

LIFE NAVIGATION BOARD (LNB)

- Compass of Life -



Life Philosophy

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Life Philosophy

'A strong man is a man with a strong philosophy of life. And this one is strong - only when it's true. I believe that there is only one true philosophy - and we are only discovering it. We don't create it - but we discover it. '

Jarosław (JARO) Makosz

In this simple and short brochure - I'll help you organize your life. Whoever you are and at any point in your life you may be, this book is for you.

Whether you are a person who has gone through a series of trials or a person at the beginning of your journey - I will help you arrange it into one simple and coherent whole. With the knowledge in this brochure, you will achieve everything you need to live a good life.

And most importantly - I will only help you.

You can do everything yourself. You will discover your own philosophy with which you will continue your life.



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LIFE NAVIGATION BOARD (LNB)



LOVE	ENERGY & HEALTH	RELATIONS	UNIQUE SKILLS & CONTRIBUTION	TIME & METHODS	MONEY & PROPERTY
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3. GIVE MY BEST TO DO GOOD - especially using my unique skills	3. SLEEPING	3. EARTH	3. LEARN ABOUT THE WORLD - daily	3. FIRST THING FIRST	3. INVEST min 10% of income
4. TRY DO BE HAPPY	4. EATING			4. MORNING PLAN VERIFICATION	4. KNOWING HOW MUCH MONEY I HAVE
5. EMOTIONAL & SEXUAL & MENTAL RELATION	5. MOVING			5. GOOD ANALYTICAL SKILLS (ability to analyze numbers)	5. HAVE NO FINANCIAL PROBLEMS
	6. CARRYING FOR HEALTH			6. DISCIPLINE & FLEXIBLE PLANNING - do the right thing at the right time min 1/day and deeply 1/wk	6. DECREASE OWNERSHIP - INCREASE ACCOUNT STATUS
	7. STRESS MANAGEMENT			7. FREQUENT COURSE VERIFICATION - min 1/day and deeply 1/wk	
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				9. ORDER & CLEANLINESS IN SPACE AND MIND	
				10. THINK AT THE BEGINNING OF THE END	
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How it works ?

- **LNB (Live Navigation Board)** is my own method - collection of my elements of the philosophy of life, which I have developed over many years. It is its quintessence.

I have tested it on myself and I know that this method is effective.

- **LNB** was created based on my own experience - as well as on the work of other people that I studied and used practically on myself. I am thinking especially of philosophers, psychologists and coaches.

- **LNB is a kind of life compass.** It looks like a control panel. I like to compare life to sailing. So, the yacht control panel metaphor seems to me to be very accurate.

For me, it is not the goal itself that is important, but that you should navigate well towards it every day. The goal is an image (direction).

It is sailing (life) that is important, not achieving the goals. The goals / objectives are only like buoys on the water that you pass and keep going.

“Who you become in the course of this sailing is important. This and only that.”

- **If you sail well every single day, your whole life will be good.** Life is made up of small, often downright small decisions. However, their sum leads us in a given direction. It is important to navigate your life with one glance at the control panel. You can see all the most important elements in one place. This is what an LNB is.

- **I have distinguished 6 areas of life that I consider to be key. Our spirituality covers all of these areas - so I didn't highlight an additional one.**



This is my division - you can create your own. The important thing is that it is in line with your understanding of the world and in line with your nature.

I don't think my division is perfect. From time to time I find the elements that I correct. I am looking for the best possible descriptions that I can create. However, the modifications I make are not very significant. Rather, these are only minor improvements. This would mean that this description is close to the natural philosophy of life that I am discovering and trying to describe. **I discover - not create.** This is a very big difference. I do not create anything new, but only discover laws that have always existed.

Each of us sees life from his own perspective and could express himself equally with me. I see, understand and feel it at this point in my life - just like that. I will certainly refine this description further, if I am given a chance to do it.

- **Based on my LNB method, you can also develop your own - or perfect mine.** The important thing is that you are really convinced that you created these points yourself and that you consciously choose where you are going. If you do not accept mine - change them to yours. Make something even better.

- Use your LNB several times a day until you memorize it and start realizing it without looking. You can put the printout of the page somewhere where you will have it in front of your eyes often. In time, you will start playing it from memory. **I am using an Excel file and reviewing it.** It is very legible and convenient.

- **Once a week (at the same time) check the LNB very carefully** - verifying the file (or page). **It is a kind of self-programming of your subconscious mind.** In the upper right corner, write down the date of this verification and keep the file (sheet).



Very Important: Make circles with yellow lines where your actions need improvement.

Very Important: Make circles with the green colour of the lines where you have corrected your course for good.

Very Important: Assess your progress honestly every week. Change color from yellow to green, but also from green to yellow, if you have neglected something in a given week. Remember - only an honest assessment will help you make real progress. It's not about deceiving yourself one way or the other. It's not mine, not someone else's - but only your LNB.

In a week you will be able to compare your results and check your progress. **Your subconscious mind will focus on eliminating the yellow lines.** As ridiculous it may seem now, you'll find out in a while that I'm right. You will catch yourself subconsciously eliminating bad habits and mistakes and striving to achieve good points.

If at least one line in the column of a given area is yellow = the name of the area must also be marked in yellow. This means that there is your problem in this area. Don't underestimate it and work on it as soon as possible.

- Over time (very quickly) - you will notice that there are no more yellow fields. This will mean that you are navigating your life in the right direction. **However, be careful - keep checking the LNB regularly.**

And below, for example, filled LNB - I also expanded them by a few points – mine. You also develop and perfect yours. Describe your course of action as precisely as possible.

Very important: The more precise you will be in defining your points - the faster you will choose the right direction of life navigation.



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1. BELOVED
2. SELF-LOVE
3. GIVE MY BEST TO DO GOOD - especially using my unique skills
4. TRY DO BE HAPPY
5. EMOTIONAL & SEXUAL & MENTAL RELATION

ENERGY & HEALTH
1. BREATHING
Deep inspiration - as often as possible
2. WATERING
1 glass of water - After waking up
1 CUP OF GREEN TEA - min 1 /day
WARM DRINK - min 2/day
3. SLEEPING
SLEEP PHYSIOLOGICALLY
4. EATING
VEGETABLES - min 1/day
5. MOVING
STRETCHING - morning
STRETCHING - evening
WALKING - daily
MOVE OFTEN IN THE WORKPLACE
6. CARRYING FOR HEALTH
REST BEFORE GET TIRED
DIAGNOSTICS - blood, etc., other basic parameters - min 1/6 months
HEAL YOURSELF ON TIME
TAKE REGULAR MEDICINES/SUPPLEMENTS - if needed
GAIN MEDICAL KNOWLEDGE ON TIME
7. STRESS MANAGEMENT
8. LIVING IN GOOD PLACE
No EM fields around
NO EXTERNAL RISK
HIGH QUALITY PEOPLE AROUND
GOOD AMOUNT OF SUNLIGHT
CLEAN AIR
CLEAN WATER
LOT OF SCIENCE
MODERATE HUMIDITY
WARM

RELATIONS
1. PEOPLE
HELP OTHERS
BE IN GOOD RELATIONSHIP WITH THE LARGEST NUMBER OF PEOPLE POSSIBLE (without SWITCHING)
MODERATIONS & PROPORTIONS
SPEAK LITTLE
FIND AND SAY GOOD THINGS ABOUT THE OTHERS
DO NOT TEACH - if not asked
DON'T CRITICIZE
DON'T DO ANYONE - WHAT YOU DON'T WANT TO
WIN WIN - not only "me" - but possibly "we"
SPEAK YOUR TRUTH CALMLY AND CLEARLY - Do not try to convince others, SEEK GOOD AND TRUTH...NOT BEING RIGHT
TRY TO UNDERSTAND OTHERS
SYNERGY WITH OTHERS
DON'T TALK MORE THAN 5 min - whatever you're talking about
IMPROVE YOUR COMMUNICATION SKILLS
2. ANIMALS & PLANTS
RESPECT AND DON'T KILL - if possible
TAKE CARE
3. EARTH
TRY NOT TO POLLUTE
USE WISLY THE RESOURCES
IMAGINE THE FUTURE
TAKE CARE OF PLANET'S FUTURE

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1. DON'T BE IN A HURRY - JUST DON'T WASTE TIME FOR NOT LNB - ask yourself - "IS IT ESSENTIAL ?
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LOVE

Under this concept I group everything that I consider to be the most important in our life. I could list here the views of well-known psychologists, which contradict what I am writing here. But that's not what I mean.

For me, what is sometimes called "Self actualization" or "Higher Purpose" in psychology - this is what I am writing about below. The longer I live - the more it is confirmed to me. So I share my thoughts.

BELOVED

Beloved are people we love. People whose life and well-being are more important than our own. This is the phenomenon of love. It makes someone else more important than ourselves.

In extreme cases, love can lead to self-destruction - for the good of a loved one (or people).

