



SAME LETTERS



JAMES BRIDLE

"Intelligence is not
something which exists,
but something one does..."



**Let's find what RISK,
we can
Measure.**

**And these are the
Risk,
We should be Taking.**

Nassim Taleb

Risk

“Education is the ability to listen to almost anything without losing your temper or your self-confidence.”

ROBERT FROST

Most geniuses—
especially those who lead others
— prosper not by deconstructing intricate
complexities
but
by exploiting unrecognized simplicities.

ANDY BENOIT

The most complex object in the known universe: brain, only uses 20 watts of power.

It would require a nuclear power plant to energize a computer the size of a city block to mimic your brain, and your brain does it with just 20 watts.

—@michiokaku, physicist,
author and futurist

Curiosity cures:

anxiety, ignorance, selfishness, extremism.

Curiosity creates:

empathy, compassion, knowledge, growth.

Curiosity prevents:

arrogance, judgment, stagnation.

Practice
curiosity.

By : Mark Manson



Morgan Housel  

@morganhousel

...

90% of individual investing is just "spend less than you make, diversify, be patient."

The other 10% is trying to speed that up, often to your detriment.

**THE LAW OF
REVERSED EFFORT:
THE HARDER YOU TRY,
THE HARDER YOU FALL**

There are many things in life that cannot be improved with greater effort.

Sometimes, life requires

Back Step You That
that you step back.

"Never criticize unless
you
have better solution."

"I believe that if you'll just stand up and go, life will open up for you." -

Tina Turner

If you wait to act until you feel motivated, you may never start. Motivation is a natural byproduct of movement. When in doubt, just start moving.

Paying Attention

Deciding what to pay attention to is hard, overlooked, and most important, it's a negative skill — it's about what you willfully ignore as much as what you actively seek out. Francis Crick, who discovered the double helix structure of DNA, was once asked what it takes to win the Nobel Prize. He responded: "Oh it's very simple. My secret had been I know what to ignore."

The purpose of a parent is to
raise confident, self-sufficient
kids.

Your job is to make yourself
obsolete.

@ Joseph Wells

DO WE EVER CONSIDER CALM
AS SKILL?

Few life **skills** are as neglected, yet as important, as the ability to remain calm.

Our very worst decisions and interactions are almost invariably the result of a loss of calm - and a descent into anxiety and agitation.

KNOW YOURSELF

In Ancient Greece, when the philosopher Socrates was asked to sum up what all philosophical commandments could be reduced to, he replied: 'Know Yourself'.

Self-knowledge matters so much because it is only on the basis of an accurate sense of who we are that we can make reliable decisions – particularly around love and work.

SELF

A satisfied life

is better than a
successful life. Because
our success is measured
by others, but our
satisfaction is
measured by our
own soul, mind
and heart.

Antoine de Saint-Exupéry's The Little Prince:

Here is my secret. It's quite simple:

One sees clearly only with the heart. Anything essential is invisible to the eye

“ Most men pursue pleasure with such
breathless haste
that they hurry past it.”

— Søren Kierkegaard

David Brooks makes the distinction between "resume virtues" and "eulogy virtues."

Resume virtues are things like income, job title, and the size of your house. Eulogy virtues are things like being helpful, being loved, being honest, and being remembered.

An irony is that many people aspire for the latter, but put all their effort into the former.

WABI - SABI PHILOSOPHY...

Nothing is PERFECT.

Nothing is Finished.....

Nothing last forever.

— Nobuo Suzuki

There is...

there is brave in soft.

there is wild in simple.

there is peace in thunder.

there are songs in stillness.

— Jenthe Emma

Quote : From Movie “ How I met your mother”.

“The great moments of your life won't necessarily be the things you do, but they'll also be the things that happen to you.

Now, I'm not saying you can't take action to affect the outcome of your life. You have to take action — and you will.

But never forget that on any day, you can step out the front door, and your whole life can change forever.”

