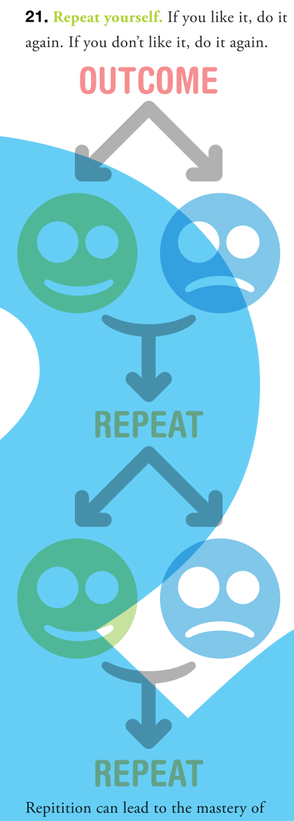
20. **Be careful to take risks.** Time is genetic. Today is the child of yesterday and the parent of tomorrow. The work you produce today will create your future.

Risk taking is an integral part of business and life, but so few people know how to manage it properly. The word risk has a slightly negative connotation to it — it implies danger, tension, and possible loss. But risk also has a positive side, the chance of hitting a big win, of getting more on the back side than you invest on the front side.

Now we all know it's generally a bad idea to take dumb risks, where your expected outcome is negative and the potential upside is very limited. But guess what… It's equally stupid to pass up an intelligent risk, where your expected outcome is positive and the potential downside is very limited.

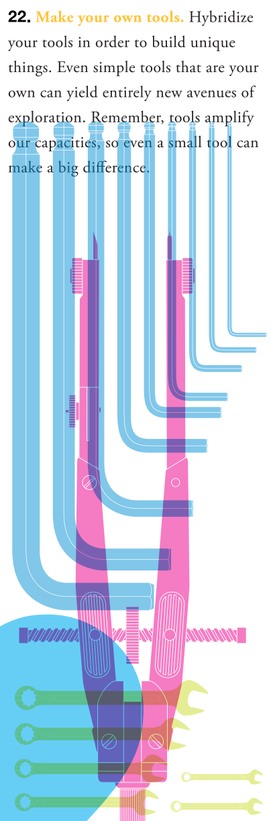
The most intelligent risks are those where the potential downside is limited, but the potential upside is virtually unlimited. Those are the risks you should jump to take.

21. **Repeat yourself.** If you like it, do it again. If you don't like it, do it again.

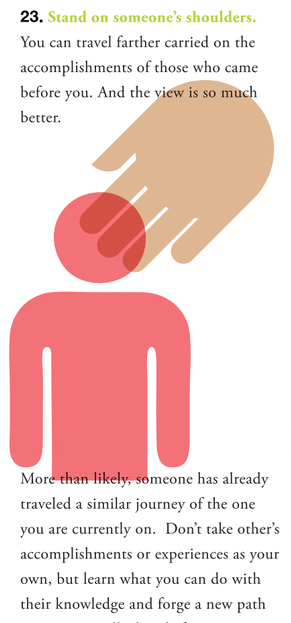


Repitition can lead to the mastery of a subject or skill. Like it or not, it is required for growth.

22. **Make your own tools.** Hybridize your tools in order to build unique things. Even simple tools that are your own can yield entirely new avenues of exploration. Remember, tools amplify our capacities, so even a small tool can make a big difference.



23. **Stand on someone's shoulders.** You can travel farther carried on the accomplishments of those who came before you. And the view is so much better.

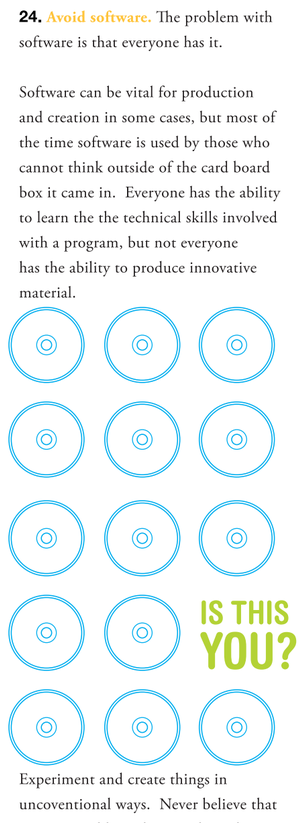


More than likely, someone has already traveled a similar journey of the one you are currently on. Don't take other's accomplishments or experiences as your own, but learn what you can do with their knowledge and forge a new path never once walked on before.