Is that logical? - I don't think so ...

This is one of the reasons why I do not use logic as the only tool for my analysis. It has its limitations. We can make choices that are illogical - and yet good. This is one such example.

Focus on what you can do for the person (s) you love. Perhaps someone is not reciprocating your feelings or actions. You have no influence on it. **All you can do is love and try to be a lovable person. Just focus on it.** The rest is not up to you, so leave it alone. Face it, whatever's going on.



Advice: At this point, you can add more lines to describe exactly what you want to do for your loved ones. Be precise in the description. The more precise you will be - the better you will be at achieving these points.

SELF-LOVE

Contrary to appearances - many people have serious problems with it. I'm not even talking about self-love anymore, but even with full self-acceptance.

As you can see, I placed this point very high - as the second one. For me, this is a very important point. I observe people and see that in many cases there is a lot of work to be done in this area. Perhaps it is due to early childhood experiences, perhaps from the level of one's own consciousness.

Whatever causes it, stop worrying about the past. Focus on the present and the future. You only have influence over them. **Make your philosophy of life - mainly a philosophy of the future, not the past.** Go back to the past only for good things and for learning. By thinking this way, you will build a strong life.

Advice: Try to live your best life today - so that you can think back to today tomorrow and relive in memories once again that beautiful today And do it as many times as you want.

Returning, however, to "self love" - the lack of self-love - leads to a lack of self-acceptance, and sometimes unconscious self-harm - or even self-destruction. These processes can take years and the person may not even be aware of them. It happens somewhere in the background. Such a person does not agree to who he is and how he lives. And so he silently destroys himself.



In the meantime, loving ourselves - and then making small attempts to change our lives to what we want - is fundamental. Over time, this gentleness has the chance to turn into liking yourself - and then into true love for yourself as a human being.

The culture we live in doesn't teach us that. So let's take care of it ourselves.

To love yourself - depends only on you. And if something depends entirely on you, this is where your happiness and freedom are.

GIVE MY BEST TO DO GOOD - especially using my unique skills.

I consider love to be the highest form of good. This is why the point concerning the realization of good is precisely in this area of life.

If a person is concerned with the good as such - then the choice of method, means, path - becomes secondary. **We, as such, are relocated to the background. The good and its maximum implementation become essential. Whether someone notices it no longer matters.**

And here is the big difference in relation to the commonly recognized categories of needs, talking about "Esteem". In my description, this concept does not exist at all. There is, however, the term "Contribution". It is about the personal contribution we make to the world, life and community. Recognition of others has nothing to do with it. If someone knows that his work and effort are important - he does so, regardless of acclaim or criticism.

Recognition of others - can be a pleasure. But that's it. This should not be a factor in us making good actions. These should be undertaken only for their rightfulness - not for the recognition of others or their position in society.



Going further, if someone is guided by such a philosophy - his choices will be quite different from the common ones.

When trying to do as much good as possible, the most important thing is to use your unique skills, which we will discuss as a resource (gift) later in this booklet. If we use these skills - then our contribution will be extremely valuable. We'll do it better, faster, more efficiently... ..and simply smarter.

TRY DO BE HAPPY

Why did I write - "try to be happy" and not "be happy"?

Well, because the concept of happiness is sometimes associated with an extremely ecstatic state - and this happens very rarely and is short-lived.

This is closely related to the fact that what we experience in life - we actually have very little influence. Usually smaller than we think. Therefore, making our attitude dependent on often unforeseen events does not make much sense.

We can only try to influence our thoughts, feelings, and actions. Our way of reacting to certain events. Only in this area is our influence real.

When I say "try to be happy" - I mean just a trial. The basis is satisfaction with the life we lead. Then this contentment can turn into states of happiness.

We should try to look for even minor situations that are positive for us. Build your satisfaction, joy, and finally moments of happiness on them.

Advice: Look for even small positives in your life. Something for which you could be grateful to fate, yourself - be other people. Consciously look for these positives. It's not like everything is against us. On the contrary - every difficulty can become a new signpost in life. What stands in our way becomes the solution. Finally, you never know if what we now consider to be wrong and unhappy for us - is this? Often what seems to be a misfortune to us turns out



to be happiness in the end. It is our attitude towards it that is important (which we have influence on), and not the event itself (often independent of us).

EMOTIONAL & SEXUAL & MENTAL RELATION

The huge impact our emotional sexual and mental relationship with a loved one has on our lives is often underestimated.

People sometimes live together for many years and yet are not close to each other. They do not understand each other and are not able to empathize with each other and the surrounding reality. They are alone despite being in a relationship, and over time they even forget who they are and what they want.

And this is important ... very important.

Meanwhile, the person closest to us is the one with whom we share the world.

Connected with it, as an inseparable whole - our sexual relationship with that person.

Sexuality is the interpenetration of oneself on many levels of contact. It is not just the flesh.

Whether we will be in such a relationship or manage to meet such a person in life and create a happy relationship does not depend only on ourselves. That is why I put this point in fifth place. If, however, we manage to meet such a person - this point is automatically transferred to the first point (Beloved) - because love is also emotional-sexual-mental relation.

Some people say that there is sex without love. I don't believe this is sex.

On the other hand, there can be love without sex.



I think I have covered this topic sufficiently. Once again, I would just like to emphasize its very great importance in our lives - and I will stop there.



ENERGY & HEALTH

I have named this area of life this way to emphasize the role of energy of life - not just health itself. It's not just about being healthy (i.e. disease-free), it's about much more than that. If we approach this area in this way, the approach itself changes a lot.

We start to ask ourselves, "Do I have the energy of life?"

We are starting to treat this area much more seriously than before.

Usually, people remember about health only when they begin to lack it. Until then, they take it for granted. Even fewer people are interested in what I called energy. And it is worth considering more deeply.

People often care more for their cars - than for their health. Meanwhile, if they only treated their health like a car - perhaps they would understand its value. A car that we can only have one in our life. It wears out - it's obvious. However, if we take care of it wisely, it will serve us well for many years.

Like oldtimer car....You have to perform inspections, take care of its elements, fuel quality, filter cleanliness, etc. Comparing the car to the body - I think it's not that bad ...

Like all the philosophy I'm exploring - also this area has fairly simple rules. In fact, we need relatively little to take care of it. These are so obvious things that are even overlooked.

However, only a methodical and systematic approach to them brings results. This applies not only to this area of life, but also to all of them together. They all influence each other. There are areas of more and less importance. Individual points in given areas are also ordered according to their importance.



However, there are no areas or points that are irrelevant. I come to such conclusions. These are very simple conclusions. So simple that someone could say banal. **But why can we overlook them?** Exactly.

This is why I have expressed this philosophy in the form of a table. The tables reflect our natural way of thinking. The organization of the material in rows and columns and in the right order - allows you to better understand it.

Perhaps you have a different division of areas and points? So follow your own. I am only introducing you to my method. Use it - or not.

What you describe may be what you will systematically implement. This will be your discovery of the true philosophy of life.

I am particularly interested in the practical dimension of philosophy. One that can be used by everyone and immediately.

BREATHING

Breathing is the first thing we do after we are born. Later, it accompanies us throughout our lives. We need nothing but air for it. It is also the first need, the lack of which leads to the quickest consequences.

So if it is so important, the quality of our breathing must also be important. This is my assumption.

Much has been written about breathing. This is especially true of practices from the Far East. I am thinking primarily of yoga (but not only). However, I believe that it doesn't take that much to improve the quality of our breathing.

It is enough to be in a place where the air quality is good and to breathe deeply - as calmly and fully as possible. That's all.



If we are aware of it and repeat it often enough - it will become a habit after some time and it will become a normal activity.

With each good breath, we strengthen our life energy, maintain the health of the body and psyche.

In some places the air quality is so good that I even describe it as delicious. It is worth taking a daily walk and enjoying such air. Good breathing also helps to calm your thoughts. It makes us think in a more concentrated and conscious way.

Technical tip: Imagine that your upper body is like a flexible balloon or a flexible pear (this is what I mean) ... The bottom is wide (that's your belly) and the top is narrow - that's all what you have above the belly. Air flows through it rather than expands it. It also widens it, but not that much.

Now, with a slow and gentle breath, fill this balloon, directing the air downwards and to all sides. Extend this balloon / pear to the maximum, hold the air for a short moment... .. and exhale slowly and calmly.

Let your breaths be less but of better quality.

That's all.

Repeat this exercise often throughout the day. This way you will perfectly oxygenate your brain and body.

WATERING

I called this point just watering. I wanted it to be associated directly with water, because water is the basis of our hydration. All other drinks are only additives, based on water. If, on the other hand, the water is of good quality - that is, it is clean and rich in minerals - it is completely sufficient.



As for the amount of water to drink - quite a lot has been written. It certainly depends on activity, ambient temperature, humidity and a few other things.

I will describe my approach quite simply.

I recommend drinking a large glass of water as soon as you wake up and drinking at least a few more glasses throughout the day.