"Deconstruct the cool things you see. - JAMES CLEAR

If you'd like to become a better musician and you see an amazing performance, start paying attention to how they do it. How did they promote the event? What happens in the first ten seconds of each song? How frequently are they engaging directly with the audience? Is there a progression of energy throughout the show?

When something fascinates you, pay attention to the details. The person who thinks, "That was cool" is a consumer. The person who thinks, "How did they make something that cool?" is on the path to being a creator.

Don't just taste the recipe, look for the ingredients."

"The future depends on what you do today."
— Mahatma Gandhi

Every action today makes the future a little easier or harder.
Do one thing today that makes tomorrow easier.

@ Shane Parrish

There's a fine line between persistence _ obstinance.

Persistence is refusing to give up on a difficult goal.

Obstinance is refusing to consider a different path.

Grit is not about banging your head against a brick wall. It's about looking for a way around the wall.

@ Adam Grant

We all seek status. Part of maturity is evolving how we pursue it.

1. Materialism: respect me for the possessions I own
2. Mastery: respect me for the excellence I achieve
3. Morality: respect me for the virtues I embody
4. Wisdom: the highest form of respect is self-respect

@ Adam Grant

"Persistence and variety. These are the two primary ways to develop great ideas or to solve important problems.

Keep leaning your head against a topic for a long time. Certainly for weeks, possibly for years. And along the way, try many lines of attack. Continue to generate options, explore paths, and propose silly ideas. Copy and paste concepts from widely different disciplines and see if it gets you anywhere. All the while, continue to refine the best solution you've found thus far. What looks like genius may simply be the byproduct of persistence and variety."

@ JAMES CLEAR



If you wait until you're motivated, you've already lost.

Surgeons don't always feel like doing surgery. Teachers don't always feel like teaching. Parents don't always feel like cooking. Firemen don't always feel like rushing into a burning building.

If you let motivation dictate your actions, inertia conspires to keep you in place.

Action creates progress. Progress creates momentum. Momentum creates motivation.



**Installing a Rolls Royce engine
in a Hyundai can make it
inoperable.**

- Russell Ackoff, A Lifetime of Systems Thinking

BUILD A GOOD NAME

“Build a good name. Keep your name clean.
Don't make compromises, don't worry about
making a bunch of money or being successful...
be concerned with doing good work and make
the right choices and protect your work. And if
you build a good name, eventually, that name
will be its own currency.”

- William S. Burroughs

Phase Transition



Complexity scientists refer to moments of radical change within a system as a 'phase transition'. When liquid water turns into steam, it is the same chemical, yet its behaviour is radically different. Societies too can undergo phase changes. Some moments feel abrupt, discontinuous, world-changing. Think of the arrival of Columbus in the Americas, or the fall of the Berlin Wall.

The rapid reorganisation of our society today is just such a phase transition. A phase transition has been reached, and we are witnessing our systems transforming before our very eyes. Water is becoming steam...

Why?

Toyota Way of thinking

"There is a puddle of oil on the factory floor. Why? The machine is leaking oil. Why? It has a broken gasket. Why? Because we bought gaskets made from a cheap material. Why? Because we got better pricing on them. Why? Because purchasing agents are rewarded and evaluated based on short-term savings rather than on long-term performance.

So what is the real issue and hence the specifications that the solution must satisfy? Is it the puddle of oil on the floor that could easily be swept away in less than two minutes and escape management's notice? Or is it the purchasing agents' incentives, which have resulted in buying faulty equipment and must therefore be changed?

Sweeping away the oil will address surface issues but won't prevent the problem from recurring, whereas a new purchasing rule will."

MARK TWAIN TO
CORNELIUS VANDERBILT
THEN RICHEST PERSON IN
THE WORLD

How I pity you, and this is honest. You are an old man, and ought to have some rest, and yet you have to struggle, and deny yourself, and rob yourself restful sleep and peace of mind, because you need money so badly. I always feel for a man who is so poverty ridden as you.

Don't misunderstand me, Vanderbilt, I know you have \$70 million. But then you know and I know, that it isn't what a man has that constitutes wealth. No — it is to be satisfied with what one has; that is wealth.

