

Jarosław (JARO) Makosz



**PHILOSOPHY
of
SIMPLICITY**

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2	BELOVED
3	LOVE YOURSELF
4	ENJOY LIFE

1	DON'T WASTE ENERGY
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3	BREATHING
4	WATERING
5	SLEEPING
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5	REDUCE PROPERTY (but to the comfort level)
6	ORDER IN PROPERTY

PHILOSOPHY OF SIMPLICITY

“Manual of Life”

A strong man is a man with a strong philosophy of life.

And it's only strong when it's real.

I have a feeling that there is only one true philosophy - and we are only discovering it.

We don't create it... but we discover it.

We all describe it in our own way.

However, she has been the same for centuries - no matter how we describe her.

Someone said that compasses are more important than maps.

I completely agree with that.

The philosophy of life is the compass of man.

Jaroslav (JARO) Makosz

INTRODUCTION

The greatest laws that govern our lives are actually quite simple. They have been unchanged for centuries. It is enough to respect them, and life becomes understandable and coherent. A philosophy that complies with these laws I have called the PHILOSOPHY OF SIMPLICITY.

I described the PHILOSOPHY OF SIMPLICITY with a simple table, which I called LNB ?

The LNB table (Live Navigation Board) - is my own method of describing the philosophy of life that I have discovered over the years.

I created this method really for myself. I perfected it and completed it. I tested it on myself practically in various situations and I know that despite its extreme simplicity (and sometimes even obviousness) - it was really very helpful to me. Most importantly - the LNB table organizes priorities and areas of life in a methodical way. And its systematic review brings quick results.

I use and improve this method all the time.

After using it for some time, I decided that it is worth sharing with others.

I think this book can help anyone. No matter who he is and where he is in life.

The LNB table is a kind of life compass. It resembles a control panel. The basis of this system is **that all elements can be seen immediately - in a space that can be covered with one glance.**

I like to compare life to sailing. So the comparison of the LNB Table to the control panel of the yacht you steer seems very accurate to me.

The LNB table focuses on what we can influence and has two basic states:

- green (everything is going well)
- yellow (something needs improvement)

Although the LNB Table may also contain states without color, they mean positions that we currently have no influence on and should not be dealt with at the moment. They are also important, but at the moment they do not depend on us.

When we start to influence them - we should give them one of two colors (green or yellow).

The basis of my method is the discovery that it is not the goals themselves that are important, but to navigate well each day.

It is the navigation (life) that is important, not the achievement of some ultimate goal. The Intermediate Goals we set and pursue are just like "buoys on the water" that you pass and keep going. They have their own importance, but remember that they are only "buoys on the water". Kind of milestones... indirect signposts that prove you're sailing well.

The essence is a good life, lived already during life.

If you sail well every single day, your whole life will be good, because one day reflects what your life is like now.

If you can live well for one day, then you can live well for two days. Then it can turn into a pretty good week, then a month.... and finally life.

Our lives consist of small, often inconspicuous decisions.

Our habits are extremely important. As someone wisely wrote - "First we make habits, then they make us" ... Yes, habits make us. So it is worth paying more attention to them.

I divided the LNB table into areas.

I have singled out only 6 areas of life that I consider crucial. Spirituality encompasses all of them at once - so I have not singled out an additional one.

Many other divisions into differently named areas can be made - but the priority of values is the most important. That's what makes people different. Sometimes even a lot.

Undoubtedly, elements such as love, health, relationships, time, money - are universal. I'm sure everyone will agree with them. **However, for different people, their priority may be different. This makes them go different ways.**

Everything has a price and wrongly arranged priorities can have a fatal impact on the fate of a person.

I don't think my division is perfect. From time to time I find things that I improve. I'm looking for the best description I can come up with. However, the modifications I make are not very significant. Rather, these are only minor improvements. This would mean that this description is quite close to the natural philosophy of life that I discover. **I discover it and describe it - but I don't create it.** This is a very significant difference. I'm not creating anything new.

Each of us sees life from his own perspective and could speak on an equal footing with me. I see, understand and feel it at this point in my life - that's how. I will certainly continue to improve this description.

It is important that you really believe that you understand these points and that you are consciously choosing where you are going.

If you do not accept my elements - change them to your own. Create something of your own. Let my work inspire you.

Use the LNB Table several times a day until you memorize it and start implementing it without looking. I do just that. You can also put a printout of the LNB Table somewhere where you will often have it in front of your eyes.

I, for ease of use, use an Excel file and review it thoroughly every week. It is legible and comfortable. During the day, however, I go through it in my memory several times. I have this image very well preserved.

Once a week (in the morning and more or less at the same time, preferably on a non-working day) review the LNB Table in great detail - verifying the file (or sheet). This is a kind of self-programming of your subconscious.

Perform self-programming of the subconscious as the first thing you can do in the morning. Perhaps even while still in bed. Then you see everything clearly.

IMPORTANT:

Evaluate your progress honestly. You judge yourself. Nobody needs to see it. Go from yellow to green, but also from green to yellow (if something goes wrong). 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.

Compare your results every week and check your progress. **Your subconscious will focus on eliminating yellow items and turning them into green ones.** Although it may seem ridiculous and ridiculous to you now, in time you will see that I am right. You will find yourself subconsciously eliminating yellow items.

If at least one line in the column of a given area is yellow, it means that the name of the entire area must also be marked in yellow. This means that your problem is in this area. Do not underestimate it and work on it as soon as possible.

Over time (and very quickly) - you will realize that there are no more yellow squares in the area. This will mean that you are navigating your life in the right direction in this area. It will also bring you a lot of satisfaction.

Be careful though - keep checking your LNB regularly. Just because you're staying the course doesn't mean you can't lose it. And it's not that hard at all.

Below is an example of a filled LNB.

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LOVE

I have distinguished six areas of life (LOVE, ENERGY and HEALTH, RELATIONSHIPS, SKILLS, TIME and METHODS, MONEY and PROPERTY).

This is my division. You can name the same elements differently, or reduce/increase the number of areas. The most important, however, are priorities - not names. This is what sets people apart and makes them make different life choices.

Often someone asks the question of the meaning of life. In my understanding, it is not one element - but a set of elements arranged in a certain order. I placed them in the first area of life - LOVE. **I consider the implementation of all elements from the area of LOVE at the same time to be the meaning and purpose of life.**

Other areas - are only part of the road.

GOOD

Good means not only doing good, but also thinking good and intending good. Everything has its origin in thought - including good.

Good is the overriding value. Although we intuitively feel its meaning, giving it a definition is not so easy. What is good for one is not necessarily good for the other. Contrary to appearances, this is not an easy topic. But I will give my definition.

"Good is what takes into account not only me, but also others. It is what I choose in my own honesty, with my current state of knowledge and experience - as the best way."

What I have written may mean that not only can people's interpretations of good vary, but even what I consider good today may be questioned another time.