How much is it enough?

I have a very simple method of verification. If our urine begins to be very light in colour, it means that we have already flushed the body sufficiently. Another indicator is the density of saliva. It should never be too thick.

You should also be aware that when we feel thirsty - it is usually quite a strong signal that we are not properly hydrated. Preempt this situation and bear in mind that we are not talking about drinking when dehydrated, but about hydrating in advance. Only then do our bodies work really effectively.

As for me - I also like to drink very warm water. On hot days, I also drink cool, but warm water has a permanent place in my life. In such water there is energy derived from temperature. We know from physics that energy turns into heat - and heat turns into energy. These are its various forms.

Of course, I also like to drink other drinks - like green tea or coffee. The basis for me, however, is always good quality water.

After the breath - this is the second need, the lack of which brings very quick consequences. It is worth bearing this in mind.

SLEEPING

Another need in the hierarchy of those whose unsatisfied leads to serious problems is sleep.



Lack of an adequate amount of sleep, which is accumulated over days, weeks, etc. - is often an unnoticeable deficit. However, after a long time, it is a factor that has a great influence on our energy, health, concentration and many other values.

As it is so important, a lot has been said about it.

But my method is simple.

I believe that you should sleep as long as our body needs it physiologically. The idea is to wake up in the morning without an alarm clock. That's all.

This is an indicator of the right amount of sleep for me.

If we fall asleep to work - that means nothing less than that - that we need to go to bed a little earlier. **Feel the right moment when the body gives the first signals of fatigue. That's all.**

Sometimes I work longer at night because I achieve a high level of concentration. However, when I feel slightly sleepy - I go to bed. I don't overextend the body.

I don't think you always have to be very regular and very disciplined. However, I believe that it is worth listening to your body. This is worth learning.

EATING

Nutrition - a topic that is also written and talked about a lot. It is very important. This will not be a dietary guide, but I will tell you about a few rules that I follow myself.

In addition to the obvious contraindications related to medical recommendations or allergies to certain foods - I would recommend a few simple tips:



- Here is the most important:

You can recognize a good meal by the fact that you gain strength while eating it.

Not some time after, when it has to be digested for a long time and it takes place at the expense of your energy - but right away.

Just as good physical exercise gives you strength during exercise (which I write about in a later chapter) - exactly the same principle also applies here.

This is based on my observations.

- Eat light but energetic food.
- Try not to make your meals too abundant in quantity. It's about satisfying your hunger, not stuffing your stomach as much as possible. I would put it in a nutshell.
- Try to eat as varied as possible, and not necessarily as large as possible. It is always easier then to find what our body lacks. However, this does not mean mixing too many ingredients in one meal. Conversely - meals should be composed of just a few ingredients. After that, you should give your body time to digest them well.
- Don't eat when you are not hungry. The point is to eat only when we already feel a certain hunger. It is worth learning to postpone a meal a bit - so that you can start it when the body really wants it. It requires getting to know your body and living in harmony with it. A little hunger hasn't hurt anyone yet. We are prepared for this evolutionarily. While overeating - yes.
- A good and filling meal should consist of 3 basic ingredients:
 - proteins
 - carbohydrates
 - fats

As for their proportions and sources, there are many schools here. I recommend using those that simply serve us. It is important that all of these ingredients are



present at all times. I think so and it confirms my personal experience. Otherwise we will feel unsatisfied. It's easy to check.

Also, most of the popular dishes (and from different cuisines of the world) consist of these elements at the same time. They do not miss any of the three in one dish.

- Understand that a good meal is first and foremost a nutritious meal. The taste complements it. The meal should primarily be a source of energy.

There are foods that are tasty but unhealthy. Look for tasty, but above all healthy. As it turns out - these are usually quite simple.

- Eat more in the first half of the day and only a little later so as not to be hungry. The idea is to be able to burn the right amount of calories throughout the day and not go to bed with an excessively positive caloric balance. The exceptions are when we work hard in the second half of the day.
- It is only natural for us to need more calories when we are tired, sick or sleepless. You need to provide them to the body. Here you should pay attention to sleep deficiencies. We compensate for even a small lack of it with food - and vice versa, when we sleep, then the metabolic processes in our body are intense. Adequate sleep allows you to maintain the proper level of body fat.
- When speaking of caloric balance, I mean the difference between the amount of calories consumed and the amount of calories burned by the body.

Whether we are going to lose weight, gain weight, or whether our weight will remain constant - depends on this balance.

This, of course, also has to do with our figure. It may seem strange, but also in the area of nutrition, the rules are very simple.

If we only consume more calories than we manage to burn - our weight will increase due to the increase in fat in our body.

Conversely - if we burn more calories than we manage to consume - our body fat will decrease.



If we consume as much as we burn - the level of body fat will remain the same.

Let me give you an example that may seem absurd - but we can, for example, eat only donuts, halva, or anything else that is a caloric bomb during the day. However, if their total caloric value consumed during the day is lower than the number of calories burned - then we will lose body fat and, consequently, weight. Here's the secret. It's pure math. There is nothing mysterious about it.

Of course, the nutritional value of such foods is another matter - I mean getting the right amount of proteins, healthy fats and healthy (complex) carbohydrates, vitamins, micro and macro elements. Nevertheless, from a purely caloric point of view, this is true.

If we want to change our level of body fat, we should work on it over a longer period of time. I mean at least a few months. The body does not want sudden changes. It reacts negatively to them. The difference in calories consumed and burned should be in the range of about 500 kcal / day. This is a good pace, leading to sensible and healthy changes over the long term.

- Be careful of the so-called 3 white dangers: sugar, salt, white flour. I do not think that it is necessary to completely abandon them - nevertheless, it is definitely worth limiting them seriously. They can be the source of many health problems when someone abuses them.

My advice: As for me - I am not a fan of eating bread. If I were to recommend only one ingredient that is definitely worth adding to the menu - it's oatmeal.

I take them a little more seriously than typically, i.e. only as breakfast.

I eat them 2 times a day (morning and afternoon). They are a rich source of complex (beneficial) carbohydrates. They also contain good protein and good fats. Oatmeal is very rich in fiber - essential for the proper functioning of our digestive system. They also have an exceptionally high amount of magnesium. I enrich the petals with various additives, thus complementing their composition and taste. I also eat lots of natural yoghurts that are rich in protein, calcium, and probiotic cultures. I use about 3 tablespoons of olive oil



and linseed oil (a total of both of these fats) during the day. Linseed oil, which is not very popular - is extremely rich in omega 3 fatty acids, which are very beneficial for our body.

These are the elements of my diet that may be less typical, and certainly worth recommending. That is why I mention them. Apart from them, of course, I eat many other products.

I am convinced that everyone can compose good, healthy and at the same time simple dishes - that will serve well. It is worth exploring this topic because, as someone wise once said - "You are what you eat." He was certainly right about that.

MOVEMENT

"Who goes slower - will go further."

That is a saying in the Far East. I agree with it completely.

I support mild and moderate effort. One that can be used regardless of our age, from childhood - to old age. Movement performed with energy and joy.

I believe that what is good for us is good throughout life. Only such a system of exercises is worth recommending.

And I believe that this applies not only to the issues related to this chapter - but also applies to all other areas of life. I have been looking for such simple and universal rules - to be applied throughout my life - for as long as I can remember.

I'm not saying that my system is the best or the only one. Absolutely not. However, I think it does contain elements that are worth looking at. I came to it after a really long and many years of searching. You could say that, in a sense, I



went back to the sources. Now, however, I understand them better, and I do my exercises better, more accurately and wisely.

I believe that being in frequent movement is important and healthy for our body. It is more beneficial in the long term than infrequent and very strenuous physical exercise. These often lead to overloads and even injuries.

This is confirmed by studies on the lifestyle of people who live a very long time. If it serves them - it means that it can't be a wrong way.

Of course, we also need to sit down, lie down, rest. Of course yes. However, understanding the need for frequent movement and the importance of movement in our lives helps keep our bodies and minds healthy for many years to come. I am not saying anything new here, of course. I am only repeating what is true.

Here are my simple recommendations:

1. Take long walks every day. They help you to oxygenate well, relax and focus your thoughts. Do it regardless of the weather.
2. Perform a set of simple stretching and movement exercises in the morning and evening (I use yoga and Pilates). Enrich them in the evening with squats, push-ups and abdominal exercises (I recommend the plank). These exercises have been known for centuries and are also carried out by all the armies of the world. They can be performed anywhere and without equipment. These are multi-muscle exercises, i.e. they involve more muscle groups at the same time. Squats are performed on the lower body, push-ups on the upper, and abdominal exercises in the middle.

Many training systems recommend intense exercise, alternated with, for example, a 1-day break. I suggest daily exercises.

I am a strong supporter of bodyweight exercises. Besides their ability to perform anywhere, they have another very important advantage. They lead to the harmonious development of the body. People who practice this type of exercise



have a very proportional figure. In adolescence, this type of exercise perfectly balances and harmonizes the development of the whole body.