PHILOSOPHER EPICURUS ON DESIRE *GREEK

"Do not spoil what you
have by desiring what
you have not;
remember that what
you now have was once
among the things you
only hoped for."

Offline is the new peace of mind



The truth is — love exists in so much more than a romantic partner. *Love is everything around you.* And I hope you learn how to open your eyes to that. I hope you find love in every aspect of your life. I hope you find it tucked into early morning sunrises and the smell of your favourite places. I hope you find it strung between the laughter you share with friends, I hope it bounces off of you when you hug the people you care for, I hope it swells within your ribcage whenever you hear your favourite song or discover something that moves you. I hope you fall in love with growth, and change, and the messiness and the beauty of making mistakes, and becoming exactly who you want to be. I hope you find love in places that were once devoid of it, in places within yourself that you could have been softer to, kinder to, in the past. Because if there is one thing I have learned, it is that love is so much more than a human being who holds your heart. Love is everything around you. *It is everything.*

WEALTH

BUILDING WEALTH IS A **SKILL**.

A SKILL ANYONE CAN MASTER GIVEN ENOUGH
TIME AND A RELENTLESS DESIRE TO LEARN AND
WORK HARD.

NATHAN BARRY, THE LADDERS OF WEALTH CREATION: A STEP-BY-STEP
ROADMAP TO BUILDING WEALTH

Listen to yourself.

If your body is telling you to avoid certain foods and eat more fruits and veggies, DO IT. If your gut feeling is telling you to distance yourself from certain people and get closer to those who have a positive aura to them, DO IT. If your heart is telling you to travel, start this project, spend more time in nature, take a break, read this book, be with that person, GO FOR IT. Your higher self knows what's best for you, so don't ignore the message.

“

”

**‘Be yourself’ is the worst advice.
Especially when you’re young,
you don’t know what your self is.**

**It’s good to have a role model—
a template that you can find
your own authentic self within.**

– Steve Martin

"It is impossible for a
man to learn what he
thinks he already knows"

-Epictetus



FS
@farnamstreet

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To win, you have to avoid losing.

The first thing chess masters do after an opponent makes a move isn't to think about strategy or winning but rather to ask themselves: what's the threat?

Avoid stupidity before seeking brilliance.

HOPPING THROUGH LIFE ON ONE LEG

"IT DOESN'T MATTER HOW SENSITIVE YOU ARE OR HOW DAMN SMART AND EDUCATED YOU ARE, IF YOU'RE NOT BOTH AT THE SAME TIME, IF YOUR HEART AND YOUR BRAIN AREN'T CONNECTED, AREN'T WORKING TOGETHER HARMONIOUSLY, WELL, YOU'RE JUST HOPPING THROUGH LIFE ON ONE LEG. YOU MAY THINK YOU'RE WALKING, YOU MAY THINK YOU'RE RUNNING A DAMN MARATHON, BUT YOU'RE ONLY ON A HOP TRIP. THE CONNECTIONS GOTTA BE MAINTAINED."

– TOM ROBBINS



**8 Japanese
Techniques to
Overcome Laziness:**

1. Ikigai

- Discover your purpose in life.
Determine the reason you wake up each morning.
- Choose something that aligns with your strengths, passions, and the needs of the world.
- This is what gives life meaning.

2. Kaizen

- Focus on small improvements every day.
- You don't have to do everything at once, just aim to make progress little by little.

3. Pomodoro Technique

- Work for 25 minutes, take a break for 5, then repeat. This helps you stay focused and avoid burnout.
- It's a game-changer for productivity!

4. Hara Hachi Bu

- Don't stuff yourself!
- Eat until you're 80% full and you'll feel more energized throughout the day.
- Plus, you won't have to unbutton your pants after lunch

5. Shoshin

- Approach tasks with a beginner's mindset. Don't worry about being perfect or having all the answers -
- just be open to learning and trying new things.

6. Wabi-sabi

- Embrace imperfection!
- Instead of stressing over every little detail, focus on what's important and find beauty in simplicity.
- Done is better than perfect, so go ahead and take action!

