
LIFE GUIDE

22 Actions To A Better Life

Find Your Strengths - Get In Shape - Learn Faster - Look Your Best
Manage Your Money - Record Your Life - Focus - Improve Self-Esteem
Build Discipline - Improve Relationships -
And More...



BASIC GROWTH
CREATING YOURSELF

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"...I see all this potential, and I see squandering. God damn it, an entire generation pumping gas, waiting tables; slaves with white collars. Advertising has us chasing cars and clothes, working jobs we hate so we can buy shit we don't need. We're the middle children of history, man. No purpose or place. We have no Great War. No Great Depression. Our Great War's a spiritual war... our Great Depression is our lives. We've all been raised on television to believe that one day we'd all be millionaires, and movie gods, and rock stars. But we won't. And we're slowly learning that fact. And we're very, very pissed off."



rtm

The Life Guide - 22 Essential Laws For Thriving In The Modern World

"Our brains are battlefields between our nature and our nurture". - Carlo

Your brain is in many ways un-adapted to the times you live in.

In our modern day and age we no longer have to struggle to survive since our basic needs have become pretty much guaranteed. Because of this our instincts no longer tell us what's best for us and we fall into what Viktor Frankl described as "an existential vacuum".

We've become detached from direction and fill up our spare-time as plant-zombies living a 9-5 death grind.

We resort to stimulation or sedation to fill up the remaining emptiness leading to boredom, addiction, depression, aggression and even suicide.

Not a pretty picture.

Technology is going crazy, population is expanding at an enormous rate whilst fossil fuels can barely keep up our throwaway society. Additionally, our brains simply can't keep up with the cultural trends in many different areas of our life; mainly socially, economically and physically

Additionally, the labor economy has been replaced by a knowledge society where women have become increasingly self-reliant and independent which has obscured the traditional gender roles and has led to frictions between men and women.

Women can't seem to find a "real man" and man can't find "feminine" women. Sexual frustration, identity confusion, divorce, feminism, exaggerated masculism and inequality galore.

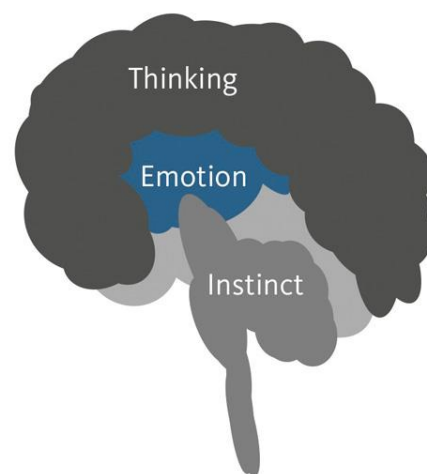
How many of our daily problems aren't caused because we've strayed too far from our "natural" way of living?

Is all progress beneficial?

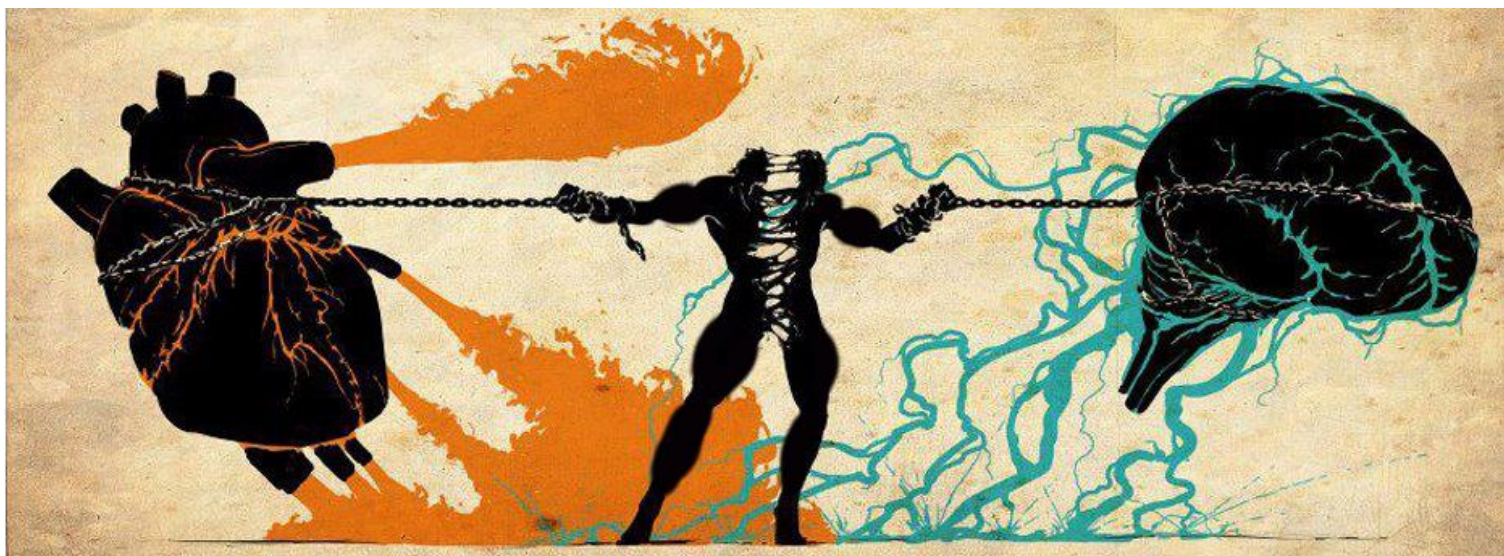
- The food you eat and what you consider "healthy" is being indoctrinated by multinationals - not what's actually good for you.
- Doctors treat symptoms instead of causes to raise pharmaceutical profits. Leading to a "Pill-popping society"
- Your fulfilled needs have led to a pointless existence - which gets filled up by addiction, depression, boredom and other dysfunctional behaviors.
- The intellectual work you do, reduces the amount you use your body, leading to long-term (irreversible) damage.
- Relationships and marriages break down because of miscommunication, power struggles and commitment issues.
- We work unskilled "safe" 9-5 jobs and ~~work~~ slave away at our desks for the remainder of our life to pay off your ever-increasing debt (because of blind consumerism that has tricked us into buying shit we don't need)
- ...