Meanwhile, people practicing isolated exercises (involving only a given type of muscles) - very often have disproportionately developed some muscle groups, with other muscle groups poorly developed.

What is very important and I would like to emphasize clearly is that physical activity should be primarily about health. Beauty, in the form of a pretty musculature, comes from a healthy exercise system.

If someone falls into the trap of musculature as a priority - they may even achieve their goal. However, it will be enjoyed for a very short time. It also requires to spend an inordinate amount of precious time on this and you will have to use a variety of supplements to maintain the results. This is a trap that many people fall into, above all who want to look beautiful.

So:

- daily, long walks
- daily stretching in the morning
- daily stretching in the evening
- push-ups (e.g. 4 series of 15 repetitions)
- squats (e.g. 4 sets of 30 repetitions)
- plank (4 series of 30 seconds, between series 7s breaks)

Of course, you can add some of your favorite exercises to this set. The ones I mentioned are the base. Their execution takes me max. 10 minutes in the morning and 20 minutes in the evening.

The exercises that I mentioned have the additional advantage of stimulating large muscle groups. Testosterone is produced in the muscles. A hormone that



has a very important function in maintaining health. This is especially true of men.

I am a supporter of gentler, but daily exercises. I have used various training methods over the years. I have spent a lot of time studying training methods. Ultimately, however, I chose this system. A system that I can use all my life.

Important Note:

Regularity is paramount.

In this way, we gently mobilize our muscular, nervous, respiratory, blood, bone and lymphatic systems as well as our psyche. Our body is whole. Regularity works wonders.

And finally, the most important thing. (Actually, in this chapter I could just write that and nothing else).

A good exercise system is one in which you feel a surge of energy as you exercise - not an outflow of energy.

After you finish your exercises, you have more energy than you had before starting.

That's it.

CARRYING FOR HEALTH

REST BEFORE GET TIRED

The idea is not to make the body excessively tired. At the first symptoms of fatigue - a little rest.



Rest should be frequent but very short. The proportions should be as much as 30 minutes of work to 5 minutes of rest. More or less of course. No rule should be followed too strictly.

It is not only about physical rest, but also mental rest.

In this way, you can function with high levels of energy for a very long time. For example, when leaving work - we will not be tired, and the work becomes pleasant and effective.

This also applies to activities other than work that cause fatigue.

Sometimes unnecessary prolongation of the effort by a few minutes - causes the necessity to rest for several hours. This is not what this is about.

Therefore, "Rest before you get tired."

This distribution of forces is a real art. This has to be learned.

DIAGNOSTICS - blood, etc., other basic parameters - min 1/6 months

Check your body regularly. Even if you are okay - check your blood parameters, etc. If you are an elderly person - also perform other tests recommended by your doctor.

HEAL ON TIME

Get treated in time. If there is something wrong with you - do not postpone the treatment. Certain diseases can progress very quickly and time is of the essence. If in doubt - visit 2 or even 3 doctors to confirm the diagnosis independently in more difficult cases.



TAKE REGULARLY MEDICINES / SUPPLEMENTS - if needed

If necessary - take medications and supplements regularly. However, remember that this should not be abused.

Take medications for as long as your doctor has told you to. Do not stop treatment or take medication unnecessarily.

Do not take supplements when your body is not clearly deficient in certain elements. Any supplements can only be taken for a short time. They are not your food. They are artificial products. Remember that.

Return to your natural diet as soon as possible. Eat wisely and balanced. It is enough.

GAIN MEDICAL KNOWLEDGE ON TIME

Also, learn on your own about both your health and your ailments. Don't just rely on doctors' knowledge. It is not about self-treatment, nor is it about getting into disputes with doctors. It is about supplementing your knowledge in your own interest.

Doctors generally have many patients and a limited amount of time. If you gain more knowledge, you will even be able to suggest something to the doctor. If he is a wise man - he will certainly not disregard you.

Search for the best doctors you can find and can afford. Look for doctors you trust.

Observe your body, collect medical records, take notes about your health condition. All of this may turn out to be very useful one day. Also, collect information on illnesses experienced by your family ones. This can also affect



how likely you are to develop these diseases and how well you are ahead of time.

Remember - health is very important. If something is happening in this area of your life, make immediate improvement in your health your top priority.

Don't worry if something goes wrong. However, you should definitely do what is in your power. And then be calm because you'll know you did what you could. You took care of yourself like a best friend. Then accept calmly what life brings you.

Use each day wisely. Try to do good. Try to enjoy life - whether you have a lot of it in front of you or not. Do this no matter what.

Live as if your life would end at any moment. But let your life be complete at every moment.... Finished, ... Full.

Take care of it now.

And then just live - from dawn to night. Give yourself to others. Because giving is the life force. When we give - then the taking takes on a different dimension.

Instead of wondering what you can get the best of your life - ask yourself, what can you give to life ... to others?

This change of approach changes everything. Suddenly you too unexpectedly start getting.... And these are the most beautiful things that you have not even thought about.



STRESS MANAGEMENT

Eliminate bad stress from your life. I am thinking of stress that has too long-term influence and the effects of which you have practically no influence. It can have something to do with where you are.

When it comes to the place, apart from the obvious threats, they can mainly be people around you. Don't take it lightly. If they are the ones with whom you feel bad - change it as soon as possible. Don't think about anything - just switch company.

The people around you are a factor that can harm your health and development. But also the other way around - only in the company of the right people can you truly develop and be happy.

We can survive without other people. Even on a desert island. It is true. However, this is not the life we should strive for.

To live in harmony with other people as possible - that's a good achievement.

What is stress management ?

It is our attitude that makes us approach painful experiences with the awareness that we have a chance to become more hardened ... tougher.

It is all that causes our life to have elements of changeability, surprise, getting out of routine and comfort.

This means that we have to look for new solutions and change in response to new stimuli. We also need that very much. We need both stabilization and destabilization. Both stability and changeability.

The problem starts when there is too much of one or the other. However, the right dose of stimulating, although often unpleasant, stimuli also prepares us to endure the hardships of life.

Being aware that stress is also necessary - we react to it differently, with a different attitude. We try to react as best as possible in a difficult situation.



We learn a new reaction, we get to know ourselves. We try to be better every time. This is what this is about.

You will see - the moment you approach stress management this way, then instead of seeing it only as harmful to you - you will understand that in small doses it can strengthen you for the future.

GOOD PLACE

The place we live in has a huge impact on our quality of life. It is, however, one of the most neglected elements. People pay special attention to what their car, apartment or house looks like. Much less attention, or even the lack of it - on incomparably more important things. It's about the place where they live.

NO ELECTROMAGNETIC FIELDS NEARBY

It has been known for a long time that the influence of a magnetic field on human health can be detrimental. So, first of all, take into account:

1. The proximity of GSM antennas.
2. Proximity to high voltage lines.
3. Proximity to devices generating a magnetic field - such as transformer stations.

More information on the health effects of these installations can be found in specialist literature. I just want to emphasize that they have a real and negative impact.



NO EXTERNAL THREATS

At this point, I mean the immediate physical security of being there. I think it's fairly easy to imagine them so I won't elaborate on this point further.

ENVIRONMENT OF KINDOUS PEOPLE

The people we live, work and spend time with - have a huge impact on our life, well-being, development, and happiness. This element is sometimes not particularly noticed.

A good environment of people is characterized by one thing above all - thanks to them you become a better person.

There is mutual motivation, support and synergy in a good environment. I am also writing about it in the area of relations.

People are a kind of place / environment in which we live.

Unfortunately, we do not always have an influence on who we are going to be with. However, we must do our best - to be with people with good character traits as much as possible. You can learn from them. They will in turn want to learn from you. You will start adopting good habits from yourself. You will give each other joy and you will get better.

Being surrounded by the wrong people can very quickly stop you from growing, not getting better as a human, and starting to adopt bad habits from them.

Of course, there are good and bad sides to every situation. You can get good from each person and learn something. However, I emphasize the role of



consciously making choices wherever possible. You will spend time with people around you - a lot of time. You don't even realize how much. Make it used wisely.

LOTS OF SUN

The sun is a source of energy and life. Lack of care to access it is a very serious neglect.

We do not necessarily have to live in southern countries right away. There, moreover, there is sometimes too much sun, and the excess of it also causes energy losses, associated with the need to cool the body.

I call it solar exposure. It is important to use the sun often - during walks, or even simple sessions in the window, on the balcony, etc.

CLEAN AIR

As I mentioned in an earlier chapter, breathing accompanies us throughout our lives. Therefore, it is important to ensure that the quality of the air we breathe is as good as possible. Frequent and regular walks in places where the air is clean - are highly recommendable.

Running is also an interesting solution. However, I am a great supporter of quite long walks. They also enable me to concentrate on my thoughts at a high level. And these are a very important part of my life.



