THE 10 RULES OF

ikigai

- 1. Stay active; don't retire.
 - 2. Take it slow.
- 3. Don't fill your stomach.
- 4. Surround yourself with good friends.
- 5. Get in shape for your next birthday.
 - 6. Smile.
 - 7. Reconnect with nature.
 - 8. Give thanks.
 - 9. Live in the moment.
 - 10. Follow your ikigai.

From the book Ikigai: The Japanese Secret to a Long

Slown

SLOWW.CO

qué será será

[ke se-rah se-rah] ph.

Whatever will be, will be. The future is not ours to see. Don't worry, if it's supposed to happen, it will. Taleb: anything done with explicit intent to improve one's status likely won't improve one's status.

After all, the most respected people achieved their status as a byproduct of doing something great, like pursuing ambition, honor, and integrity!



"Life is an improvisation.

You have no idea what's going to happen next and you are mostly just making things up as you go along." - Stephen Colbert,

Northwestern 2011

Life has a habit of laughing at your best-laid plans.

Let it flow - learn to improvise!

GRADUATION DAY

CLASS OF 2022

"Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you will never do the big things right." - Admiral McRaven, Texas 2014 Little things become big things. Take pride in the little things.

"You can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future." - Steve Jobs, Stanford 2005.

Life is uncertain. Have faith that your dots will somehow connect.





"You spend your whole life stuck in the labyrinth, thinking about how you'll escape it one day, and how awesome it will be, and imagining that future keeps you going, but you never do it. You just use the future to escape the present."



Story of my life What happened What I planned

Courage isn't just a virtue but all the virtues at their testing point. You can't do the right thing without courage. You can't acquire wisdom without courage.

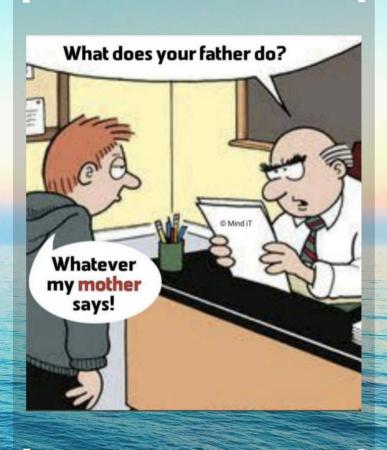
disciplined in a world of excess and temptation without

You can't be selfcourage.





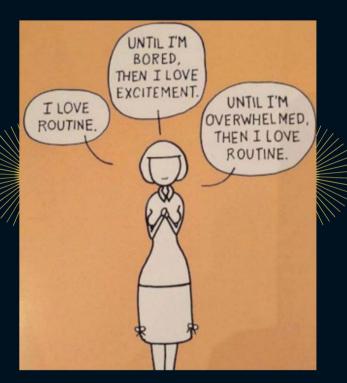
IF WE WATCHED COOKING SHOWS THE WAY GUYS WATCH SPORTS















COURAGE

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand.

It's when you know you're tricked before you begin, but you begin anyway and see it through no matter what -

'Atticus Finch' -Harper Lee - From the book - To Kill a Mocking Bird.





"Parkinson's Law dictates that a task will swell in (perceived) importance and complexity in relation to the time allotted for its completion.

It is the magic of the imminent deadline.

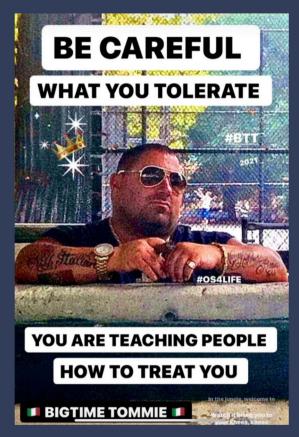
If I give you 24 hours to complete a project, the time pressure forces you to focus on execution, and you have no choice but to do only the bare essentials."

