

# **7 Mental Models Everyone Must Download Into Their Brain:**

Swipe 



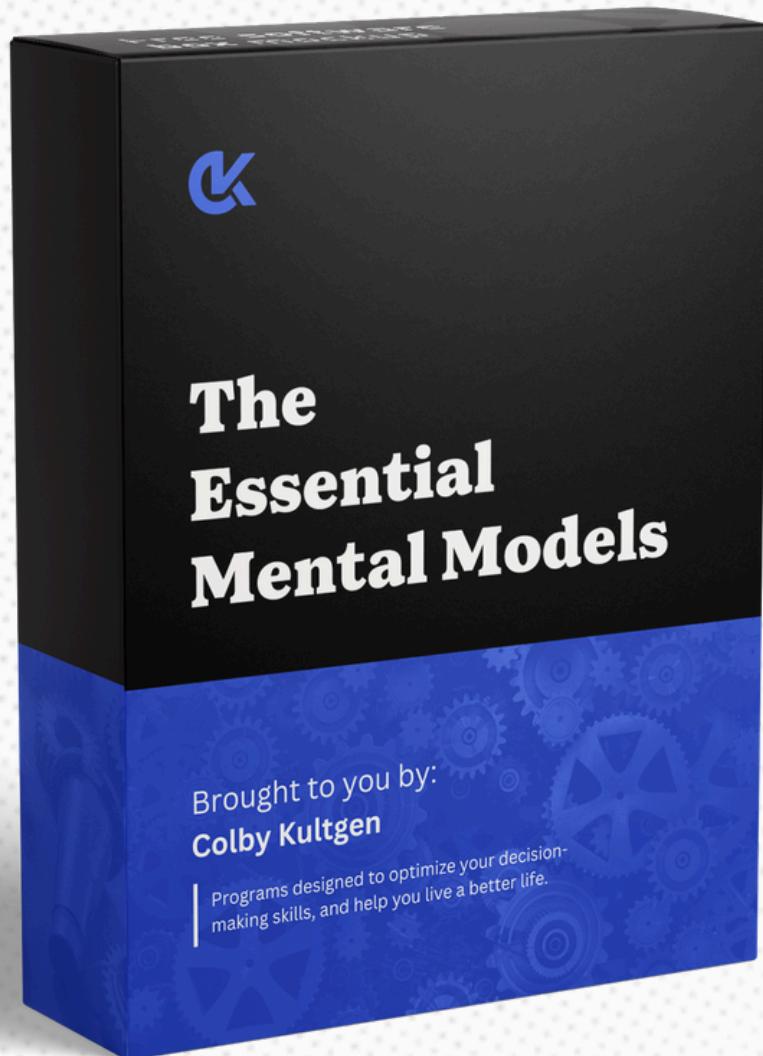
Mental models.

You've probably heard this term thrown around before.

**But what are they really?**

I like to think of them as our brain's **decision-making software**.

Essential frameworks that help us understand and navigate the world.



Here are 7 of my favorites:

# The Fosbury Flop

**Rebelling against conventional wisdom can sometimes yield massive returns.**

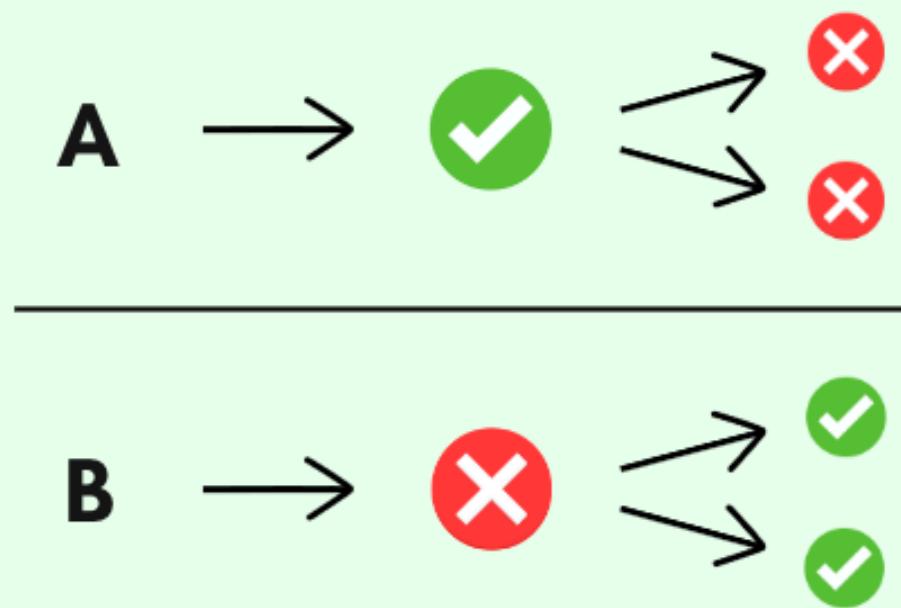
Dick Fosbury changed high jump forever when he decided to jump backwards, which went completely against the norm (jumping forward)



# Second-Order Thinking

**Considering not only the immediate effects of a decision, but also the potential long-term consequences.**

Example: When choosing a job, consider not only the salary, but also your long term fit with the company and opportunities for growth.



# Inversion Thinking

**Identifying things we SHOULDN'T do is often easier than identifying what we should.**

Instead of thinking: "What would make me happy?" Think: "What would make me miserable" and avoid those things at all costs.