7. Forest Bathing

- Spend time in nature!
- It's scientifically proven to reduce stress and improve your mood.
- Take a walk in the park, breathe in fresh air, and let nature recharge you.

8. Kakeibo

- Make a budget and stick to it.
- When you have your finances in order, you'll feel less stressed and more motivated to tackle your other goals.

The Joy Of

Cherry blossoms blooming. Birdsong in the morning.
Lazy Sundays curled up with a good book. A cup of tea
on a cold day. Sunshine after a deluge of rain. The smell
of the earth after a terrible storm. Making someone you
love smile. Making someone you love laugh so much
they are breathless. A drink with your best friend.
Baking a cake from your grandmother's recipe. Hearing
your favourite song on the radio. A small miracle showing
up to save the day. Silly dances with your friends. Showing
your niece how dandelions fly. Recognising the constellations
by name in the night sky. A walk in the woods at spring time.
Midnight conversations. Finding your people. Knowing that
some days you get to live so deeply, that the world doesn't
feel like a wound. Knowing that some days are so bright that
instead of finding a lucky penny, you found the whole moon.

- *Nikita Gill*



nikita_gill ✓

You will not know a last time
until long after it has happened.
The last time you felt the warmth
of your mothers hug.
The last time your father was able
to lift you up and carry you
on his shoulders.
The last time you shared
half an orange
with you brother.
Or that last late night
conversation with your best friend.

Perhaps if we knew which ending
was forever,
we would linger a little longer
in each moment.
We would look at it
like a diamond
held up to the sunlight.
Treasuring all the beautiful
colours it brought into our lives.

- *Nikita Gill*

JAMES CLEAR

**"WE WANT SOLUTIONS, BUT
WHAT WE REALLY NEED
ARE ATTITUDES.**

YOU DON'T NEED ABS, BUT
RATHER AN ATTITUDE OF
TRAINING.

YOU DON'T NEED THE ANSWER,
BUT RATHER AN ATTITUDE OF
CURIOSITY.

YOU DON'T NEED AN EASIER
LIFE, BUT RATHER AN ATTITUDE
OF PERSEVERANCE.