Excerpt from Tim Ferris Book

Right Diet



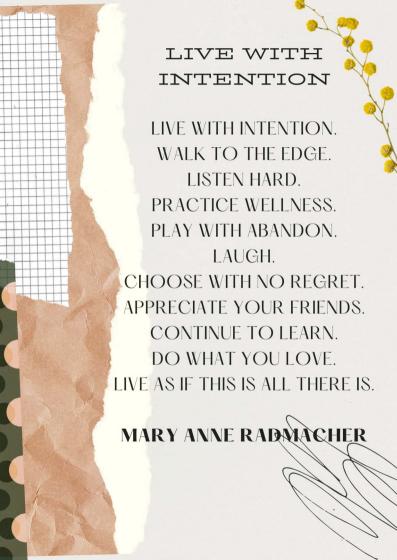




Yearly Appraisal



The ones who are crazy enough to think they can change the world. are the ones who do.



TO LIVE LIFE CREATIVELY!

"Be brave enough to live life creatively. The creative is the place where no one else has ever been.

You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you are doing. What you'll discover will be wonderful. What you'll discover

will be yourself."

- Alan Alda

Avoid the Conflict

I don't know who originally said it (it may have been Keanu Reeves), but I'm a big fan of the quote:

"I'm at the stage of my life where I keep myself out of arguments. Even if you tell me 1+1=5 you're absolutely correct, enjoy!" "SOFTWARE ENGINEERING HAS THIS IN COMMON WITH HAVING CHILDREN:

THE LABOR BEFORE THE BIRTH
IS PAINFUL AND DIFFICULT,
BUT THE LABOR AFTER THE
BIRTH IS WHERE YOU
ACTUALLY SPEND MOST OF
YOUR EFFORT."

-BETSY BEYER, CHRIS JONES,

NIALL RICHARD MURPHY,

JENNIFER PETOFF IN SITE

RELIABILITY ENGINEERING.

AF-FEC-TION

/əˈfekSH(ə)n

A gentle feeling of fondness or liking.

Sometimes, the world need to be full of affection to be able to enjoy living.

"How much could I lose?" is not merely a financial guestion.

If I make this choice:

- How much time could I lose?
- How much sanity could I lose?
- How much reputation could I lose?
- How much happiness could I lose?

Opportunity cost is about a lot more than money.

-James Clear

66

Very little grow on jagged rock.

Be ground.

Be crumbled.

So wild flowers will come up where you are.

You have been stony for too many years.

Try something different.

Surrender.

"

— Rumi

That brings me to the next important mechanism for happiness. Happiness has more to do with where you're heading than where you are. A person who is worth two billion dollars will feel sad if he suddenly loses one billion because he's moving in the wrong direction, even if the change has no impact on his ability to buy what he wants. But a street person will celebrate discovering a new Dumpster behind an upscale restaurant because it means good eating ahead. We tend to feel happy when things are moving in the right direction and unhappy when things are trending bad. The directional nature of happiness is one reason it's a good idea to have a sport or hobby that leaves you plenty of room to improve every year. Tennis and golf are two perfect examples.

How to Fail at Almost Everything and Still Win Big

Scott Adams



Safar meñ dhuup to hogī jo chal sako to chalo sabhī haiñ bhiiD meñ tum bhī nikal sako to chalo

kisī ke vāste rāheñ kahāñ badaltī haiñ tum apne aap ko khud hī badal sako to chalo

yahāñ kisī ko koī rāsta nahīñ detā mujhe girā ke agar tum sambhal sako to chalo

kahīñ nahīñ koī sūraj dhuāñ dhuāñ hai fazā khud apne aap se bāhar nikal sako to chalo

yahī hai zindagī kuchh khvāb chand ummīdeñ inhīñ khilaunoñ se tum bhī bahal sako to chalo

- Nida Fazali



ENTREPRENEUR AND INVESTOR BEN CASNOCHA HOW TO FIND OPPORTUNITIES:

"Every opportunity is attached to a person.

Opportunities do not float like clouds in the sky. They're attached to people.

If you're looking for an opportunity—including one that has a financial payoff—you're really looking for a person."