CLEAN WATER

Earlier, I also wrote about the importance of adequate hydration as well as the role of good breathing. Now, however, I will only emphasize the importance of water quality in the place where we live / work.

Access to good-quality water is one of the key factors. People knew about it thousands of years ago and we should not forget it, despite easy access to it in most countries.

We drink it a lot and all our lives. It is worth ensuring that the water we drink and on which we prepare meals is of the best possible quality.

MUCH SILENCE

The main point here is that we do not have unnecessary sounds around us - when we do not want them.

It's easy to fill the place with sounds. To mute this place is sometimes even impossible. On the other hand, noise, or even unwanted sounds, is unhealthy. They occupy our attention. They make us react. Disrupt concentration, etc.... I could list more disadvantages.

I think it is enough to compare the sound environment to the smells. I think that this comparison is quite good and especially musically and artistically sensitive people will agree with me.

However, somehow no one likes to be in a place where there is an unpleasant smell. On the other hand, surrounded by unnecessary, and often even unpleasant, sounds - there are many people and they accept it. These are stimuli that produce an unhealthy influence over the long term. People staying in such an environment usually become nervous and irritable. They reflect the



nature of the place in which they are staying. Sometimes you don't see it right away, but only after a long time.

We need silence. Sometimes more and sometimes less. However, it is undeniably extremely important.

MODERATE HUMIDITY

You can read about what the appropriate level of ambient humidity means in more specialized works. I do not think that we have to buy a hygrometer right away, but it is worth observing the reactions of your body. I am a supporter of simple and easy-to-use methods. So, let me give you an example of this kind.

Here the nose is one of the body's most sensitive sensors. If it is very slightly moist inside - it means that our mucosa has the right level of hydration.

Thanks to the right humidity, we are also more resistant.

However, excess moisture is very harmful. It promotes the growth of mold and fungi.

So the places where we are - should be rather dry and sunny. Introducing additional and more controlled moisture is fairly easy. Removal of excess moisture, on the other hand, is extremely difficult - and often even impossible.

WARM

The ambient temperature in the place where we are - should be such that we feel comfortable and energetic in it.



During mental work, I recommend even very gentle lowering of the ambient temperature for a short time. This improves the energy state of the body and mind. Higher temperature is not conducive to good concentration.

During sleep, however - I definitely recommend a high temperature. My personal experience shows that sleeping under a warm cover allows you to regenerate your body well. Sometimes, during the night, I even warm my body strongly, especially in the morning. Personally, it serves me a lot.

Keep in mind that both too high and too low temperatures lead to unnecessary energy losses. If you want to live a healthy life, you should spend your energy wisely and not waste it unnecessarily.



RELATIONS

PEOPLE

HELP OTHERS

Yes, where possible - try to help other people. Do it primarily using your unique skills (I wrote about them later). Then you will do it better than others and, moreover, you will develop these skills even more, thanks to which you will be able to help effectively in the future.

Of course, if the situation does not allow to use your unique skills - help in every possible way - where you are, what you can, as well as you can the best. Do what you can without waiting for other circumstances.

However, you should also remember that your life time should be disposed of wisely. Many people will accept as much of your help as you give them.

It's not about giving your life to others. It's about help - when it's needed.

It is best to help when someone asks for it. Otherwise, as a rule, he does not respect it. Then we give our priceless time to someone - and in return even someone does not appreciate it.

However, there are also situations in which someone clearly cannot ask for help or is ashamed to ask for it. You have to be able to distinguish such situations and offer a helping hand as much as possible.

We are whole as a human family and it is natural that we try to help each other. This is the value we give each other.

You won't always be able to use your unique skills to do something good and give your worth - but you will always be able to help people - wherever you are, without even having anything.



And this is what you should keep in mind if you set yourself a direction to do something good for others and for the world. Not money, not popularity, not recognition - but good.

If you happen to be able to do more good in these simple and ordinary situations - than by using your unique abilities - then do whatever good you can possibly do.

BE IN GOOD RELATIONSHIP WITH AS MANY PEOPLE AS POSSIBLE (but without surrender)

I would consider the above sentence to be the key to good relations. We often disagree with others ... sometimes even on very basic issues. If, however, even in such situations, we manage to live with other people in a peaceful and perhaps even friendly relationship - it is a great success.

It is impossible to convince another person to our arguments. Only he can convince himself. All we can do is be an example of a man whose life would be worth following in some sense.

MODERATION AND PROPORTIONS

Moderate - it's a way of interacting with others so as not to tire them out with your person. It is better for us to be hungry of some person - than to be overloaded. I would see the essence in that.



Proportions - here you should pay attention to whether you are definitely not a site that is too active. Meanwhile, the other person, or a group of people, remains rather in a state of reception and does not react too much. This may indicate that we are starting to dominate relationships with other people. You should then take a step back and allow the other party to participate in the discussion.

I am not a rigid fan of maintaining a situation where we always talk less than we listen. This would lead to artificial relationships in which we abstain excessively from speaking. Instead, I would prefer the quality of the spoken words over their quantity. After all, a relationship with another person does not have to be just a conversation, although it is certainly a very important element.

Learn to "read" your interlocutor. I mean, does he not feel tired of what we are talking about. Being able to read the signals the other party gives us early is important in any relationship. It works both ways. Let us not burden ourselves with others, but also let us not allow ourselves to be burdened. A relationship is mutual enrichment through contact, conversation, working together, having fun. This is what I mean.

SPEAK LITTLE

This point is a direct continuation of what I wrote about earlier. Talk less, but better.

Simple to say - harder to do.

This is the art of expressing your thoughts and feelings. If it were that simple - there would certainly be less misunderstandings, conflicts and even wars in the world.

The art of speaking is something we learn throughout our lives. It goes hand in hand with the art of listening.

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One thing to bear in mind is that the more we say, the greater the chance of misunderstanding. This is because more often there may be situations in which someone will interpret something differently or feel offended.

And finally, one more observation that I once read "The benefits of long and short speech - it is exactly the same".

If you manage to say the same simpler, clearer, shorter - while keeping the full picture of your thoughts and feelings, expressing them very precisely - the better interlocutor you become.

FIND AND SPEAK GOOD THINGS ABOUT OTHERS

Try to follow one rule - either say something good about others, or preferably not say at all. So much for it.

DO NOT TEACH OTHERS - IF OTHERS DON'T ASK YOU

We all tend to lecture others - but the effect is quite the opposite.

Only when someone asks you to teach - then do it.... and then it will have a double value and will be remembered by the one who asks for it.

Otherwise it will be remembered as an attempt to interfere with his life.



DO NOT CRITICAL

It is often the case that someone's actions ask for a comment, some criticism. However, if you refrain from doing so, believe me - only then will this person draw some conclusions - because he or she will know that you could criticize them, but you didn't.

DO NOT DO OTHERS WHAT YOU WOULD NOT WANT

This principle has been known for a very long time. It works almost always.

On the other hand, using its opposite - that is, doing to others what we would like to be done - is not necessarily worth recommending.

It's easy to imagine that someone might not want the same as us.... And our sincere intentions can be perceived quite the opposite.

WIN - WIN

not ME, but US - if possible

I am thinking of acting based on the search for solutions in which both sides win. About the solution WIN-WIN.

Unfortunately, the most common solutions are win-lose, in which someone thinks only about himself. That's not a win.

It is no better than the lose-lose solution, because only in the short term it seems that someone has won and defeated the other. In the long term, however, everyone loses.



In everything we do, you should think not only of your own benefit, but also of benefits for other people.

Coming to such conclusions sometimes means looking deep inside yourself. Getting rid of selfishness for the sake of greater value.

SAY YOUR TRUTH CALMLY AND BRIGHT. DO NOT TRY TO CONVINCE OTHERS.

SEEK GOOD AND TRUTH - NOT JUST TO BE RIGHT.

Here I am talking about how to conduct a conversation. The very way we speak can create a friendly or hostile reception. After all, we do not want to come into conflict with another human being.

Speak your truth - but especially when they ask you about it. Because then it makes the more sense and the better it will be remembered. When someone is interested in it - he will listen more carefully.

Don't try to convince anyone of anything. The effect can be quite the opposite. Besides - you can't really convince anyone of anything - if they don't want to. Only he himself can convince himself.

In a conversation, even one in which you have a completely different point of view than your interlocutor - do not prove that you are right.

Try to look for good and truth - and then your interlocutor will also understand that it is not about you, but about something much more important. Something above you and him. Something eternal.



TRY TO UNDERSTAND OTHERS

Even though we are all alike, there are also many differences within us. We often expect understanding, feeling and thinking about our situation.

The way to this is that we will be the first to understand others.

Empathy is the source of good. It is its most root cause. Understanding is also born from empathy.

SYNERGY WITH OTHERS

There are situations when doing something alone - we do not achieve the same results that we would achieve by working together with someone else.