Yet, it doesn't have to be this way. All these problems arise because **we've never been taught** how to deal with them, (A problem I believe should've been addressed in school a long time ago)

The problems arise because we're confused between what our **instincts** tell us to do, what we **intellectually** think is the best choice and the pressure of **social conformity** to "comply" to the herd.



This makes your thoughts divided (understatement)

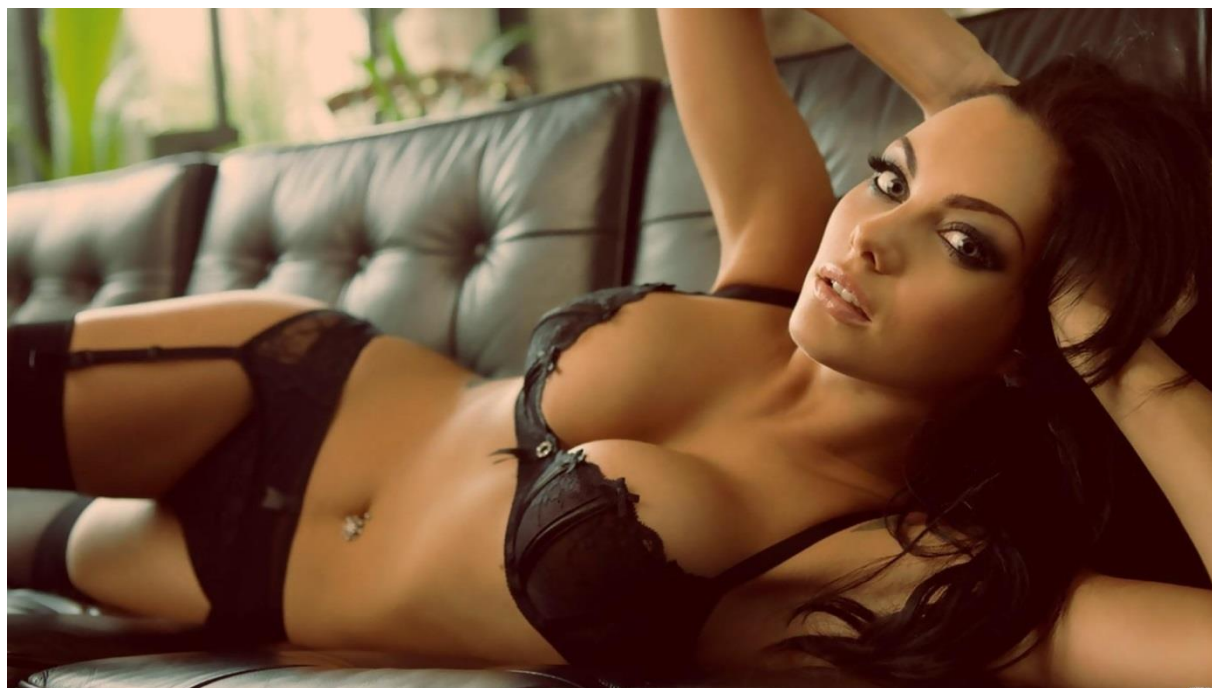


Every day is a battle.