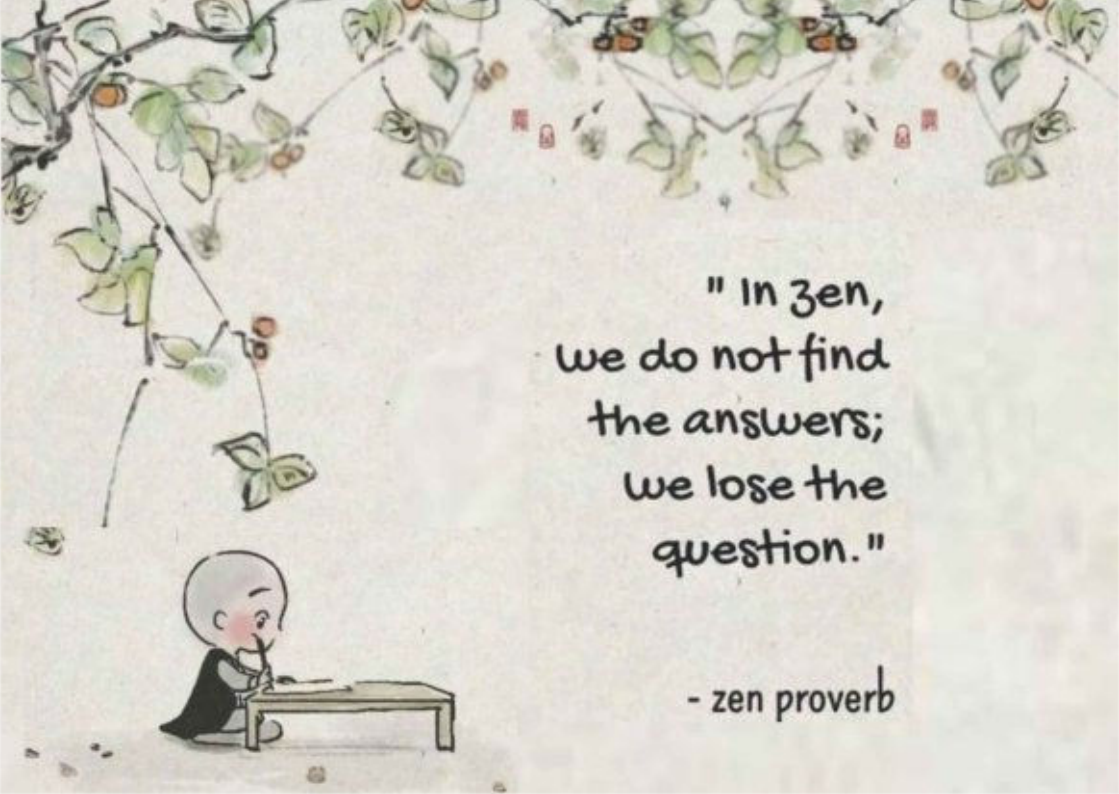
**ATTITUDE PRECEDES
OUTCOME."**

Richard Feynman

ON CURIOSITY

The power of curiosity in problem-solving.

“[Problem solving] has to do with curiosity. It has to do with people wondering, ‘What makes something do something?’ And then to discover, when you try to get answers, that they’re related to each other. The things that make the wind make the waves, and the motion of the water is like the motion of air, [which] is like the motion of sand.”

A traditional Chinese ink wash painting. At the top, there are branches with green leaves and small orange fruits. In the center, a small figure of a person is visible, possibly a scholar or a monk, standing in a garden. The background is a light, textured surface. The text is written in a simple, handwritten style in the center-right of the image.

" In Zen,
we do not find
the answers;
we lose the
question."

- zen proverb



"ONE VERSION OF CONFIDENCE
IS: I'VE GOT THIS FIGURED OUT.

ANOTHER VERSION IS: I CAN
FIGURE THIS OUT.

THE FIRST IS ARROGANT AND
CLOSE-MINDED. THE SECOND IS
HUMBLE AND OPEN-MINDED.

BE HUMBLE ABOUT WHAT YOU
KNOW, BUT CONFIDENT ABOUT
WHAT YOU CAN LEARN."

@JAMES CLEAR

Resilience



ALISTAIR URQUHART, A WWII DRAFTEE WHO SPENT OVER 700 DAYS AS A JAPANESE PRISONER. MOST OF THAT TIME HE SPENT NAKED, IN THE JUNGLE, DOING FORCED LABOR WHILE BATTLING VARIOUS DISEASES.

THEN HE WAS PUT ON A JAPANESE DEATH SHIP, WHICH WAS SUNK BY A TORPEDO. ALMOST EVERYONE ABOARD DIED, BUT NOT THIS GUY. HE SPENT FIVE DAYS ADRIFT AT SEA BEFORE BEING CAPTURED AGAIN AND FORCED TO WORK AT A CAMP SEVERAL MILES FROM NAGASAKI. HE WAS THERE ON THE DAY THE BOMB WAS DROPPED AND WAS KNOCKED TO THE GROUND FROM THE SHOCK WAVE.

HE WAS ULTIMATELY RESCUED AFTER THE WAR ENDED, AT WHICH POINT HE WEIGHED ONLY 83 POUNDS!

THIS IS THE BEST EXAMPLE OF RESILIENCE, GRIT, AND OVERCOMING ADVERSITY THAT I'VE EVER HEARD. IT'S AN INCREDIBLE, INSPIRING, AND NEARLY UNBELIEVABLE STORY.

CHANGE

CHANGE AS SKILL-BY KARIM LAKHANI,
HARVARD BUSINESS SCHOOL PROFESSOR



The best companies will be the ones that can understand how change becomes a skill. If you think about change as a skill, what does that mean? Skills require acquisition of the skills. You've got to invest in learning. What does it mean to change? It requires practice. You've got to keep changing as well. And it requires adjustment. Those elements I think will become a key part of the ways in which leaders need to adapt to this world.