That's true. This may be the case in a very extreme case. However, I have emphasized the feature of fairness in my approach. At other times we can know more, understand better. Then our point of view may change. However, these are rather rare situations.

The general understanding of good is usually common and intuitive to most people.

LOVED

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

This is one of the reasons why I don't use logic as the only tool in my analysis. It has its limitations. We can make illogical choices – but good ones.

Focus on what you can do for the person you love.

All you can do is love and try to be a person to love.

Just focus on that. The rest is up to you...so leave it alone.

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

And this is important....very important.

Meanwhile, the person closest to us - is the one with whom we share the world. It is related to this, as an inseparable whole - our sexual relationship with this person. Sexuality is the penetration of oneself on many levels of contact. It's not just physical.

Whether we will be in such a relationship, whether we will be able to meet such a person in life and create a happy relationship - does not depend only on ourselves.

Some say that there is sex without love. I don't think it's sex. But there can be love without sex.

LOVE YOURSELF

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

I observe people and see that in many cases there is much to be done in this area. Perhaps this is due to early childhood experiences, or perhaps from the level of one's own consciousness.

Lack of self-love – leads to lack of self-acceptance, and sometimes unconscious self-destruction. In day-to-day decisions, it can involve a kind of self-sabotage.

These processes can take years and someone may not even realize it. This is happening somewhere in the background - as if in a hidden background. Such a person does not agree with who he is and how he lives. And so silently - it destroys itself.

Meanwhile, it is this loving ourselves - and then making small attempts to change the life we want - that is of great importance. And it has nothing to do with narcissism.

Start with healthy self-acceptance and being gentle with yourself (along with healthy discipline). Over time, this gentleness has a 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.

Loving yourself - depends only on you.

And if something depends entirely on you, this is the area of your happiness and freedom.

ENJOY YOUR LIFE

Try to enjoy life. It has nothing to do with the enjoyment of life, games, travels, possessions, etc.

You feel the joy of life when you look at the sun and feel part of a greater whole. You will feel it - when you love. You will feel it when you enjoy your work, through which you give yourself to others. You will feel it in contacts with other people. At times like these, you'll understand what I'm talking about.

When I say "try" I also mean trying to enjoy life. The beginning is the very contentment (satisfaction) with the life we lead.

It's not like everything is going against us. On the contrary - every difficulty can become a new signpost in life. What stands in our way can become a new way. Difficulties open up new opportunities.

Finally, you never know if what we now consider unlucky for us is really so? Often, what seems to be a misfortune for us - turns out to be in the end.... luck.

ENERGY AND HEALTH

I named this area of life in this way to emphasize the role of life energy - and not just health itself.

It is not just about being healthy (i.e. free from disease), but about much more. If we approach this area in this way, the approach itself changes a lot.

Our health affects our energy. However, her condition does not depend only on health alone. That's why I put energy above health.

There is another interesting property of energy. Namely, just having it already has a very strong impact on our level of happiness. So is having time.

So ask yourself – “Do I have the energy of life?”

My observations show that people often care about their cars - more than about their health.

Meanwhile, if only they treated their health at least like their cars - perhaps they would understand its value. Health is a car - we can only have one in a lifetime. He wears out - that's obvious. However, if we take care of it wisely, it will serve us well - for many years.

In the body, as in the car - you need to perform inspections, take care of its elements, the quality of fuel, clean filters, etc. The comparison of a car to health - I think in this case is quite accurate.

I would compare the energy of life to fuel.

In order for a car to run, it needs not only to be efficient - but also to have fuel.

Like all philosophy that I discover - this area has quite simple rules. In fact, we need relatively little to take care of ourselves.

These things are so obvious that they are almost unnoticed. However, only a methodical and systematic approach to them brings results. This applies not only to this area of life, but to all of them in general. They all influence each other.

But why can we overlook them? Exactly.

That's why I expressed the PHILOSOPHY OF SIMPLICITY in the form of a table. The tables reflect our natural way of thinking. Organizing the material in rows and columns and in the right order - allows you to better understand it.

DON'T WASTE ENERGY

There is only one simple rule here. Anything that is not included in the LNB table is a waste of energy.

RESISTANT MIND

By this rather puzzling concept I understand the strength of the mind, resistant to events and judgments of others.

One of the greatest fears of man is the fear of rejection, or even of not being accepted. I would not hesitate to say that the vast majority of people are willing to sacrifice the values they believe in to some extent - for the price of acceptance.

Being inside a group is safer and more comfortable for them. However, there is always something for something. You can say black is white.

The question is, is that the way you want to go?

I suggest you choose the path of values. If what others are doing is inconsistent with that...go away.

Follow values - not people. People change - values remain.

For who you are, you can be rejected. Get ready for it.

A resilient mind is also resistance to everyday problems and difficulties. Practice it.

Don't look for problems, but don't avoid them at all costs either.

Problems are part of life. And just as a worker's hand becomes callused and becomes harder and harder over time, your mind will become more resilient with time and conscious practice. Setting yourself up for it this way changes everything. From that moment on, what drained you becomes what makes you stronger.

RESPIRATION

Breathing is the first thing we do after we are born. It accompanies us later throughout life. We don't need anything but air for it. It is also the first need, the lack of which leads to the fastest consequences.

So if it is so important - the quality of our breathing must be equally important. This is what I'm assuming.

Just make sure you stay in a place where the air quality is good and breathe as naturally as possible. That's all.

This approach makes us breathe deeper, slower and calmer. We will notice it immediately by the way we speak. It will also be slower, calmer - and our voice will become deeper. These two activities always go hand in hand. There is also a third element. Breathing also affects the way we think. So breathing, thinking, and speaking are a kind of triad.

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. Go for a daily walk and enjoy the air.

IRRIGATION

Water is the basis of irrigation. All other drinks are water-based additives only. However, if the water itself is of good quality - that is, it is clean and rich in minerals - it is completely sufficient.

As for the amount of water you should 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 glass of water as soon as you wake up and drinking at least a few more glasses throughout the day.

How much is enough?

There is a simple way to verify. If our urine starts to have a very light color - it means that we have rinsed the body sufficiently. Another indicator is the density of saliva. It should never be too thick.

You should also be aware that when you feel thirsty, it is usually a pretty strong signal that you are not properly hydrated.

There is still a long way to exhaustion from thirst, but we want our body to work as efficiently as possible.

Personally, I also like to drink very warm water. Such a simple drink is underestimated - and it's so easy to prepare.

In hot water and other warm drinks - there is energy that comes from temperature. We know from physics that energy turns into heat - and heat into energy. There are different forms of it.

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

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

SLEEPING

Another need in the hierarchy of those whose unsatisfied leads to problems very quickly - is sleep.

Lack of the right amount of sleep, which is added up over days, weeks, etc. - is often a barely noticeable deficit. However, after a long time, it is a factor that has a very large impact on our energy, health and concentration. The quality of sleep directly translates into our productivity at work and the ability to learn. So it has a huge impact on the quality of life and our success.