Very often, we find ourselves stuck in a bad situation. With a wavering determination, you feel like giving up. It is at such times, that you need to energize yourself with inspirational thoughts. Look at others. Let others help you move ahead and deal with your problems pragmatically.

24. **Avoid software.** The problem with software is that everyone has it.

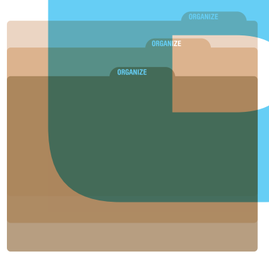
Software can be vital for production and creation in some cases, but most of the time software is used by those who cannot think outside of the card board box it came in. Everyone has the ability to learn the the technical skills involved with a program, but not everyone has the ability to produce innovative material.



Experiment and create things in uconventional ways. Never believe that it is impossible to do something due to what resources you have at hand.

25. **Organization = Liberty.** Real innovation in design, or any other field, happens in context. That context is usually some form of cooperatively managed enterprise.

In sociology "organization" is understood as planned, coordinated and purposeful action of human beings to construct or compile a common tangible or intangible product. This action is usually framed by formal membership and form (institutional rules). Sociology distinguishes the term organization into planned formal and unplanned informal (i.e. spontaneously formed) organizations. Sociology analyses organizations in the first line from an institutional perspective. In this sense, organization is a permanent arrangement of elements. These elements and their actions are determined by rules so that a certain task can be fulfilled through a system of coordinated division of labour.



26. **Think with your mind. Forget technology.** Creativity is not device-dependent.

Creativity (or creativeness) is a mental process involving the generation of new ideas or concepts, or new associations between existing ideas or concepts. From a scientific point of view, the products of creative thought (sometimes referred to as divergent thought) are usually considered to have both originality and appropriateness. An alternative, more everyday conception of creativity is that it is simply the act of making something new.

"Creativity, it has been said, consists largely of re-arranging what we know in order to find out what we do not know."

27. **Don't borrow money.** By maintaining financial control, we maintain creative control. It's not exactly rocket science, but it's surprising how hard it is to maintain this discipline, and how many have failed.

28. **Listen carefully.** Every collaborator who enters our orbit brings with him or her a world more strange and complex than any we could ever hope to imagine. By listening to the details and the subtlety of their needs, desires, or ambitions, we fold their world onto our own. Neither party will ever be the same.

1. Remove distractions. Turn off the television or radio and put down anything else you are reading or doing. Notice sounds around you, such as fans, ticking clocks and other nearby conversations.
2. Pay attention. Focus on what you are listening to, rather than what you are thinking or what you might say next. Try listening to one person or thing at a time.
3. Stop once in a while,and just listen to music. We are so used to having music in the background now that we don't often make it the sole focus. If it is appropriate, close your eyes and focus entirely on the sound.
4. Notice a person's tone of voice, mannerisms, manner of speaking, and habits. Keep quiet and let the other person talk. In a conversation, respond with questions, gestures and words that demonstrate that you are listening. Put yourself in the other person's shoes.

29. **Take field trips.** The bandwidth of the world is greater than that of your TV set, or the Internet, or even a totally immersive, interactive, dynamically rendered, object-oriented, real-time, computer graphic–simulated environment.

Get out of your house and your office and see the world. It is important to know what's around you, expose yourself to new cultures and imagery, and enjoy the beauties that every nation has to offer.

30. **Imitate.** Don't be shy about it. Try to get as close as you can. You'll never get all the way, and the separation might be truly remarkable.

Imitation is an advanced behavior whereby an individual observes and replicates another's. The word can be applied in many contexts, ranging from animal training to international politics.

In anthropology, diffusion theories explain why cultures imitate the ideas or practices of other cultures. Some theories hold that all cultures imitate ideas from one or a few original cultures, the Adam of the Bible, or several cultural circles that overlap. Evolutionary diffusion theory holds that cultures are influenced by one another, but that similar ideas can be developed in isolation.

