

Self Improvement

Habits / Productivity

7 things that (quickly) cured my procrastination

4-5

How to Design Your Life

7-8

Life Advice

21 Tips for My 18-Year-Old Self

2-3

How to Find your Passion

6

How growing up ruined my life

Animedoro
Josh Chen

11/1/2021
AP History

Animedoro

- 40-60 min work, 1 ep of anime
- works w/ any ~20 min ep show
- let natural flow of work determine stop time

Shitty Draft

- 1st pass: brute force as much work as possible
little regard for quality
- 2nd pass: edit work, fix mistakes
- work is less intimidating, unlikely to procrastinate
↳ "I need to write the second half of this essay"

vs.

"I need to edit this essay"

11/1/2021 21 Tips for My 18-Year-Old Self
Ali Abdal

What game are you playing?

- what are the win conditions?
- are you still playing the same game?
- do you want to keep playing this game?
- keep checking in every few months

Long-term:

- POSTURE!!
- take more photos
- document notes/thoughts of consumed media
 - ↳ books, articles, podcasts
 - ↳ how do I feel? what have I learned?
- connect people / friends
 - ↳ take the first step
- make an effort to go to events
- get a doormat
 - ↳ encourage people to come in and talk
- just don't be mean
- buy some bitcoin and NEVER sell it
- nothing good happens after 2 am
- do a bit of studying every day
- "Seek forgiveness rather than permission"
 - ↳ just do it
- stop worrying about what others think of you
 - ↳ they really don't care
- "how hard is this really?"
- ok to skip lectures
- ok to fall behind on work
 - ↳ catch up on holidays

- find sources of passive income
 - ↳ get experience of monetizing product
- enjoy the journey
- work together w/ friends, share openly
- don't worry about stuff out of your control

Recommended Resources

- "Make it stick: The Science of Successful Learning"
- "The 4-Hour Workweek" by Tim Ferriss
- "How to Study for Exams"
- Masterclass by Ali Abdal

11/27/21 7 things that (quickly) cured my procrastination
Better Ideas

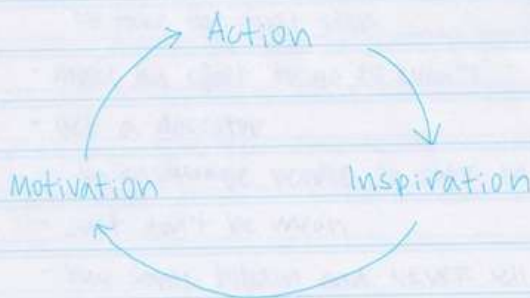
① Eat the Frog

- eat the frog first thing in the morning
- ↳ don't ruin rest of day worrying
- eat the bigger frog first

② The 3-2-1 Rule

- "I have to do this thing. 3, 2, 1, go do it!"
- psychological momentum
- ↳ counting (easy) ⇒ task (hard)

③ The "Do-Something" Principle



endless loop
you can start anywhere

- motivation/inspiration are unpredictable
- START w/ ACTION
- "do something, anything"

④ Purge your Physical Surroundings

- chaotic environment \leftrightarrow distracted mental state
- clean surroundings when it's hard to be productive

⑤ Purge your Digital Surroundings

- notifs grab attention, pull you out of a focused work state
- are you the master of your life, or is Zuck?

⑥ Stare at one thing for 60 seconds

- at the distance you'd be doing work from
- don't break eye contact
- breathe deeply
- focused eyes = focused brain

⑦ Confront your Distractions Before Working

- for when you're worn out (last resort)
- set a timer (15 ish min)
- INTENTIONALLY engage w/ distractions

2/24/22 How to Find Your Passion
Improvement Pill

① Change Dopamine Source
◦ motivation, pleasure

PAST	PRESENT
<ul style="list-style-type: none"> ◦ Creation ⇒ dopamine <ul style="list-style-type: none"> ↳ building, farming, art ↳ eventual passion ◦ Creation <ul style="list-style-type: none"> ↳ only creation becomes passion 	<ul style="list-style-type: none"> ◦ dopamine is too common <ul style="list-style-type: none"> ↳ internet, shows, etc ↳ main sources ◦ consumption <ul style="list-style-type: none"> ↳ addiction

forces you to create for dopamine ← reduce dopamine from consumption

② Expose Yourself to Different Forms of Creation

- go through list of hobbies
 - ↳ try them out one at a time

③ Turn your Physical Surroundings

How to Design Your Life ModernHealthMonk

4/18/22

① The Vision/Design

- "what is the coolest thing that could happen in the next 5 years?"
- Yearly - "coolest thing that could happen this year"
 - ↳ hypothetical perfect year, habits
 - ↳ physical paper on desk
 - ↳ review twice per day
- pocket journal for ideas
 - ↳ changes in thinking, ideas, hunches, etc.
 - ↳ carry around everywhere
- weekly journal page (reflection)
 - ↳ where are you?
 - ↳ where do you want to be?
 - ↳ are your habits sufficient?
- page for 5 years from today
 - ↳ "I don't know how I'll make it happen, but it will happen, for sure."
 - ↳ puts trajectories in brain
 - ↳ regularly review this page!

② The Daily Habits

- break goals down into daily habits, then FORGET THE GOAL
 - ↳ achievable, concrete habits
- 3 goals per year, 3 habits per goal
 - ↳ keep track on yearly page
- every week, reflect on habits:
 - ↳ "how often did I do this?"
 - ↳ "Is this working for me?"

③ The Follow Through

- make sure you actually do these things!
 - ↳ have someone/something hold you accountable
- use intuition to see if you're on track
 - ↳ "do you like where you're headed?"
 - ↳ "does everything feel "right"?"
 - ↳ "am I proud?"

How growing up ruined my life
Alivia D'Andrea

2.22.24

① The Problem

- only respecting the "ideal" version of yourself ties self worth to appearance, unsustainable
- insecure goal → unhealthy pressure → toxic patterns

② The Solution

- make peace w/ all versions of yourself
 - ↳ worthy all along, regardless of standards
- self-worth ≠ self-confidence
 - ↳ should be unwavering regardless
 - ↳ belief that you are worthy of love
- acknowledge current reality w/o judging it
 - ↳ "it's okay"