The importance of sleep is usually greatly underestimated. Too little sleep, or its poor quality - this is the everyday life of many people.

I would even say:

If you want to achieve success in life - start with a healthy sleep.

My method, however, is simple.

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

You also need to keep in mind what the purpose of the dream is. And it is rest. So you can say that **we need not just sleep - but rest and regeneration.**

If someone can manage their energy wisely during the day - it is very possible that they will sleep less.

The body should not be over-tired. There is a subtle difference between fatigue and overwork. The latter is very difficult to make up for - and very easy to cause. Sometimes it doesn't take much to go from exhaustion to exhaustion. The ability to recognize the correct boundary is extremely important. After exhaustion, recovery takes a long time and is ultimately very expensive.

If we happen to fall asleep to work - it means no less, no more - that we have to go to bed earlier.

You should sense the right moment when the body gives the first signs of fatigue. And then go to sleep. That's all.

A certain regularity of sleep is indicated. In this way, we give the body the opportunity to adapt to the conditions we create for it. We become predictable for him - and that's good for him.

But I don't think you always have to be so regular and so disciplined. It's good to make an exception from time to time.

It is important that deviating from healthy rules does not become a rule in itself.

EATING

This is not a diet guide, but I will tell you about a few rules that I follow myself.

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

Here is the most important:

You know a good meal by the fact that you gain strength after eating it. Not some time after, when it has to be digested for a long time and at the expense of your energy - but almost immediately. It can even be said that we gain energy while eating.

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

Here are some other tips:

- Eat light but energetic foods.
- Try to make meals not too large in quantity - but much better in quality. It's about meeting your energy needs, not stuffing your stomach to the max.
- Try to eat as varied 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. On the contrary - meals should be composed of only a few ingredients.

Don't eat another meal until you're really hungry. Do not be afraid. A little hunger never hurt anyone. We are evolutionarily prepared for this.

A good meal should consist of three basic ingredients:

- proteins
- carbohydrates
- fats

As for their proportions and sources, there are many schools here. I recommend using the ones that just serve you. And it will also depend on the lifestyle you lead.

It is important that all of these ingredients are present in meals at all times. Otherwise, we will feel unsatisfied. This confirms my personal experience.

As you can see, also most of the very popular and simple dishes (and from different cuisines of the world) consist of these three ingredients at the same time. Not separately - but simultaneously.

It should be understood that a good meal is, above all, a nutritious meal. That is the purpose of eating. The flavor complements it. **Food should be primarily a source of energy.**

There are foods that are tasty but unhealthy. You should look for tasty, but above all healthy.

Eat more in the first half of the day, then less and less.

The point is to manage to burn the right amount of calories during the day and not go to bed with an excessively positive caloric balance. The exceptions are situations when we work hard in the second half of the day.

It's completely natural that we need more calories when we're tired, sick, or sleep deprived. They must then be supplied to the body.

Sleep deprivation should also be considered. We compensate for even a small lack of it with food. Adequate sleep also allows you to maintain the right level of body fat. This has to do with nocturnal metabolism, which is extremely important. This is also when all the systems of our body regenerate.

Speaking of calorie balance - I mean the difference between the number of calories consumed and the number of calories burned by the body.

Whether we lose weight, gain weight, or stay the same weight depends on this balance.

This, of course, also has to do with our figure.

It may seem surprising, but in the area of nutrition, the rules are quite simple.

As soon as we consume more calories than we burn, our weight will increase due to the increase in fat in our body.

Conversely, if we burn more calories than we consume, our body fat will decrease and our weight will also decrease.

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

That's all.

I will give an example that may seem absurd - but we can, for example, eat only donuts, halva, pizza or anything else that is a calorie bomb during the day. However, if their total caloric value taken during the day is less than the number of calories burned - then we will lose body fat.

Here's the whole secret. It's pure math. There is nothing mysterious about it.

Of course, another matter is the nutritional value of such foods - I mean the supply of the right amount of proteins, healthy fats and healthy carbohydrates, vitamins, micro and macro elements. However, from a purely caloric point of view - it is true.

If we want to change our body fat level, 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. He reacts negatively to it. Differences in the amount of calories taken in and burned should be in the range of about 500 kcal/day. This is a good pace, leading to sensible and long-term healthy changes.

Be careful of the so-called 3 white hazards: sugar, salt, white flour. I don't think it's necessary to give them up completely, but it's definitely worth reducing them seriously. They can be the source of many health problems when abused.

I am convinced that everyone can compose good, healthy and tasty dishes that will serve them well.

It is worth exploring this topic, because as someone wise said - "You are what you eat". He was definitely right about that.

MOVING

We are beings made to move. In motion, we generate energy and at the same time we obtain energy.

"Whoever walks slower will go farther."

That's what a saying goes.

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

Try to approach life as a "Long Journey". Think in those same terms. So what if someone spends hundreds of hours of life in the gym and takes nutrients when in a short time there is

no trace of it. During this time, he could do something much smarter, and take care of his figure in a moderate way.

I believe that what is really good for us is good for life.

Whether you are a child, young or old person. Only such a system of exercises is worth recommending.

This does not only apply to physical exercise. I am looking for such simple and universal rules - ready to be applied throughout the lifespan, not just in a certain period of it.

I am not claiming that my system is the best or the only one. However, I think it contains elements worth looking at.

I came to it after a really long way of searching. You could say that in a way I went back to my roots. But now I understand them better and I do my exercises smarter.

I believe that it is important and healthy for our body to be in frequent movement. It is more beneficial in the long term than infrequent and very strenuous physical exercise.

This is confirmed by the study of the lifestyle of people who live exceptionally long. If it works for them - it means it's a good way.

Of course, we also need to sit down, lie down, rest. However, understanding the need for frequent movement and how important it is in our lives - allows you to keep your body and mind in good health for many years.

Here are my simple recommendations:

- **Go for long walks every day.** They help oxygenate well, relax and focus thoughts. Do it regardless of the weather.

- **If you have a sedentary job, take short walks every now and then.** You can also do some simple exercises that won't take much time and will definitely help you a lot.

- **Do a set of simple stretching exercises in the morning and evening** (I use yoga and Pilates exercises). Enrich them in the evening with sit-ups, push-ups and abdominal exercises. These exercises have been known for centuries and are also performed by all the armies of the world. They can be done anywhere and without equipment. These are multi-muscle exercises, i.e. they involve more muscle groups at the same time.

Squats target the lower body, push-ups target the upper body, and abdominal exercises target the mid-body. Pull-ups are also a great exercise.

Many training systems recommend intense exercise, interspersed with, for example, one day of recovery breaks. They are mainly aimed at a quick and noticeable increase in muscle mass. I suggest daily exercise, but less intense. I believe that it is worth reaching slower and less strenuous for good and lasting results.