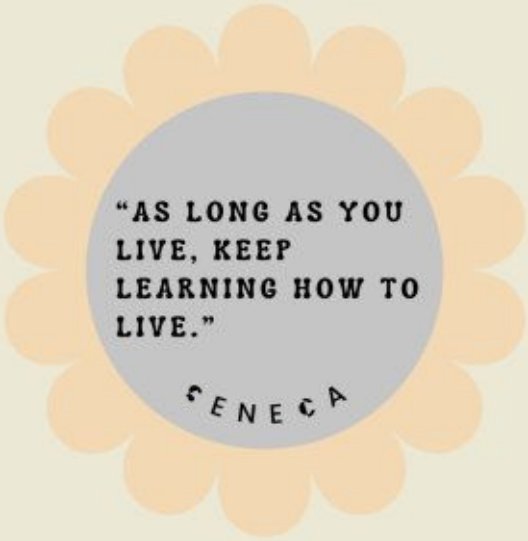


I think the hardest thing for
a mother is to make it
possible for a child to be
independent and at the
same time let the child know
how much you love her, how
much you want to take care
of her, and yet how truly
essential it is for her to fly
on her own.

— MADELINE ALBRIGHT

Hang in there Mama ♥

BY ALI FLYNN



**"AS LONG AS YOU
LIVE, KEEP
LEARNING HOW TO
LIVE."**

SENECA



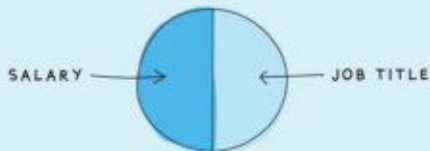
Nassim Nicholas Taleb

@nntaleb

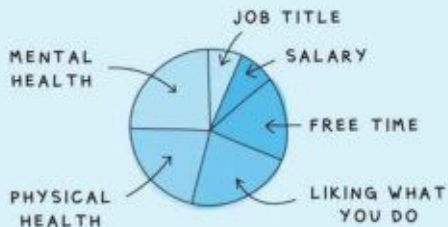
TRUE WEALTH (2nd Ed)

Woriless sleeping
Clear conscience
Reciprocal gratitude
Absence of envy
Foamy coffee
Crusty bread
Inexperienced enemies
Frequent laughs
No meals alone
No gym classes
Gravel bicycling
Good digestive functions
No Zoom meetings
Periodic surprises
Nothing to hide: financial and fiscal tranquility
Muscular strength & endurance
Ability to nap
Access to a hammock

HOW WE'RE TAUGHT TO MEASURE SUCCESS



A BETTER MEASURE




TWO THINGS
FOR YOU TO
THINK ABOUT

MARK MANSON

There's no such thing as a good or bad emotion—only good or bad reactions to an emotion.

Anger can be productive.
Disappointment can be educational.
Frustration can be transformative.
Happiness can be misleading.

Focus less on the emotion itself and more on how you choose to react to it.

A black and white photograph of a young child standing in a narrow, debris-strewn alleyway. The child is wearing a light-colored jacket and dark pants, and is holding a small, light-colored dog. The alleyway is filled with trash and rubble, and the walls are made of rough, weathered stone or brick. The overall mood is one of poverty and hardship.

Nothing in this world can
take the place of persistence.
Talent will not; nothing
is more common than
unsuccessful people with talent.
Genius will not; unrewarded
genius is almost a proverb.
Education will not; the world
is full of educated derelicts.
Persistence and determination
alone are omnipotent.
The slogan "press on"
has solved and always will solve
the problems of the human race.
– Calvin Coolidge



यह "अच्छा" है



यह "बुरा" है



यहाँ अच्छे में भी
कुछ बुरा है



यहाँ बुरे में भी
कुछ अच्छा है



यह "जीवन" है

The Pizza Principle - Seth Godin

GOOD PIZZA IS RARE, EVEN THOUGH
THE METHOD TO CREATE IT IS WELL
KNOWN.