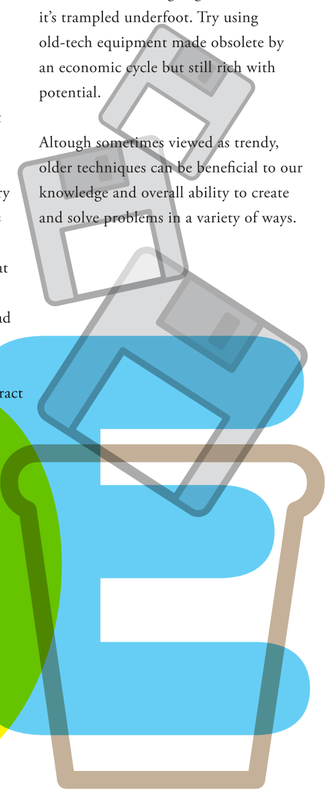
Immitation is good for practice and good for adopting new techniques. It is meant to be a tool for growth, not for stealing original ideas.

31. **Break it, stretch it, bend it, crush it, crack it, fold it.** Test things. Leaving your curiosty untested is not healthy.

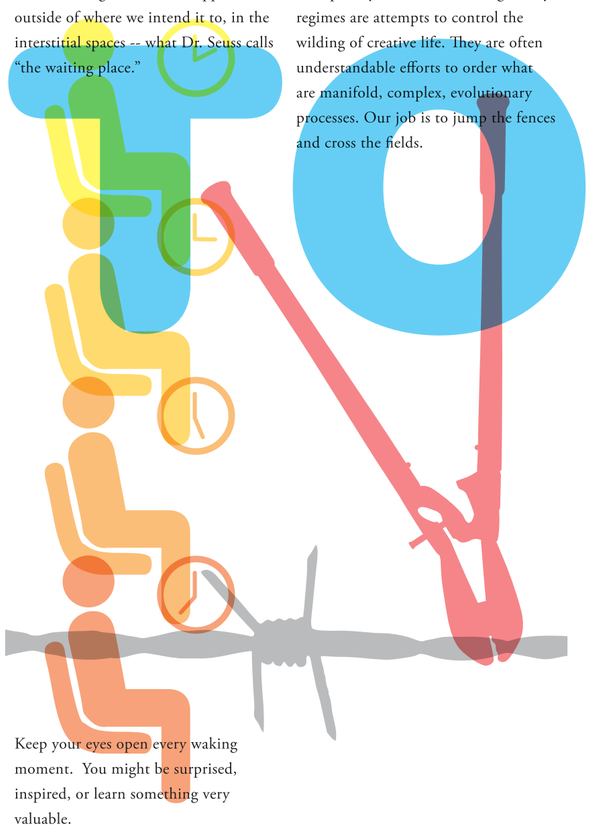
Curiosity is any natural inquisitive behaviour, evident by observation in many animal species, and is the emotional aspect of living beings that engenders exploration, investigation, and learning. Though humans are sometimes considered particularly very curious, they sometimes seem to miss the obvious when compared to other animals. What seems to happen is that human curiosity combined with the ability to think in an abstract way, lead to mimesis, fantasy and imagination - eventually leading to an especially human way of thinking which is abstract and self aware, or conscious.

32. **Explore the other edge.** Great liberty exists when we avoid trying to run with the technological pack. We can't find the leading edge because it's trampled underfoot. Try using old-tech equipment made obsolete by an economic cycle but still rich with potential.

Altough sometimes viewed as trendy, older techniques can be beneficial to our knowledge and overall ability to create and solve problems in a variety of ways.



33. **Coffee breaks, cab rides, green rooms.** Real growth often happens outside of where we intend it to, in the interstitial spaces -- what Dr. Seuss calls "the waiting place."



Keep your eyes open every waking moment. You might be surprised, inspired, or learn something very valuable.

34. **Avoid fields. Jump fences.** Disciplinary boundaries and regulatory regimes are attempts to control the wilding of creative life. They are often understandable efforts to order what are manifold, complex, evolutionary processes. Our job is to jump the fences and cross the fields.

35. **Laugh.** It's good for you and those that are surrounded by you. It's a part of staying healthy.

Laughter is an expression or appearance of merriment or amusement. Laughter is a sound that can be heard. It may ensue (as a physiological reaction) from jokes, tickling and other stimuli. Strong laughter can sometimes bring an onset of tears or even moderate muscular pain as a physical response to the act. Laughter can also be a response to physical touch, such as tickling, or even to moderate pain such as pressure on the ulnar nerve ("funny bone").