Similarly, this person working alone often does not achieve the same results that he could achieve by working with you or with other people. Synergy is that by working together we produce more value and energy than we would if we were producing it separately.

Then an additional source of this energy and value appears, which is the result of our personality, intuition, knowledge and experience.

However, this is not always the case. Sometimes it's better to work separately and sometimes it's better to work with others. It depends on the situation, on the problem, on the moment. However, it is worth considering this type of cooperation whenever it is possible.



DO NOT SPEAK FOR MORE THAN 5 MINUTES, NO MATTER WHAT YOU SAY ABOUT

I have already mentioned that the use of short and long speech is exactly the same. I think sticking to the simple rule of not talking for more than 5 minutes or so is pretty good. The exception may be when you have a public speaking. Then everyone wants to listen to you, because that's what they came for.

In these 5 minutes or so, you have enough time to see how your audience is reacting. Are you boring them? Does what you say give them value ?

IMPROVE YOUR COMMUNICATION SKILLS

The ability to communicate with others is one of the most important human skills. It is also very primal. It has a huge impact on the quality of life, satisfaction with relationships and even the amount of earnings. As it turns out, the best managers or leaders - these are people with the best developed communication skills.

What does it mean in practice.

It is the ability to express your thoughts, emotions and ideas very precisely.

Pay a lot of attention to this skill. It is an art that we learn all our lives. However, it's worth it - believe me.



ANIMALS AND PLANTS

Respect for nature, broadly understood, is expressed in the simplest activities. . Most often it is enough just not to harm animals or plants. They are doing quite well without us. Rather, we are the problem. We are distinguished by intelligence, but at the same time we often do harm to mother nature. We are destroying our own home.

We are part of a great ecosystem in which we most often do the most damage. We have a right to be here, as well as all other species of animals and plants.

We are the most intelligent beings on earth. However, as to whether we are the most sentient beings - I would have doubts.

However, if only because of our intelligence - we should try to ensure that life on our planet is going well.

To truly understand this - requires wisdom.

EARTH

This point is a natural development of the earlier ones, that is, those concerning relations with people, with animals and plants.

The point is not to pollute the environment and to use natural resources wisely.

Finally, not to artificially change the conditions in which we live. We are witnesses to the fact that we are changing the climatic conditions on our planet in an unprecedented way.

We should care for the good of the environment - not only for our generation, but also for future generations. This is another way to express your thoughts - "not me, but WE."



UNIQUE SKILLS & CONTRIBUTION

SHARE YOUR UNIQUE SKILLS - every day

What are our unique skills?

This is a very important question that is not easy to answer.

My tips for finding these skills are as follows:

1. Find in yourself what you can do much better than other people.
2. Let it be what the world needs - also in the broader sense of the word. Not only locally but also globally. So that you can serve with your skills widely.

And what the world needs is not always what others are willing to pay for. Because people pay for very different things. Not always valuable. You have to be able to recognize it.

I am thinking of what both humanity and the individual need. I am thinking of real values - not apparent ones.

We like to do what we do. So I have no doubt that you will enjoy using your unique skills as well. You will also shape them with joy.

Could it also become your salary work?

Perhaps. Often this may not be easy, and you will have to do completely different jobs for a while. However, never neglect development in an area where you are outstanding.

This way you will give the world what is best in you.

And remember - in everything you do, don't think about yourself first. Also, don't think first of all about taking - but first of all think about giving. Most of all about others. And the world will reward you for it.



Remember also that in life you have to be able to give up certain things.

There is a saying that good is the enemy of the better. How do I understand it?

This is how: Sometimes we have to give up on what we are only good at, or even very good at - in order to do what we can excel at. We do not have enough time for everything and the ability to make the right choice is important. Bet on the right horse.

You won't become outstanding right away. This will probably take some time. Be prepared for it. However, recognizing these unique features as early as possible is the essence.

People quite often try to improve areas where they are doing poorly. Yes, you should do it, but only within certain limits, and you shouldn't waste too much time on it. At exactly the same time, we can very dynamically develop the right abilities in which we have a chance to become outstanding.

Now list these abilities in the LNB (see “?” lines). Write down one - by far the most important skill. Then list those that are also important, but that support this basic skill more than they compete with it.

Be very precise. The more precisely you describe anything in the LNB table - the faster you will be able to do it. This will be because you will have clarity of mind, supported by your own writings.

By mentally going over your LNB several times a day - you will have a very high level of concentration on the direction of your life's sailing.

This is what this method is all about. For frequent verification of parameters. The LNB table is a control panel, with displays, with indicator lamps, with alarms. Browse it often - and you will sail well. Both day and night. In rain, snow and on a beautiful sunny day. In difficult and happy moments. And the better you keep your course - the happier you'll also be.



DEVELOP YOUR UNIQUE SKILLS - every day

Look for every opportunity to develop your unique skills. Look for the company of people who will help you in this. Look for places that will make it easier for you. And do it every day. And then check yourself if you are actually doing it.

In fact, this point and the previous one could be one - because by sharing our skills, we also learn them even better.

In addition, however, not only the practice itself is important, but also the theory. And it is precisely about acquiring knowledge from various sources that I think more about here. Theory and practice should always go hand in hand.

LEARN ABOUT THE WORLD - every day

Despite the fact that I am a supporter of specialization and an advocate that one should learn more in a narrow specialization, rather than a little, but in many areas - this is the method in it.

There is a saying that I think can be a good clue here - namely:

Try to learn so that you know as much as possible about one thing - but also a little about everything.

Why is that so?

Because there is ignorance that is not realized - so we don't even know that we don't know something. We just don't know it exists.

There is another reason as well, which is that everything comes out of everything. So everything has to do with everything and helps us understand the whole better.

The fact that we can really do well in a very limited number of things is only because our lifetime is very limited.



Otherwise, with unlimited time, we could actually learn everything about everything, and that would make the most sense.

In the case of narrow specializations - we have to complement each other. Each of us can go as far in our field as possible. Together, we create a really large body of knowledge.

Also, be careful about the time of this learning a little about everything. Spend 10-20% of your time on it and learn everything in one direction for 80%.



TIME AND METHODS

DON'T HURRY - JUST DON'T WASTE TIME FOR NOT LNB - ask yourself - "IS IT ESSENTIAL ? “.

What does it mean to waste no time?

The definition is very simple.

A waste of time - doing something that is not included in your LNB (created by you).

Remember that everything that was important to you - you entered here and do not worry about anything else.

Throughout the day, frequently ask yourself, “ **Is it relevant?** “.

So, is it getting you closer to the direction you have chosen?

This is your direction, ...your life.

Get back to a good course.

It's everyday little decisions - you could even say micro decisions - that affect big things. We often focus on the biggest ones, while it is in the smallest, everyday and inconspicuous ones - the true secret of success is hidden.

FOCUS & FLOW - but 1 SMALL thing at a time

We all have many things to do, but you can't do them all at once. However, they can be made one after the other. Even the most difficult and complex tasks can be completed if they are divided into smaller fragments.



At every stage of the work, however - we must have a comprehensive picture of what we want to do in our imagination.

So, being aware of the overall focus, focus on doing a very small activity, but doing the best you can.

It's a bit like climbing stairs. You have to do it one step at a time - even if we were to climb Mont Everest. Taking this one small step or climbing one small step - this is the next stage that brings us closer to the top. Sometimes it is only looking down that we can see how much we have managed to do. This motivates us to go further - one small step.

In this way, perseverance and concentration will harmonize with the flow of energy you dedicate to the task.

This tide is sometimes called "flow." I think everyone - sooner or later has experienced this feeling. It is a state in which we are maximally concentrated on work. We can even lose ourselves in time and then there is nothing else but us and the task.

Flow is a state of the highest concentration, combined with a surge of energy.

The third element is related to this - the quality of the task implementation. It is in the flow state - the quality will be the highest.

Interestingly, people who live very long are able to achieve this very often.

By doing their work - they are in harmony with each other and with nature.

FIRST THING FIRST

If we want to do exactly what we need to do right now, it should be the quickest thing to do among the most important things, with the greatest impact on everything else.



It's not about getting down to the most difficult things first - but about the most important and fastest.

Then you do not lose energy and you complete the most important tasks very quickly.

After all, it's not about getting tired, but about being as effective as possible.

MORNING PLAN VERIFICATION

Shortly after waking up, it's a good idea to take stock of what you would like to do for the day.

You can do it even while lying in bed.

Likewise, on an even earlier day - in the afternoon or in the evening - it is good to answer the simple question "What is the most important tomorrow? ".

Choose only one task - but the most important. It's enough. The rest will fall into place around it.

In addition to more general planning related to a day, week or month, it is worth preparing in this way. Life is very dynamic and many things can change quickly. So you need to be able to flexibly adjust your plans.

Mentally preparing the night before, the day before - as well as this morning reminder - helps you get the job done more efficiently and with less effort.