I am a strong supporter of exercises using your own body weight. In addition to being able to perform them anywhere, they have another very important advantage.

They lead to the harmonious development of the body. People practicing this type of exercise have a very proportional figure. During puberty, such exercises perfectly harmonize the development of a young person.

Meanwhile, people practicing isolated exercises (involving only a given type of muscles) - often have disproportionately developed certain muscle groups, while at the same time poorly developed other groups. This disparity is also immediately apparent.

What is important and what I would like to emphasize is that physical activity should be about health first and foremost. Beauty, in the form of a nice figure, is a derivative of a healthy exercise system.

If someone falls into the trap of chasing a silhouette - they may even achieve their goal. However, he will enjoy it in a short-lived way.

He will also spend an excessive amount of invaluable time on this and will need to use various supplements to sustain the results. This is a trap that many people fall into, who want to look beautiful above all else.

Advice:

Regularity is important.

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

And finally... (Actually, in this chapter I could write only that and nothing more).

A good exercise system is one in which you feel an influx of energy during exercise, not an outflow.

After you finish exercising, you have more energy than before you started. Get to know him after that.

CARE FOR HEALTH

REST BEFORE YOU GET TIRED

In this principle, the point is not to lead to excessive fatigue of the body. At the first signs of fatigue, you should rest a bit.

Rest should be frequent, but very short. The proportions should **be about 30 minutes of work to 5-10 minutes of rest.**

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

This way you can function with a high level of energy and concentration for a very long time.

Then, when leaving work - we will not be tired, and work becomes pleasant and effective. As a result, everyone benefits.

The need to take short breaks also applies to activities other than work that cause fatigue.

Sometimes unnecessarily prolonging the effort by several minutes - causes the need for additional rest for several hours. That's not what this is about.

Therefore, "**Rest before you get tired.**"

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

DIAGNOSTIC TESTS - basic parameters

Examine your body regularly - at least once every six months. Even if nothing is wrong with you - verify your blood parameters, pressure, etc.

If you are an elderly person - also perform other tests recommended by your doctor.

HEAL ON TIME

Heal on time. If something is wrong with you - do not postpone treatment. Some diseases can progress very quickly and time is of the essence.

If in doubt, visit two or even three doctors to independently confirm the diagnosis in more difficult cases.

However, once you start treatment - trust one doctor and let him work. Healing takes time. Too frequent changes of therapy are not good. You have to try one and only if it doesn't work after a long time - you should try another.

TAKE MEDICINES/SUPPLEMENTS REGULARLY - but only if necessary

Take medications and supplements regularly if needed. However, remember not to overuse it.

Take your medications for as long as your doctor has told you. Do not stop treatment at the first sign of improvement.

Do not take supplements when there are no obvious deficiencies of certain elements in your body. Any supplements can only be taken for a short time.

They are not food. These are artificial products. Remember that.

Return to a natural diet as soon as possible. Eat wisely and in a balanced way. That's quite enough.

GAIN MEDICAL KNOWLEDGE ON TIME

Gain knowledge on your own in the field of health and your ailments. **Don't just rely on the knowledge of doctors.** It's not about self-medication, nor is it about arguing with doctors. It's about supplementing your knowledge, in your own interest.

Physicians usually 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 smart man, he will certainly not underestimate you.

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

Observe your body, collect medical records, take notes on your health. All of this may prove very useful someday. Also collect information on diseases suffered by your relatives and ancestors. This can also affect the likelihood of these diseases for you and the advancement of the disease.

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

Don't worry if something goes wrong. But be sure to do what you can. And then be calm, because you'll know you did what you could. You took care of yourself like your best friend. And then take it easy with what life brings you.

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

Live as if your life is about to end.

And that's not bad advice at all - quite the opposite.

Being aware of your mortality and reminding yourself of it allows you to quickly review your priorities.

This is a very valuable lesson for all of us.

However, let your life be complete at any moment, ... finished, fulfilled.

Take care of it now.

Catch up on your relationships with people and your life's work.

And then just live - from dawn to dusk. Give yourself to others. Because it is in giving that life is strong.

Instead of thinking about what you can have the best of life - ask yourself the question, what can you give the best to life, the world ... others?

This change of approach changes literally everything. Suddenly, you too will unexpectedly start getting.... And these are the most beautiful things that you didn't even think about.

STRESS MANAGEMENT

Eliminate bad stress from your life. I'm thinking of stress having too long-term effects.

It may have something to do with where you live. It can be, for example, the noise of devices, toxic people around, or a situation of constant danger.

As a rule, these are stimuli that we get used to because we think it must be so. In the long term, however, such chronic stress is extremely destructive. That's why I called it bad stress. It is continuous, completely unnecessary, long-lasting and you cannot interrupt it in any way. All you can do is change your seat as soon as possible.

However, there are also some situations that I would call more "inconvenient" than harmful. Here, up to certain limits - our attitude plays a big role, which makes us approach painful experiences with the awareness that we have a chance to become more hardened ... tougher.

These are situations that cause our lives to have elements of changeability, surprise, departure from the routine and comfort. This is where development awaits us. Dosing small amounts of stress, but in a controlled way so that it can be interrupted when we want it - can prepare us for the hardships of life.

A strong personality is what will protect us in difficult times. It is a kind of exercise and conscious exposure to small doses of stress, pain or discomfort. Thanks to this, we will be able to consciously push the limits of our endurance. Instead of running away from them, we will face them later. We'll know we can handle it.

Both stabilization and destabilization are necessary in our lives for development and healthy functioning. Both stability and changeability. Everything, however, revolves around their mutual proportions.

Being aware that "moderate stress" is not so bad - we react to it differently, with a different attitude. We are trying to react as best as possible in such a difficult situation. We learn a new reaction, we get to know ourselves. We try to be better every time. That's what it's all about.

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

It's like a vaccine against a more serious disease.

Acknowledging the inevitability of stress and making the decision to strengthen yourself helps you live happier.

GOOD PLACE TO LIVE AND WORK

The places where we live and work have a huge impact on the quality of our lives.

People pay special attention to what their car, apartment or house looks like. Much less attention, or even no attention at all - to things incomparably more important. One of them is the very place where they live.

NO EXTERNAL THREATS

By this point, I mean the immediate, physical security associated with being in a given place. I think it's pretty easy to imagine, so I won't elaborate on that point any further.

ENVIRONMENT OF KIND PEOPLE

The people we live with, work with and spend time with have a huge impact on our lives, well-being, development and happiness.

The environment of the right people is characterized above all by one feature - thanks to them you become a better person.

In a good environment there is mutual motivation, support, synergy. I also write about it in the area of relationships.

Unfortunately, we don't always have control over who we hang out with. However, we should do our best - to spend as much time as possible with people with good character traits. You can also learn a lot from them. And they, in turn, will want to learn from you. You will start adopting good habits from yourself. You will give each other value and joy. You will become better.