Laughter is a part of human behavior regulated by the brain. It helps humans clarify their intentions in social interaction and provides an emotional context to conversations. Laughter is used as a signal for being part of a group — it signals acceptance and positive interactions. Laughter is sometimes seemingly contagious, and the laughter of one person can itself provoke laughter from others. This may account in part for the popularity of laugh tracks in situation comedy television shows.

36. **Remember.** Growth is only possible as a product of history. Without memory, innovation is merely novelty. History gives growth a direction. But a memory is never perfect. Every memory is a degraded or composite image of a previous moment or event. That's what makes us aware of its quality as a past and not a present. It means that every memory is new, a partial construct different from its source, and, as such, a potential for growth itself.

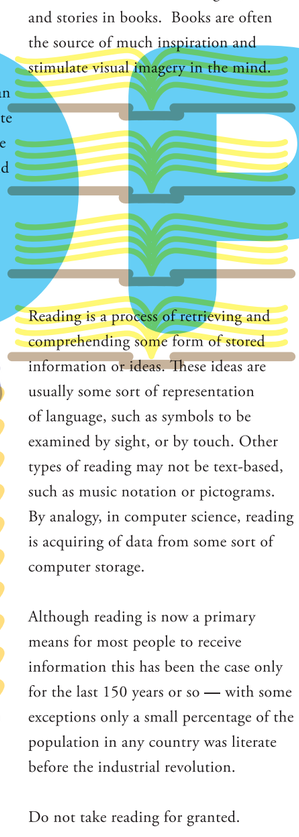
History is the study of past human events and activities. Traditionally, historians have attempted to answer historical questions through the study of written documents, although historical research is not limited merely to these sources. In general, the sources of historical knowledge can be separated into three categories: what is written, what is said, and what is physically preserved, and historians often consult all three. Historians frequently emphasize the importance of written records, which universally date to the development of writing.

37. **Write A lot.** It doesnt matter what kind of experience youe have or how fluid you are with words. Just start writing anything on your mind. This is sometimes refered to as stream of consciousness. Don't stop either. Set an alotted amount of time each day to write in a journal. Make your journal unique and something you enjoy looking at and opening each and every day.

It is good to have an outlet for your thoughts because as human beings we often forget what we think about, even more so in the busy world of today.

You don't know what you know until you try to express it.

38. **Read A lot.** Much is to be gained by others who write down thoughts, facts, and stories in books. Books are often the source of much inspiration and stimulate visual imagery in the mind.



Reading is a process of retrieving and comprehending some form of stored information or ideas. These ideas are usually some sort of representation of language, such as symbols to be examined by sight, or by touch. Other types of reading may not be text-based, such as music notation or pictograms. By analogy, in computer science, reading is acquiring of data from some sort of computer storage.

Although reading is now a primary means for most people to receive information this has been the case only for the last 150 years or so — with some exceptions only a small percentage of the population in any country was literate before the industrial revolution.

Do not take reading for granted.

39. **Exercise & Be Active.** Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight; building and maintaining healthy bone density, muscle strength, and joint mobility; promoting physiological well-being; reducing surgical risks; and strengthening the immune system.

Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as high blood pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression. Strength training appears to have continuous energy-burning effects that persist for about 24 hours after the training, though they do not offer the same cardio vascular benefits of aerobic exercises. Exercise can also increase energy and raise one's threshold for pain.

Exercise has been shown to improve cognitive functioning via improvement of hippocampus-dependent spatial learning, and enhancement of synaptic plasticity and neurogenesis. Physical activity is thought to have other beneficial effects related to cognition as it increases levels of nerve growth factors, which support the survival and growth of a number of neuronal cells.

40. **Power to the people.** Play can only happen when people feel they have control over their lives. We can't be free agents if we're not free.

Freedom is the ability to act without restraint. In the context of internal control, freedom is also known as self-determination, individual sovereignty, or autonomy.

The protection of interpersonal freedom can be the object of a social and political investigation, while the metaphysical foundation of inner freedom is a philosophical and psychological question. Both forms of freedom come together in each individual as the internal and external values mesh together in a dynamic compromise and power struggle; the society fighting for power in defining the values of individuals and the individual fighting for societal acceptance and respect in establishing one's own values in it.

Spiritually, freedom encompasses the peaceful acceptance of reality. The theological question of freedom generally focuses on reconciling the experience or reality of inner freedom with the omnipotence of the divine.