"All I want to know is where I'm going to die so I'll never go there"

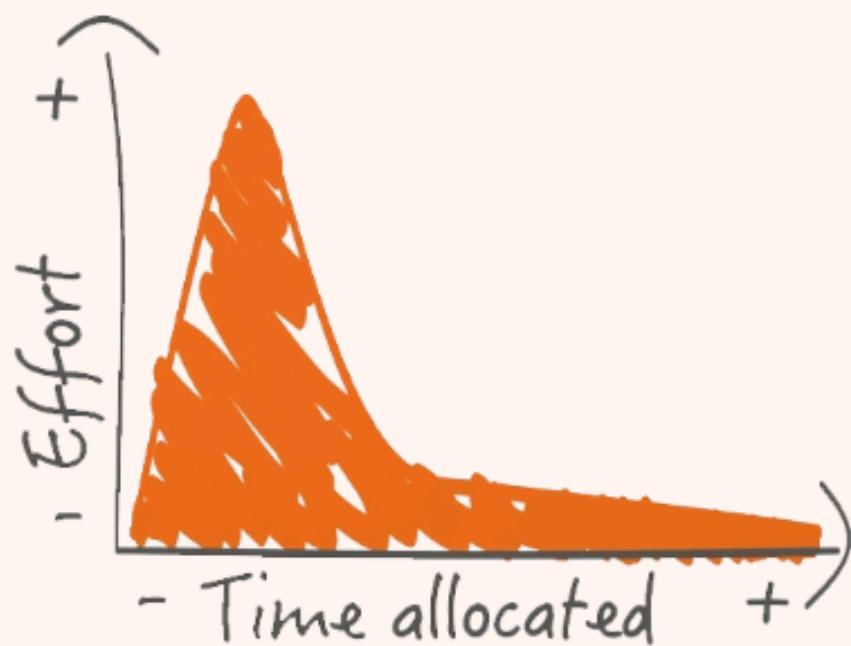


—Charlie Munger

# Parkinson's Law

**Work expands to fill the time allotted to its completion.**

Give yourself 3 days to complete a paper, it will take 3 days. Give yourself 3 hours and it will take 3 hours. Use deadlines to help you achieve your goals, not hinder them.



# Depth Over Width

**A deep understanding of a few key skills is more valuable than a shallow understanding of many.**

“I fear not the man who has practiced 10,000 kicks once, I fear the man who has practiced one kick 10,000 times.”

—Bruce Lee



# Regret Minimization

**Imagine being at the end of your life.  
Would you look back and regret not  
taking action on something now.**

"I knew that if I failed I wouldn't regret that, but I knew the one thing I might regret is not ever having tried."

—Jeff Bezos

In [X] years, will I regret **NOT** doing this?

**Yes**



(DO IT)

**No**



(LET IT GO)

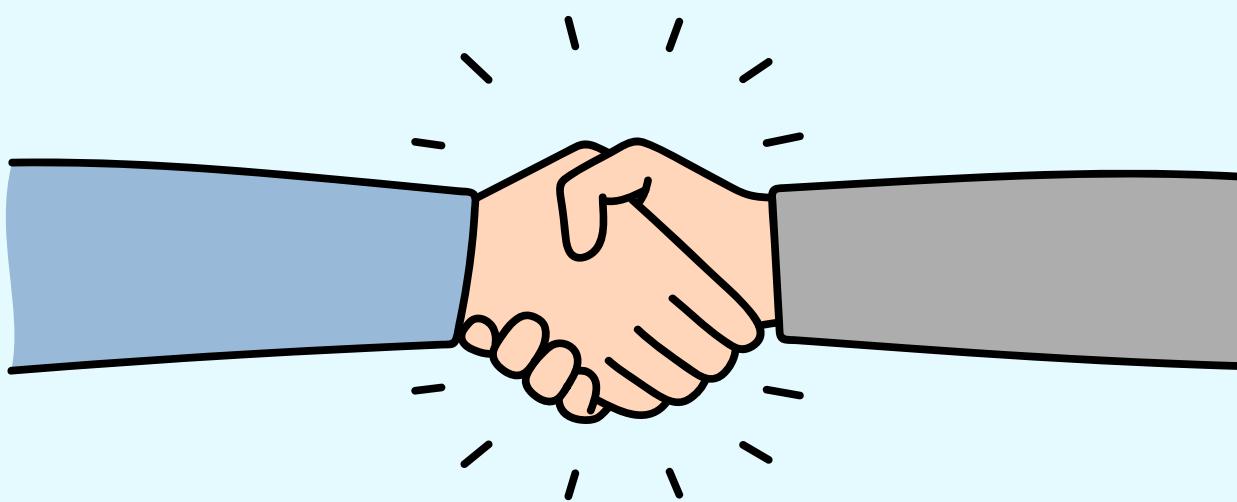


# Network Razor

**If you have 2 people you know that would benefit from an intro to one another—always do it.**

"Networks don't divide as you share them, they multiply"—Chris Williamson

h/t George Mack



# Want a 2024 Goal/Habit Tracker?

Introducing my **2024 Life Accelerator**.

[Click the link](#) in my bio to sign up  
and it will be sent to you RIGHT NOW.

JANUARY																													
DAILY REFLECTION		How would the person I wish to be act today?																											
MONTHLY GOALS		Learning		Social		Learning		Career		Spiritual		Social																	
		<input type="checkbox"/>	Sort out tax stuff	<input type="checkbox"/>	(type monthly goal)	<input type="checkbox"/>	meditate 20 times													<input type="checkbox"/>	(type monthly goal)								
WEEKLY GOALS		Learning		Social		Learning		Career		Spiritual		Social																	
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>														<input type="checkbox"/>			
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5 mins figuring it out		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Meditate for 1 minute		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk 5,000 steps		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make 1 cold call		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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REVIEW		What worked?				What didn't?				What can I change?				MONTHLY REFLECTION															
WEEK 1														0% Total Habits Completed															
WEEK 2																													
WEEK 3																													
WEEK 4																													