SOURCE: WHY ENTREPRENEURIAL THINKING IS FOR EVERYONE NOW

Author and writing teacher Julia Cameron on what it takes to improve:

"It is *impossible* to get better and look good at the same time.

Give yourself permission to be a **beginner**.

By being willing to be a **bad artist**, you have a chance to be an artist, and perhaps, over time, a very good one."

Source: The Artist's Way



"The art of life is to know how to enjoy a little and to endure much."

- William Hazlitt

leave your mark!

"Regard yourself as a cloud, in the flesh, because you see, clouds never make mistakes.

Did you ever see a cloud that was misshapen? Did you ever see a badly designed wave? No, they always do the right thing.

But if you will treat yourself for a while as a cloud or a wave, and realize that you can't make a mistake whatever you do.

Because even if you do something that appears totally disastrous, it will all come out in the wash somehow or another.

Then through this capacity you will develop a kind of confidence. And through confidence you will be able to trust your own intuition."

- Alan Watts

The Sufis advise us to speak only after our words have passed through three gates:

> Are these words **true**? Are they **kind**? Are they **necessary**?

-Eknath Easwaran



"Your mind is a suggestion engine. Every thought you have is a suggestion, not an order.

Sometimes your mind suggests that you are tired, that you should give up, or that you should take an easier path.

But if you pause, you can discover new suggestions. For example, that you will feel good once the work is done or that you have the ability to finish things even when you don't feel like it.

Your thoughts are not orders. Merely suggestions. You have the power to choose which option to follow."

0______0

Kālāma Sutta

Do not believe in anything (simply)
because you have heard it.

Do not believe in traditions because they
have been handed down for many generations.

Do not believe in anything because it is
spoken and rumoured by many.

Do not believe in anything (simply) because
it is found written in your religious books.

Do not believe in anything merely on the authority
of your teachers and elders.
But after observation and analysis,
when you find that anything agrees with reason
and is conducive to the good and benefit of one and all
then accept it and live up to it.

Buddha

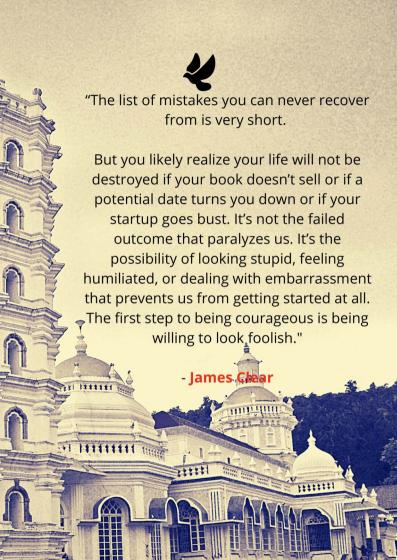
(Anguttara Nikaya, Vol 1,188 –193 P.T.S. Ed.)



THERE IS NOTHING WRONG IN LOOSING MONEY. BUT MONSTOROUSLY WRONG, IF YOU DON'T KNOW YOU ARE GOING TO LOSE MONEY.

First principle - Don't lose money - Buffet.

#BothareEuqallyright



A wise old owl lived in an oak.

The more he saw, less he spoke,

Less he spoke, more he heard,

Why aren't we all like, an old owl.



Rational Mind.

it fears failure.

EMOTIONAL MIND.

it fears being missed out. FOMO.

WHY WE FAIL TO RECOGNIZE OR FAILS TO ACT ON TROUBLES IN OUR LIVES, LOVE, INVESTMENT, CAREER AND ALLMOST IN ABOUT EVERYTHING:

CHILEAN SAYING!

Critizing the Musician is easy,
It is more difficult when you have guitar in your hand.



Arbitrary Stupid Goal

A goal that isn't too important makes you live in the moment, and still gives you a driving force. This driving force is a way to get around the fact that we will all die and there is no real point to life

But with the ASG there is a point. It is not such an important point that you postpone joy to achieve it. It is just a decoy point that keeps you bobbing along, allowing you to find ecstacy in the small things, the unexpected, and the everyday. What happens when you reach the stupid goal? Then what? You just find a new ASG.