On the one hand you're just following your instincts by trying to simply survive and reproduce as much as possible. And – don't take me wrong - **you should chase sex and resources.**

But just to a certain extent.

Money and sex are essential – and often of primary importance. But not the final answer to life, at least not like it's being propagated.



Not the answer.JPG

(works great for keeping your attention)

Intellectually you'll eventually desire something more.

This goes by many names; self-actualization, becoming the strongest version of yourself, living "the good life", becoming enlightened and whatnot.

How can we really thrive in this new world of 7.2 Billion People and get the most bang for our buck out of our life?

In this book I'm going to share 22 condensed, practical tips that will exponentially increase your life quality. It's an overview of the best advice I've picked up until this day.

Consider this a “survival guide” for thriving in our modern society.

Why Is This Important?

The world is speeding up faster and faster and getting more and more competitive by the day and you don't want to be left behind, right?

It has become more and more important to take charge of your own mind, develop deep domain expertise and have some clear direction in your life. If not – you're simply not going to cut it anymore.

This book is about responsibility. Meaning you accept the fact that **you're 100% responsible for your life quality.**

Every. Single. Part.

Your finances, your social relationship, your health, your happiness. Any corruption of thought you allow in your mind ~~can~~ **will** lead to bad actions which in turn reduce your life quality.

- You're overweight because you gave away to group pressure at family dinners
- Your relationships don't work out because you haven't learned how to attract women and improve your relationship.
- Your friends don't want to meet up with you anymore since you; don't text them anymore, aren't open/honest or just have an overall boring life.
- You're poor because you haven't been able to position yourself according to your strengths and keep buying stuff you don't actually need.
- You're unconfident because you allow yourself to be.
- ...

This stops now

By learning from the ones that came before us we're able to make better decisions in the now. It allows us to "stand on the shoulders of giants" and tap into the collective wisdom of great minds that have come before you.

I don't claim to know everything (see [step 14](#)). Far from it. I believe no-one truly has life all “figured out”.

We all work with what we've got to make better decisions in our life. Most share/impose/dump their convictions and experiences unto others.

In the end that's all we can really do. This book contains all (most) of mine

Defining “A Great Life”

So...

You're looking to maximize your life quality right?

What does “a great life” even mean?

I've come to the conclusion there are 6 different, key aspects to living a fulfilled and happy life in our current society.

1. **Creating A Strong Mindset** (Building high self-esteem & cultivating a positive outlook on life)
2. **Fulfilling Your Basic Needs** (Establishing a baseline of health, wealth & social relationships)
3. **Finding Meaning** (Find a meaningful occupation to provide value for others, something to truly “live for” – whether this is in people or work)
4. **Flow** (Find an activity(ies) in which you can “lose yourself”)
5. **Growth** (Consecutive achievement of personal goals through focusing down on what matters most and staying motivated)
6. **Novelty/challenge** (Fulfillment in life comes from varied life experiences. Stop your life from growing “stale”)

In this book I'll go over how to tackle the majority of these components. Let's be clear here;

Staying Engaged in life at all costs is the **most important** thing you should be doing.

It's not chasing money, not chasing pussy, not growing your popularity nor social status that makes us feel alive.

Engagement, excitement, challenge, novelty, meaning is what you need.

This also means removing **everything** that gets you away from that “nice clean focus”- mindset. Most escape the feeling of apathy/emptiness with temporary escapes that reduce your life quality exponentially;

Here's some of my standard guidelines for life that prohibits escapes and face my life head-on;

- NO TV, **Ever** (Unless pre-defined movies)
- NO unnecessary social media (**Call** your friends instead – you **won't miss out on others' "adventures"**)
- NO alcohol/drugs
- NO stimulants
- NO porn, **Ever** (It will decrease your desire for real sex. It poisons and desensitizes your mind/sex-life)
- NO video games, EVER. It's an escape from your life NOT relaxation
- NO blind consumerism (Don't buy shit you don't need/can't afford. Spend money on other people, events and assets)
- I wouldn't recommend masturbation neither – it makes you lazy. Yet suppression isn't good neither. Use sparingly- Dry orgasms are best
- **NEVER SETTLE**

Just nice, clean focus to **really** feel awake & alive. This way you can't "escape" and will be forced on creating something better for yourself.

Let's go.