But be careful - it's also the other way around. Surrounding the wrong people can very quickly cause you to stop developing, you will not become better as a person, and you will start to take over bad habits from these people.

I emphasize the role of making conscious choices of people with whom we spend time, wherever possible. You will spend time with people around you – a lot of time. You don't even realize how much. Make sure it is used wisely.

We can survive without other people. Even on a deserted island. That's true. But this is not the life we should strive for.

Only by getting along well with other people can we truly grow.

NO ELECTROMAGNETIC FIELDS NEARBY

It has been known for a long time that the influence of the magnetic field on human health can be harmful. So, first of all, you should consider:

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

More information on the health effects of these installations can be found in the specialist literature.

THE POSSIBILITY OF MAINTAINING THE PROPER LEVEL OF HYGIENE

Being able to ensure proper hygienic conditions is extremely important. Although this may seem obvious, in practice not everyone pays due attention to it. You, on the other hand, take care of it.

THE RIGHT AMOUNT OF SUN

The sun is a source of energy and life. Not taking care to have access to it is a very serious omission.

We don't necessarily have to live in southern countries right away. There is too much sun sometimes.

I call it sun 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 earlier, breathing is with us all 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 recommended.

Running is also an interesting solution. However, I am a big fan of 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

I have also previously written about the importance of adequate hydration. 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 this thousands of years ago, and neither should we, despite easy access to water in most countries.

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

LOTS OF SILENCE

The main thing here is that we don't have unnecessary sounds around us - when we don't want them.

It's easy to fill the space with sounds. Quiet this place - is often something almost impossible. Noise, on the other hand, or even unwanted sounds, is unhealthy. They occupy our attention. They force us to react. They disturb concentration - so to put it directly, they directly take away the energy of life.

I think it's enough to compare the sound environment to smells. This comparison seems quite good to me, and especially musically sensitive people will agree with me.

Namely - no one likes to be in a place with an unpleasant smell. However, surrounded by unnecessary, and often even unpleasant sounds - there are many people and they accept it, not realizing the consequences.

These are stimuli that produce an unhealthy effect in the long term. People in such an environment become irritable and emotionally unstable. They reflect the character of the place where they live. Just like the lack of access to the right amount of sun, the lack of silence begins to be visible in people's behavior only after a long time.

MODERATE HUMIDITY

You can read about what the right level of humidity in the environment means in more specialized sources. I do not think that we need 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 an example of this kind. 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 favors the development of mold and fungi. So the places where we stay should be dry and sunny. Introducing additional and more controlled humidity is quite easy. However, removing excessive moisture is extremely difficult.

HEAT

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

During mental work, I recommend even a very slight decrease in the ambient temperature for a short time. This improves the energy state of the body and mind. A slightly lower temperature is conducive to good concentration.

While sleeping, I recommend definitely high temperature. My personal experience shows that sleeping under a warm cover allows the body to regenerate well.

I also take a very warm shower right before going to bed.
Sometimes, during the night - I use strong heating of the body, especially in the morning.
Personally, it serves me very well.
In addition, a good quality duvet, pillow, mattress - these are the elements to ensure the highest quality of sleep. We spend about a third of our lives sleeping. So it's important to take care of these things properly.
It should also be borne 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

BE ON GOOD RELATIONS WITH AS MANY PEOPLE POSSIBLE

(but without renouncing yourself)

I would consider this sentence to be the key to relationships with people. We often disagree with others, ... often even on very basic issues. However, if even in such situations we manage to live with others in peaceful, and perhaps even friendly relations (while maintaining the values in which we believe) - then it is a great success.

It is impossible to convince another person to our point of view. Only he can convince himself. All we can do is be an example of a man whose life could be emulated in some way.

HELP OTHERS - but only a little

Where possible, try to help other people. Do it primarily by using your unique skills (I'll write 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 even more effectively in the future.

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

However, remember that you should spend your time wisely.

And here's an important note - **just help a little. You have your own life (only one, and it's not very long) and your own direction. Take care of it.**

It's your path, focus on it. Other people have their way too, and they should do the same.

But it's their life and their decisions about what to do with it. Never forget it.

Many people will accept as much of your help as you give them. They are like a bottomless pit. Very often they waste their own time completely thoughtlessly and will have no qualms

about wasting yours as well. So be very careful of time wasters. Time is your non-renewable resource. Use it well.

It's best to help when someone asks you for help. Otherwise, he usually doesn't respect her. We often give someone our priceless time - and in return, this someone does not even value it.

Don't cross them out as people and give them a chance to change, but don't let them steal the time of your life mindlessly.

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

Sometimes, someone who is suffering just needs a little understanding. Let's give them to each other. We are a whole, as a human family, and it is good that we try to help and understand each other.

However, beware of attempts at emotional manipulation. As with everything, you need to be able to be guided by intuition and moderation. You have your own life - live it the best you can.

Advice:

If it happens that you can do more good in these simple and ordinary situations - than using your unique skills - then do something good.

MODERATION AND PROPORTIONS

Moderation - this is a way of interacting with others so as not to overwhelm them with your person. It's better to leave us unsatisfied than satiated. In this I would see the essence.

Proportions - here you should pay attention to whether we are definitely not a party that is too active. Meanwhile, the other person, or group of people, remains rather in a state of reception and does not react.

This may indicate, for example, that we are beginning to dominate the relationship with other people. You should then take a step back and allow the other party to be more active.

A relationship with another person is not only about talking, although it is certainly a very important element of the relationship.

Learn to "read" your interlocutor. The ability to read signals from the other side early is important in any relationship.

. It works both ways. Let us not burden ourselves with others, but let us not be burdened with others either.

A relationship is a mutual enrichment through contact, conversation, working together, having fun. That's what I think it's about.

SAY LITTLE

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

Easy 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 always goes hand in hand with the art of listening.

One thing to keep in mind is **that the more we talk, the greater the chance of misunderstanding.**

This is due to the fact that more often there may be situations in which someone will understand something differently, or we will inadvertently make a mistake ourselves.

And finally, one more observation I once read:

"The benefits of long and short speech are exactly the same."

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

FIND AND SAY GOOD THINGS ABOUT OTHERS – or say nothing at all

Try to follow one rule:

Say something good about others, or don't say anything at all.

That's it.

DON'T TEACH UNLESS YOU ARE ASKED

We all have a tendency to lecture others - but the effect can be quite the opposite.

Only when someone asks you to learn - then do it because then it will be of double value and will be remembered by the one who asks you for it. Otherwise, it will be perceived as an attempt to interfere in his life.

DON'T DO TO OTHERS WHAT YOU DON'T WANT TO DO TO MYSELF

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

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

It's easy to imagine that someone might not want the same thing as us.... and our sincere intentions can receive quite the opposite.

WIN - WIN

not ME, but WE if possible

I am thinking of action based on the search for solutions in which all sides win as far as possible. About the solution Win-Win.