"New goals don't deliver new results.

New lifestyles do.

And a lifestyle is a process, not an outcome.

For this reason, your energy should go into building better habits, not chasing better results."



EGO VS EGOMANIA

People talk about ego like it's a bad thing.

But our desire to do a good job, our selftrust, our willingness to dance with fearthese are fuel if used properly.

Egomania pushes us to ignore useful feedback, to bristle at input and to refuse to do the work to get better at our craft. It's actually a sign of fear and weakness. Ego strength.

on the other hand, "ego" makes us eager to learn more, engage with the market and figure out what it will take to have the project actually succeed.

Seth Godin

"It's usually more important to be in the right room than to be the smartest person in the room.

A person with great judgement and average intelligence will usually beat someone with great intelligence and average judgment.

Judgment is knowing what room to be in."

James Clear

Education

The engineer, Richard Hamming, on the purpose of education:

"Teachers should prepare the student for the student's future, not for the teacher's past."

SOURCE: THE ART OF DOING SCIENCE AND ENGINEERING



This two-hour meeting was almost as productive as a single, well-written email.



What it means to

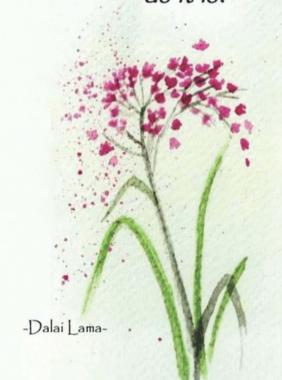
"live life to the fullest"

To live life to the fullest means facing your fears with bravery, an open mind, and a lack of prejudice. It means making the most of what you have and never settling for less than the life you are capable of living. It means being truly alive and awake to life and not asleep in life's waiting room.

Zero Dean

Author: Lessons Learned From The Path Less Traveled

True change is within; Leave the outside as it is.





2 Upanishad Quotes:

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny.

You are what your deep, driving desire is.

As your desire is, so is your will.

As your will is, so is your deed.

As your deed, is so is your destiny.

1 The Minds Journal

"FOR WHAT IT'S WORTH, IT'S NEVER TOO LATE, OR IN ANY CASE, TOO EARLY, TO BE WHATEVER YOU WANT TO BE. THERE'S NO TIME LIMIT. START WHENEVER YOU WANT. YOU CAN CHANGE OR STAY THE SAME. THERE ARE NO RULES TO THIS THING. WE CAN MAKE THE BEST OR THE WORST OF IT. I HOPE YOU SEE THINGS THAT STARTLE YOU. I HOPE YOU FEEL THINGS YOU NEVER FELT BEFORE. I HOPE YOU MEET PEOPLE WHO HAVE A DIFFERENT POINT OF VIEW. I HOPE YOU LIVE A LIFE YOU'RE PROUD OF, AND IF YOU'RE NOT, I HOPE YOU HAVE THE COURAGE TO START ALL OVER AGAIN." F Seal Filegerald Sometimes the fear won't go away, so you'll have to do it afraid.



Fake people are only nice when it's convenient for them or they usually have a hidden agenda. Genuinely nice people go

Genuinely nice people go out of their way to help others and they have an honest heart. Stick with the ones who never let you down and keep their promises. You can't fake that.

change

can be beautiful and scary at the same time.

You can be hurting and wondering what tomorrow will bring, but you can also be healing and happy.

Sometimes it's best not to question why you're feeling this way, but instead experience all of the emotions change may bring.. Change can be a beautiful, but scary process.

@MOULE_T TIFFANYMOULE.COM ies ym joseph captell

THANK YOU SO MUCH

- Thy

goodbye..?
oh no,please. Can't
we go back to page one
and do it all over
again?



WE ARE BEST FRIENDS.
ALWAYS REMEMBER THAT
IF YOU FALL, I WILL
PICK YOU UP ... AFTER I
FINISH LAUGHING.