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Summary of “How to Innovate Your Life and Stand Out From the Crowd”

YouTube channel: Tom Bilyeu

Original Source

How to Innovate Your Life and Stand Out From the Crowd | Martin Lindstrom on Impact Theory ([YouTube](#) 55 mins)

Jottings

- Theme: Empathy for Opportunity
- Focus on What you stand for, a single word (helps to say know for other stuff)
- Creativity: ability to marry two things to produce a new one.
- Boredom is foundation for creativity.
- 3 Bank accounts:
 - for salary
 - for learning
 - for brand building
- Corporations will die soon, need personal brand to survive
- Cure for Depression: Touch!!, sense of purpose, friends.
- Get out of routine, change/transform a lot.





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- Bring common sense back. So much stupidity around.
- AI is running the show, we are losing common sense.
- Keep that phone [screen] away for half a day in a week [Digital Fasting]
- Be present.

The above summary was also posted in the Comments section of the original YouTube video.