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

It is no better than the Loser-Loser solution, because only in the short term does it appear that someone has won. In the long term, however, everyone loses. Life isn't about winning anything, it's about living well.

In everything we do - it is necessary to think not only about our own benefit, but also about the benefits of other people. Coming to such conclusions is sometimes looking deep inside yourself. Getting rid of selfishness in the name of greater values.

We have our interests and we should defend them. We also have our dignity. It has nothing to do with an oversized Ego.

Remember - your Ego is your enemy.

SPEAK YOUR TRUTH SHORTLY, CALMLY, SIMPLY, CLEARLY.

Don't try to convince others.

Seek the good and the truth - not to prove the point.

The very way we speak can cause a friendly or hostile reception. We don't mean to get into conflict with another human being.

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

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

TRY TO UNDERSTAND OTHERS

Even though we are all alike, we also have many differences. We often expect understanding of our situation, the way we feel and think.

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

I have thought a lot about the nature of good. I was interested in why we want to choose good over evil. Why we want to do this - contrary to appearances, is not so obvious.

Because good is beautiful? "Yeah, definitely... but not just that."

Because good is logical? "Yeah, definitely... but not just that."

...

Until one day I found the answer.

I believe that the source of goodness is Empathy. It is its most root cause.

They are empathetic, compassionate people – they are good. Their actions are guided by compassion and compassion. And not only for humans, but also for other beings.

And vice versa - people who can't be compassionate... can't be good.

Empathy also breeds understanding.

I also believe that the root of evil is Lack of Empathy, Envy, Greed and Pride.

They are related to the human ego, which not only works to the detriment of others and makes communication difficult - but ultimately turns against the very same person.

SYNERGY WITH OTHERS – if possible

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

Similarly, this someone - working alone, often does not achieve the results that he could achieve working together with us.

The synergy is that when we work together, we create more value and energy than we could produce individually.

Then there is an additional source of this energy and a value that is more than just the result of our personalities, intuition, knowledge, experience, etc.

However, this is not always the case. Sometimes it's better to work alone.

It depends on the situation, the problem, the moment.

However, it is worth considering such a synergistic type of cooperation, if possible.

DO NOT SPEAK FOR MORE THAN 5 MINUTES - no matter what you are talking about

I have already mentioned that the benefits of short and long speech are exactly the same. I think sticking to the simple rule of not talking for more than about 5 minutes is pretty good.

The exception may be situations where you have some public speaking. Then everyone wants to listen to you, because that's what they came for.

During these more or less 5 minutes you have enough time to see - how your listeners react. Don't you bore them. Are you giving them any value in what you say? Keep it simple and short.

Albert Einstein once said:

"If you can't explain something to a six-year-old child, you don't really understand it."

SPEAK AFTER SOMEONE - but wait a minute

Very often we can encounter a situation where one party interrupts the other in a conversation. This type of behavior can be considered more in terms of a simple lack of culture. However, what is worth learning for life is:

The ability to listen to the end of the interlocutor's statement and wait a moment.

and

The ability to wait a moment before responding.

Perhaps the interlocutor wants to say something else, or he wants his words to "resound" and evoke the desired reaction in us.

By waiting even a small moment - we let him know that his question had value, and our answer will also be valuable (because it was thought out for a moment).

In both of the above cases, we send the interlocutor a clear signal of respect for him. And that's a lot.

By doing this, I've noticed that even people who tend to interrupt me slowly begin to self-correct and reciprocate with more attention and respect.

WHEN YOU SPEAK, TRY TO SPEAK LAST – or don't speak at all.

Don't be like many who everywhere and always want to be first and have something to say.

They just want to mean something. It doesn't even matter what - it's important to mean.

There are also those who want to be the loudest. For the same reasons.

If you don't have something good and wise to say, don't say it at all. But if what you have to say is important, say it. However, try to do it as last as possible.

DON'T COMPARE YOURSELF TO ANYONE - go your own way

Of the many recipes for a happy life, I would consider this one to be one of the most important.

There are so many people better and worse than us at anything we could imagine.

Comparing yourself to others only leads to bitterness. Even if today we have (or are able to) more - tomorrow we may lose it. This applies to each of us. We all have our own way of life.

We are at our own stage of this road.

We are a unique human story that is incomparable to any other.

IF SOMEONE IS MALIGNANT - leave them alone

Malice always comes from jealousy. It's like the other side of the same coin.

If someone has a jealousy problem, leave them alone and just walk away. It fully deserves it. It's his problem and he has to deal with it himself.

Intervene only when this man starts to harm you and his presence is unavoidable.

Likewise, do not envy anyone anything. Focus on your life.

SEARCH FOR COMMON ELEMENTS - not differences

When we consciously look for what we have in common, we become closer to each other.

We are also more likely to understand the reasons for what divides us.

So be the first to look for common elements.

SIT IN THE BACK SEAT - and never try to be more important than someone else.

If your life direction is to do good - is it important that someone appreciates you for it? If you really understand it, then you know it's not. Appreciation can be nice, but that's about it.

And going further, does it really matter who exactly did the right thing? Is it more important just that it was done?

Sit in the back seat and don't expect praise.

ANIMALS AND PLANTS

Respect for broadly understood nature - is expressed in the simplest activities. Most often, it is enough to simply not harm animals or plants. They're doing fine without us. Rather, we are the problem for them.

We are distinguished by intelligence, but at the same time we very often do harm to Mother Nature. We are destroying our own home.

We have a right to be here, just like all other species of animals and plants.

We seem to be 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 make sure that life on our planet is good. By destroying the ecosystem, we are destroying ourselves.

EARTH

This point is a natural development of the previous ones, i.e. those regarding relationships with people, 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 witnessing that we are changing the climatic conditions of our planet in an unprecedented way.

We should care about the good of the environment - not only for our generation, but also for future generations. This is another way of expressing the thought - "not I, but WE".

SKILLS

DEVELOP AND USE UNIQUE SKILLS

Seek every opportunity to develop your unique skills. Seek the company of people who will help you with this. Look for places that will make it easier for you.

And what are our unique skills?

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

My tips for finding these skills are as follows:

1. Find what you can do naturally better than other people.
2. Let it be what the world needs - also in a broader sense. Not only locally, but also globally.

And what the world needs is not always what others are willing to pay for. It is not the same. People pay for very different things. Not always valuable. You must be able to recognize it.

I am thinking here about what both humanity and the individual man need. I mean real values here - not apparent ones.

We like to do what works for us. So I have no doubt that you will use your unique skills. You will also enjoy shaping them.

Could it also become your job for which you will get paid?

Perhaps. Often this may not be easy and you will have to do completely different jobs for a while. However, never neglect to develop in the area in which you are talented. I'd say:

"Do this - without neglecting that."

It's a very simple but very helpful phrase... that I heard once. It helped me many times.