It is a bit like a situation where the high jumper concentrates before jumping. His mind and body are being prepared. He is very concentrated. It also is part of programming yourself for success. Success, which is a lifetime sailing on the right course.



GOOD ANALYTICAL SKILLS (ability to read numbers)

People have long known that knowing how to read numbers is extremely important.

We teach children basic math problems - such as multiplication or addition. We also teach them the multiplication tables and that's it.

I am talking about much more here - about "sensing numbers", about the ability to use very large numbers - and very small numbers. About understanding at the level of "feeling" their importance and the relationship between numbers.

Practice shows that this type of perception of numbers is not common.

In some ways, it could be compared to the ability to read a text.

However, while we can read very complex texts - only a small group of people can really use numbers efficiently.

Our quality of life directly depends on this skill. And it is not primarily about money, which also expresses itself in numbers. A sense of time, for example, which is much more important - I would also assign it to this category.

DISCIPLINE AND FLEXIBLE PLANNING - doing the right thing at the right time

Even though a good plan and good preparation increase the chances of success - the ability to "flexibly plan" is also important.

I mean quick, conscious and even very thorough change of activities and priorities.

Since we are not able to predict many random events that may take place - you need to be able to adjust your plans well and quickly.



Or there may be a situation where some new, exceptionally favorable circumstance arises. Then sticking to the previous plan overly rigidly is completely mindless.

Use the circumstances wisely and do what you can do best at the moment.

FREQUENT COURSE VERIFICATION - min 1 / day and deeply 1 / week

Just like a sailor steering your yacht, you also take control of your life.

Verify your LNB table as you would check your course with the compass of life.

Sometimes, apart from comparing the course of life to steering a yacht - I also like the comparison to steering a submarine.

Imagine a situation in which you are sailing in the deep, at night.

The water is pitch black, cold, thick and dirty. You can't count on seeing anything outside. You've been going this way for weeks, months, even years. Maybe you are already very tired, frustrated, maybe you are already losing faith

Everything you can rely on - these are the indications on the control panel. You can see all the parameters there - immersion, the speed at which you are moving, how much fuel, oxygen, energy in your batteries is left, ... how much time you have left.

This desktop is exactly the LNB. This is where the basic parameters of your life course are located.

If you built it well - you can trust it now. If his indications are good at all times, it means that you are going in the right direction at all times. And it happens even



when you cannot verify it in any other way - because you can't see anything. Do you believe that...?

Perhaps there has been a time of immeasurable darkness in your life. These are the most difficult moments in life.

But keep sailing. Verify the indications on the desktop calmly and do not slow down. Maintain speed. Trust this tool. You created it yourself, based on the values you believe in. I only helped you in describing the method.

If you relied on good (and therefore true) values - this tool cannot disappoint you.

Perhaps your family is also sailing in your "submarine". You are responsible for them. So navigate well and confidently.

Even though you may not believe it now, one day you will see it for yourself - at some point you will come to the surface.... and you will be exactly on the right course.

You may not even expect it to happen now. This is because you have consciously and methodically programmed your subconscious mind. It guided you. Every single day you tried to swim well. You didn't always get it right, but you got back to the course.

You have sailed in the dark for a long time, but after so many years you have made great changes in your life. Perhaps you have finally paid your debts, although they seemed colossal. You improved your health, improved relationships with your loved ones, but also with other people. You do exactly what you should in life using your best skills. This is for the benefit of you and other people. You make your contribution to the world. You manage your time and money wisely. You create new methods of your actions. You are still learning and improving. You are a strong and happy person.

All of this because you have built up a good and strong character after a long time.



Nobody can take that away from you. They can take everything from you - including your clothes. However, what you have managed to build in yourself - nobody can take from you. You have learned to manage your life well. And you did it yourself. This is what it is all about.

You will refine your LNB even more. Perhaps adding new points to it, perhaps improving it. It is a continuous process of self-improvement. Method and systematicity are important.

Now, however, you should check your course frequently. I recommend doing this mentally several times a day. Instead, open your LNB table once a week and verify it thoroughly - preferably on a specific day (Saturday or Sunday) and at a specific time, and spend some time studying the individual points.

I recommend doing this shortly after waking up, when our minds are still fresh, not occupied with so many things.

Learn from your mistakes. See how many fields are yellow - and how many green. Focus your attention on the yellow ones. Repeat them in your mind and you will not even notice when, even subconsciously - you will eliminate them from your life. You will correct them, making the yellow ones finally turn green. You will know by heart which elements are still yellow.

If some elements are those that you have no influence on from time to time - remove their colour completely until you will not be able to influence them again. They will be neutral for the time being. Elements that remain neutral do not contribute to the overall calculation. Knowing that yellow is the color you do not want in your LNB - you will try to eliminate it by systematically replacing it with green.

However, be honest about what colour you deserve for any given week. Your progress depends on it.

It's easy to say to yourself, "I'm great. After all, I navigate my life well. " However, if you judge yourself honestly, it often turns out that there is still some room for improvement.

This is what it is all about - continual self-improvement.

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DON'T GIVE YOUR LIFE TO TIME WASTERS

In our lives we sometimes meet people who are only looking for passive listeners. Little comes out of the conversations with them. They themselves don't remember much about these conversations. They waste their own and others' lives. They take away others' time - that's all. Contact with them does not have any deeper content.

They are not really interested in what other people think or feel. They are almost completely focused on themselves.

These types of personalities can consume other people enormous amounts of time. And this is your priceless life time. Someday you may miss it very much.

If you let such people do it - they will take it from you in any amount. Finally, they add that you hardly ever spent any of your time on them. They will not appreciate what you are giving them. They don't respect their time - so they won't respect yours.

Be very careful of that.

Take your time to do what really matters. It is a pity for idle conversations and for being only a listener.

If you are talking to someone - make this conversation valuable, or do not talk at all. Don't waste a minute on nonsense.

Look for the company of people who are creatively minded, who are trying to do something good with it. Spending time with such people is mutual synergy and sharing. It has value.

Time wasters, on the other hand, should first put their own lives in order and understand the value of time. It is their business and their life.



Don't cross them out as people and give them a chance, but also don't let them steal your life thoughtlessly.

ORDER & CLEANLINESS IN SPACE AND MIND

Whoever has order around himself - also has order in his head.

Try to have only as many things as you really need. Taking care of things that you do not need - only takes precious time, money and energy.

Any item you don't need is a thief of your time. Even if only for moving it and keeping it clean.

Perhaps at the same time someone else could use this item successfully? Look at it this way.

Try to be rather minimalist. Maybe not extreme, but having a small amount of stuff really helps.

But that's what you need - keep it in order, clean and in good technical condition. Do not let these items let you down at a critical moment.

When you are working - try to have at the workplace a minimum number of things that are in use all the time to accomplish this and only this task.

Let them have their permanent place and be ready for use at any time. You will reach for them by heart. This will help you save even single seconds spent on searching for them. Such an organization will optimize your work and increase the level of concentration.

As in everything, however, above all, use common sense. It is the best advisor.



THINK AT THE BEGINNING OF THE END

Whatever big you do, do it twice - first imagine that you have finished this work (whatever it is), then do it in reality, guided by your previous thoughts and conclusions.

Just like you build, create, design - you should approach your life in the same way.

Imagine you are at its end and you are looking back.

How do you want this life to be - so you can say "I've lived the best life I could have lived."

And now think about how you can start making it happen each day? If so far you have lived without direction - change it and take direction.

It has nothing to do with achieving some pseudo-goals, but with taking the right direction.

Taking the right direction is the realization of the goal itself.

Reach high and look for value - not position, property and all that crap.

Bearing in mind how you want your life to look like in the end, to judge it as good - take single steps in the right direction. And so every day.

BE PROACTIVE (COURAGE)

Don't wait for something to happen by itself and go out to life. Actively search for solutions. Be creative. Learn and try.

If something did not work for you - analyze your mistakes. Then try it again - better.



And do it as many times as you need to because if something is good - and you know it is - never give it up.

TRY TO BE PUNCTUAL

It is a relatively simple skill, but it has a huge impact on your assessment as, for example, an employee.

You can even be a good professional, but if you are running late, you will be losing an unnecessarily large number of points that you will have to make up for. Sometimes a minute late costs a lot.

Someone else works much less, but they are punctual and believe me - he will be judged and rewarded often better. I know this is wrong - but it will be.

It is a pity that you would lose on something that is so simple to implement. Work on your punctuality - this applies not only to the beginning of a meeting or work, but also to their end.

MODERATION

To have moderation in what we do is to be able to see our life as a whole.

So even when you look at an LNB, you need to be aware of all its elements at the same time.

Despite their evidently different importance and priorities - one should have a picture of the whole and not lead to gross disproportions in any of the areas of life.



STABILITY AND VARIABILITY

We need both stability and changeability in life.

Sometimes, after too intense experiences - we need to calm down.

However, this state should not last too long and we will naturally feel that we need stimuli that will mobilize us to act. This is also a natural need and you should meet it - in order to develop effectively.