ANY EFFORTS TO MAKE IT MORE
CONVENIENT, CHEAPER OR EASIER
WILL ALMOST ALWAYS MAKE IT
WORSE.

IF YOU THINK THIS POST IS ABOUT
PIZZA, I'M AFRAID THAT WE'RE
ALREADY STUCK.

Any
MONEY

that is not making you
MORE MONEY

will end up costing you
MONEY

Remember that when you are
afraid of making investments.

HOW TO BECOME AN INVESTING BUDDHA**

Vishal Khandelwal, safalniveshak.com

ZERO DEBT

- Leverage often destroys

SATISFICING

- Capital preservation is key
- Aim for adequate (not supernormal) return

LONG HORIZON

- Give compounding time to work

MENTAL FRAMEWORK

- View the market not as a place to make quick money, but as means to achieve realistic financial goals
- Be willing to accept mistakes and fix them
- Be at peace with your decisions, stay detached from the outcome, and accept whatever the outcome is

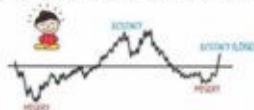


WILLINGNESS TO HOLD CASH

- Cash equals optionality
- Cash equals antifragility

EQUANIMITY, ABILITY TO IGNORE NOISE

- Calmness and composure, especially in difficult situations
- Ability to control envy, fear of missing out

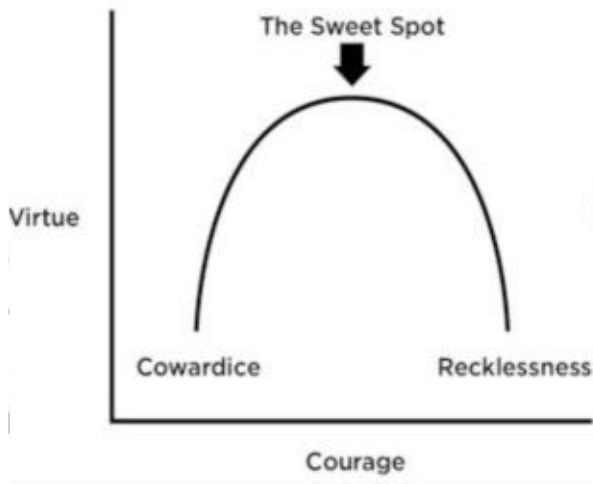


ENJOY THE GAME

- Work with inner scorecard
- Learn from your and other people's mistakes
- Do not aim to beat anybody at it

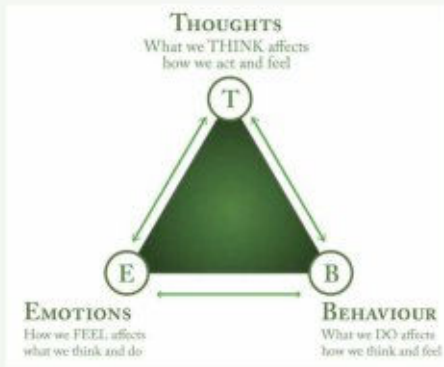
(** Buddha - Awakened one)

Aristotle's Rule of Golden mean



You may replace , virtue by wisdom and courage by risk.

CBT - Cognitive Behaviour Therapy



In cognitive behavioral therapy, there's something called the dynamic triangle: How you think affects how you act and feel, how you feel affects how you think and act, and what you do affects how you think and feel. Identify, which is driving you, thoughts, emotion or your behaviour.

- CHINESE PROVERB

"Tension is
who you think
you should be.
Relaxation is
who you are."

Author Karl Ove Knausgard on being fully immersed in life:

"What makes life worth living? No child asks itself that question. To children life is self-evident. Life goes without saying: whether it is good or bad makes no difference. This is because children don't see the world, don't observe the world, don't contemplate the world, but are so deeply immersed in the world that they don't distinguish between it and their own selves."

CIRCLE OF LIFE

STAY YOUNG

Me when a helicopter passes

AGE 10



AGE 40