Try to find a job where you can use your unique skills as much as possible. In this way, you create a set of interrelated features. Not one, but a "Unique Team". This makes you even more effective.

This is how you give the world the best you have in yourself.

And remember - in everything you do, don't just think for yourself. Don't think about taking either - but above all about what you can give to the world.

At the end of life, we will not be able to take anything with us... but we will be able to leave a lot behind.

Also remember that in life you have to be able to give up some things.

There is a saying:

"The good is the enemy of the better."

For a very long time I did not understand this sentence. It had no value to me. But once I understood. It was a moment of real enlightenment and a turning point in my actions. So how do I understand them?

Sometimes we have to let go of what we're only good at, or even very good at, in order to focus on what we can really excel at.

We do not have enough time for everything and the ability to make the right choice is important. And in the wake of this - resignation from many other "time-wasters".

People quite often try to improve in areas where they are weak. They want to fill some gaps. I completely understand this procedure. I did the same myself.

Yes, you should do it, but only within certain limits and you can't waste too much time on it. If we do something poorly, it means that we have a rather small chance of becoming outstanding at it. It is necessary to remain at a level sufficient to function in these areas.

It must be remembered that exactly at the same time we can very dynamically develop the right skills in which we have a chance to become exceptionally good.

Discovering what I call unique skills (or even gifts) often takes time. Often a lot of time. Most often, they begin to be visible already in childhood. However, a child without the support of adults goes in different directions. Parents brag about this or that to others ... and often it ends there. A wise parent helps a child. He offers advice and experience. The sooner, the better.

A lot of people say they don't have unique abilities. I think there is a mental error here. Here's an example to illustrate what I'm talking about:

You are in a class of exceptionally gifted students. Imagine that on a scale of ratings from 2 to 5 (the old scale of ratings in Poland), most of them reach 4 or 5. You only achieve a 3 in most subjects. However, there are two subjects that you achieve a 4 in..... So you manage to get better in those subjects. Better not than others, but better than yourself.

The situation is similar in the following years and in other schools. This confirms the suspicion that these items are special to you.

It is true that most students will still be ahead of you, even in "your" two subjects - but remember: Don't compare yourself to others. Never. Compare yourself only to yourself from yesterday.

Now focus on the systematic and persistent development of these key skills. It could be just one skill, or maybe even two or three. Create a vision of yourself using all these disciplines together as a "Unique Team".

It is true that you also need to study other subjects, otherwise you will have problems. However, learn them in moderation. Always spend the most time and energy on the things that are most important to you.

It may also be that you are exceptionally gifted and get very good results in practically most subjects. Then what ? Focus especially on those that the world needs and that you are most passionate about. Because these are the skills you will develop most naturally, driven by your passion.

What the world needs will also be what can become your paid job. And this means that you won't have to spend precious time doing something completely different - just to support yourself.

Once you identify your unique skills, use them as often as possible. Because by using them (sharing them), we also learn better.

DEVELOP AND USE UNIVERSAL SKILLS

In addition to unique skills - there are also a number of others that I called universal. These are skills whose possession and development is desirable in every situation. Regardless of the profession we do. No matter which way we go. Of course, at least some of your universal skills may also be your unique skills. One supports the other.

And below are some of them. I have tried to list the ones that I consider the most important.

LANGUAGE SKILLS

I mean not only the knowledge of foreign languages, but also, above all, my mother tongue. A rich language, in my understanding, is a language that we understand, with all its rich stock of very delicate differences.

At the same time, however, the language we use should be as simple as possible (but not simpler) and never at the cost of losing subtle tonal differences in meaning.

My own rule is: Learn any language so that you can understand as many people as possible, but also understand you as much as possible of the people you speak to.

So don't use complicated vocabulary, but when someone else uses it, know it.

That's what you say. Simple and understandable, but at the same time extremely accurate.

COMMUNICATION SKILLS

It's not exactly the same as just language skills. This is a much more developed skill - not only vocabulary selection and language skills. Not only the simplicity of the form of communication. It's much, much more.

The difference is like the difference between someone saying something well and beautifully - and someone saying it in such a way that other people understand it instantly ... And finally, it adds some value to their lives.

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 are people with the most developed communication skills.

What does it mean in practice?

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

Pay special attention to this skill. It's an art we learn all our lives.

GOOD MEMORY

A good memory is needed everywhere. Both in the simplest professions and in the more difficult ones.

"Order is the torch of memory." This ancient saying is very true. When you keep things in order, you will also remember better.

Another simple rule I try to follow is: "Calm/Information/Emotion". The point is that during the process of remembering information - first ensure a state of calm mind and then associate the information with the emotion.

LEARNING ABILITY

The ability to learn efficiently is one of those that have a very direct impact on any progress, career development, relationships with other people, etc. It can even be safely said that it also applies to all areas of life without exception.

This skill is related to several other skills that affect it. Here I mean primarily:

- the ability to determine (as precisely as possible) what information we are interested in

- the ability to obtain information (including asking questions with a high level of accuracy)
- the ability to organize information
- the ability to apply acquired knowledge (the rarest of skills)

One thing to keep in mind is that any skill not used in practice is worth little. We can only pass purely theoretical knowledge on.

Finally, I will tell you about what was groundbreaking in my life, namely, to be able to answer the fundamental question:

How and under what conditions do I learn most effectively?

What does that practically mean?

- From what materials (written, audio, film, etc.)?
- What time?
- Where ? (work, school, home, walk, etc.)
- Alone or in a group?
- etc.

Despite the fact that I am a supporter of narrow specialization, I also practice another principle in parallel, which does not contradict this at all.

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

Try to learn in such a way that you know as much as possible about one thing, but also a little bit about everything. This is what I call "Learning about the world".

Why is that?

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

There is also another reason - namely, that everything follows from everything. So everything is related to everything and helps us better understand the whole.

The fact that we can do a very limited amount of things really well is only due to the fact that the time of our lives is very limited.

Otherwise, having unlimited time - we could really learn everything about everything and it would make the most sense.

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

Also watch the proportions of this learning a little about everything. Spend about 20% of your time doing it and 80% learning all about one thing.

WORK EFFICIENCY

Here are some of my recommendations - they are quite obvious. They are very similar to those regarding learning to learn.

On the surface, they also seem so simple as to be trivial. And that's why they are overlooked.

In life, however, we often stumble over the simplest things. We are able to solve the most complex tasks and at the beginning of the road we make an inconspicuous mistake - for example in the form of "putting a ladder to the wrong wall".

Thus:

- the ability to determine (as precisely as possible) what work is to be done
- maximum order in the workplace. At the workstation, even if it is only a desk, there should be only items necessary to perform this specific job. Absolutely nothing else. This workshop can even be computer files, specific fragments of text, numerical data, etc. Each unnecessary element of this "workstation" will be the one that unnecessarily distracts us.

Finally, as with learning to learn, you need to answer the fundamental question:

How and under what conditions do I work most effectively?