Some people are very afraid of volatility and try at all costs to keep life in a certain repetitive and predictable reality. It does not reflect nature, life that is constantly changing. And any action that is not in harmony with nature ultimately turns against man.

So, we need both stability and variability in appropriate and natural proportions. In what and when - we can sense it ourselves. The important thing, however, is that we are aware of it and we are open to it.

SIMPLICITY - but of the HIGHEST QUALITY

My point is to try to do things as efficiently, perfectly and as beautifully as possible.

There is beauty in simplicity, and this applies to both works of art and mathematical formulas. If something can be done simpler and more beautiful, and at the same time better - this is how it should be done.



Reaching this level usually requires many years of work, learning and experience. However, the effort is worth it.

Get to know the real masters after that.



MONEY & PROPERTY

DON'T HURRY - JUST DON'T WASTE TIME FOR NOT LNB - ask yourself - "IS IT ESSENTIAL ?"

Money is a type of resource, as are time and energy. Use them wisely - don't waste them.

What does it mean to waste money? It's easy. This means spending it on anything else that is not related to your LNB.

TRY TO EARN FROM MY UNIQUE SKILLS

Of course, it would be an ideal situation - if we earned our living from unique skills. Then we wouldn't waste a minute on anything else.

Unfortunately, most often it looks like this - that there is a certain discrepancy here. Many people deviate from their unique skills and do something completely different for profit - just to earn money. After some time they forget about their abilities and settle down permanently in a completely different place than they should be.

Sometimes also - the desire to earn more money wins. Everyone has to judge what is more important to him. It is his life and he has to answer the question - is it important for him to have "meaning" in the group - or the contribution he gives to the world.

The smallest contribution we make to good is precisely a contribution to the world.



You don't have to be a great scientist, artist or philanthropist at all - you just have to do little things. They too are of great importance.

It is not always rewarded. However, I will say that by choosing the path of such "calling" you will not be poor. I do not believe that by doing with your heart what is best for you - life doomed you to poverty.

What you contribute is real wealth. If it is honest, true and of the highest quality you can afford - life and people will pay you back for it. You may not be rich, but neither will you starve.

However, there is another important question - Are you ready to choose such a path?

Some people treat their old activities as a hobby - and that's it. I believe that it is about something completely different. Namely, never deviate from what makes us unique. To neglect the gifts we have received. They are not there to brag about them in their vanity, but to make good use of them.

The abilities that are unique in us - we should develop and share all our lives. Strive to make them a profession someday. Even if it is not possible at the moment, this type of activity should be developed in parallel with paid work.

This should be done outside of regular working hours.

Perhaps, with time, you will be able to make your own business out of it, or a part-time job. And who knows, maybe it will become our primary source of income - at least a livelihood.

The work we do in the meantime, i.e. the basic paid activity that allows us to support ourselves and our family - should also be performed as reliably as possible. Even if it is very modest and completely different from what we really want to strive for. You should try to choose a job where we will be able to use at least some of our skills and develop them. That's a lot - don't you think?

And those skills that you acquire today as if by the way - one day they can be very useful to you. Nothing happens accidentally.



It's just such a moment in life - shorter or longer, but you should never forget your true "calling".

I am using the word vocation, although it is not a religious text. However, I like this term. It is very apt.

I feel there is a kind of spirituality in everything we do in life. For me, not related to any religion, but to values. This is also worth mentioning, because someone might say that there is no room for spirituality in my LNB method.

It is - it is exactly in everything. And that is why I am not singling it out as an additional area. This is how I summarize the topic.

Be patient, work where you are and work primarily on yourself.

Get ready - to one day shift the weight from both legs to the one that is your true path.

INVEST at least 10% of income

Have you ever heard that Einstein called compound interest - the eighth wonder of the world?

The point is to invest even small amounts that generate interest. And this interest rate should be reinvested again.... and so on and so forth.....

In the long run, compound interest brings tangible money.

Saving alone will not significantly increase your wealth. Investments can increase it.

If you are starting out as a young person, you may already have quite significant amounts of money in late adulthood.



Although money has never been of special value to me, and that is why it is in the last position in LNB, the lack of it brings suffering. In turn, having them, or rather using them wisely - can, on the other hand, bring something good.

Start investing anything at first, then aim for a minimum of 10%. And then you can systematically increase this value.

What does it mean to invest?

It means circulating your money to increase your market share in value added.

For me, it has nothing to do with the acquisition of anything that does not in itself generate new value - but only has a contractual value. Certainly

investments in ventures - in my opinion, this is a kind of good investment.

Depending on your situation - this investment can also be an investment in your company, in business activities and anything that brings real value.

I do not know the economic definitions, but based on my personal thoughts - I would conclude it with the following statement:

Both in investments and in life - you should focus on looking for opportunities to create added value, and not just looking for an opportunity without your own contribution.

Someone is only looking for an opportunity - in fact, he is deceiving himself, because one day there will be no such opportunity. And what he has - he can lose easier than he thinks. This is not a good way of life - parasitism really, only in a more latent form.

It's like buying tickets to the cinema for a blockbuster movie and then standing in front of the cinema and reselling them. Like waiting for an opportunity and gave nothing of myself. I hadn't contributed anything to the whole process, just seized the moment.

This is not a success.

Those who did not add anything from themselves, did not create anything, solved problems, did not help others - in fact, they did not give anything good



from themselves. They didn't add value. They just waited to buy cheap and sell dear ... They speculated - that's all.

But never forget that having money is not all about it.

If someone can earn a lot of money and do something good with that money - then we can talk about real financial success.

ALWAYS BE AWARE OF HOW MUCH MONEY YOU HAVE

This simple practice helps you quickly find out if you are in control of what you have?

Similarly, you can ask yourself - Do you know what time it is?

This practice, in turn, helps to easily determine if we are orienting ourselves in time. Can we even feel it?

It's a kind of quick Inventory of your resources. It is worth being aware of them. It's the kind of feeling you can develop within yourself. If we do it quite often (but of course without exaggeration) - then thanks to such awareness we manage our resources much better and we are not inclined to waste them.

Of course, the point is not to admire the balance of your account, but to be aware of the movements on it. To feel what resources we have. It just helps you better manage your finances - and the first step to doing that - is to be aware of their condition.



HAVE NO FINANCIAL PROBLEMS

The basic stage of financial management is the state in which we simply do not have financial problems. This is where you should start.

It gives you freedom and peace of mind.

Although I put the money in the last position in the LNB, the lack of it can be very acute and can affect many other areas of life. Therefore, do not neglect this point.

It is true that a great many people overestimate the value of money and place it on a higher priority - wrongly in my opinion. It's just money and you can spend it and earn it. Money is not a value - it is merely a renewable resource.

So - you don't have to be wealthy, but try to at least take care of them in such a way that they are not a problem in your life.

DECREASE OWNERSHIP - INCREASE ACCOUNT BALANCE

Your ownership status is also what is taking up your time. And this time is priceless. It is non-renewable.

Use it for what is important. Don't overburden yourself with what you have that you don't really need.

Make sure the items you have are the ones that are actually used all the time. You could even reach for them by heart. After that you will know them. Of course, there are also items that are less frequently used, but still needed - and you should also pay special attention to them, not to have too many of them. They are often "time thieves".

Keep them in good technical condition and do not throw them away just because they are broken. Try to repair them as much as possible - even if you



can afford to buy new ones without any problems. This tells a lot about your attitude not only to money, but also to the environment - because such a discarded object is rubbish. So don't throw it away lightly.

Have a little things, but in a reliable condition. "They will pay you back one day" - you will see.

It is not the amount of property that you should increase - but the level of your knowledge and skills.

You don't have to be an extreme minimalist, because how much you have - depends on your lifestyle, your profession, etc.

Nevertheless, the simple rule of having only what you really need - seems to me common sense.

Also take care of all administrative matters regularly. Keep your documents in order. Manage your current affairs efficiently.

Most of them are fairly simple matters, but should nevertheless be taken care of on a regular basis. Neglecting them can hurt a lot when you least expect it.

You should just be able to effectively control what you have - that's it.

And finally one more thing.

Our true wealth is not what we have, but what we become. These are skills that we will always be able to use to deal with the most difficult situations.

It is thanks to them that we will also be able to earn money again - even when we lose it. Having nothing - even if we were in a place where no one knows us, where we don't even have what to wear - we are able to do everything from scratch.

We are able to live happily, be in good relations with other people, give the world what we have the best in us.

With such skills - we have real wealth within us.

And that's what makes one person different from another.



This is his philosophy of life.

THE END

The book is undergoing constant improvement and its current shape may change. However, these changes are not likely to be significant.

Perhaps I will add some new texts - and remove or modify others. The nature of these works, however, will be rather cosmetic. What I wanted to include in it is already there.

Best regards and I hope that LNB will help you as well.

It helped me.

Jaroslav (JARO) Makosz

2022