What does this practically mean?:

- What tools do we work best with?
- What time?
- Where ? (workplace, home, etc.)
- Alone or in a group (very important point)?
- ?

Choose the most effective methods - not those that are imposed. Each of us is different. Choose the best one for you.

HIGH ANALYTICAL SKILLS (ability to read numbers)

People have long known that being able to read numbers is extremely important. We teach children basic mathematical tasks - such as multiplication or addition. We also teach them the multiplication tables ... and that's usually where it ends. Solving tasks at a higher level of education - this is still not it.

I'm talking about something much more here - about "feeling numbers", about the ability to use both very large numbers - and very small ones. About understanding at the level of even "feeling" their importance and the relationship between them. It is the ability to make practical use of numbers.

Practice shows that this type of feeling of numbers is not common. In a way, it could be compared to the ability to read and understand a text. However, while we can read very complex texts, only a small group of people can use numbers really well.

Our quality of life directly depends on this skill. And it's not just about money, which is also expressed in numbers.

Timing, for example, which is much more important, would also fall into this category.

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

Whatever you're going to do, do it.

If you wanted to do one thing and here you are doing another, that is lack of discipline. Once you have identified what is important to you, do it. Don't be like a young dog who, as soon as he sees something new, runs after it. And he does it all the time - tossed from emotion to emotion. He doesn't know the world yet. Learns. It's perfectly normal for him. However, you already know a little about the world and about yourself. Navigate your life well. Live them well.

I'm not directly talking about achieving anything that you can brag about to others. What other people think is irrelevant. Forget about it. You have your life. Do what you think is good and important. Don't be petty.

Many things happen along the way of life. Such as an unexpected crosswind gust. However, if you have the opportunity to return to the chosen course - do it immediately.

What I would call "Flexible Scheduling" is also important. It's not about filling your calendar with too much detail, appointments, future events (which might happen if you live to see it). What a boring life it would be if we planned it ourselves so carefully. The unpredictability of life is also one of its greatest charms.

In my opinion, defining what we want and moving towards it is the most important thing.

It's about milestones, not too much detail.

No matter how fast we go, the important thing is that we go. Sometimes we will take three steps, Sometimes as many as nine and sometimes only one and with difficulty. Set a very small number of milestones in your life and move in the right direction. Here's the art. Treat these milestones as part of the journey – not goals..... You are reaching your goal now. Not at the end of the journey, but now. When you take the helm of your life in your own hands. The moment you understand the direction and follow it. There is no end to the journey. This good journey is the goal. And understanding it can happen in a fraction of a second.

I wish this for you. Everything else that happens next - is only the result of a good navigation of life.

The winds of life - do not depend on you.

Other people's behavior is not up to you.

Don't worry about it.

Do what you can - leave the rest to God (whoever you think he is).

Because we are unable to predict many random events that may take place - you need to be able to adjust your plans wisely and quickly. Adapt to the moment. Like a sailor to the wind. But never at the expense of the values you believe in.

There may also be a situation in which some new, exceptionally favorable circumstance arises. Then too rigid adherence to the previous plan is completely unjustified.

We should do what we can do best at the moment. However, bearing in mind the answer to the simple question, which is: "Is it relevant?".

CONCENTRATION - do one very small thing at a time - without losing the big picture

We all have lots of things to do, but we can't do them all at once. However, they can be done one after the other. Even the most difficult and complex tasks can be accomplished if they are divided into smaller fragments. And those to even smaller ... and again to smaller.

However, at each stage of work - we must have in front of us in our imagination - a holistic picture of what we want to do.

So, being aware of the whole - focus on doing one, very small action, but done to the best of your ability.

It's a bit like climbing stairs. It has to be done one step at a time - even if we were to climb Mount Everest. Taking this one small step, or taking one small step - is the next stage that brings us closer to reaching the top. Sometimes it's only when we look down that we see how much we've managed to do. This motivates us to go further - again, one small step. Even slowly.

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

I think that everyone - sooner or later experienced the feeling in which he was maximally focused on work. We can even lose ourselves in time and then there is nothing but us and what we create.

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

There is also a third element related to this - the quality of task implementation. It is in the state of highest concentration - the quality will be the highest.

Interestingly, people who live very long - are able to achieve this state very often. While doing their job - they remain in harmony with each other and with nature.

IMAGINATION

In imagination, we can create worlds that do not exist - or do not yet exist. Great creators, engineers, artists - often created their works twice. First in imagination - then in reality. Developing our imagination in a conscious way moves us forward in our achievements in an incredible way.

Even today's athletes use techniques to visualize individual sequences of movements to later recreate them in reality.

Through imagination, even the notion of time is lost. I am convinced that for people with exceptionally strong imagination - just imagining something can be tantamount to experiencing it.

And then whether we are here and now - or maybe there and then becomes a matter of your own choice.

PERSISTENCE

I remember once in one of the books I found this sentence:

"He does not live well who begins to live again and again"

There is something about it. If we want to do something really important, we must not give up when difficulties come. Sometimes they can actually be very large. This is a time of exceptional character testing for a man.

However, if you know that your path is important - go for it.

Even if you fall, get up slowly... and follow it.

Even when you fall a hundred times. Try to get up and keep going.

At least try.

This is the nature of life.

If you don't have the strength to get up - ... then lie down. Get some rest.

Then try to get up again.

... and keep going.

Even very slowly, but ... go on your way.

If you were to ask a mother how long it would take her baby to learn to walk, she would probably say something like:

- What is that question ? Until he learns.

Exactly. Why, then, do grown-ups give up so quickly on what they wanted to do? The same principle should guide them throughout their lives. Let your own mind understand that you will not give up until you do. If that's a truly worthwhile goal, then do it.

TIME AND METHODS

DO NOT WASTE TIME

There is only one simple rule here. It is a waste of time to spend it on what you have not included in the LNB Chart. **Don't do anything else.**

Throughout the day, ask yourself "**Is this important?**"

So, does it bring you closer to the direction you have chosen?

To implement points from the LNB Table.

This is your direction.... Your Life.

Get back on track.

It's the little everyday decisions - you could even say micro decisions - that make the big difference. We often focus on the biggest ones, while it is in the smallest, everyday and inconspicuous ones - the real secret of navigating life well is hidden.

Think about what your next step should be? Focus on that one small step – without losing the big picture of what you want to do.

ALWAYS IMPROVE METHODS

Whatever you do, ask yourself, can you do it better? And what do I mean by better?

That means faster, with less energy and costs – and better quality.

Of all the things we should improve, we ourselves are the most important object of improvement. All change comes from us. We are the creators, and our works reflect our way of thinking. So the greatest work of our lives is ourselves.

In order to effectively improve the methods of our operation, we must be sensitive to every possibility of improving what we do. Each such innovation brings long-term benefits. And this is how we will create whole systems of operation and good habits that will give us their value many times in the future.

FREQUENT VERIFICATION OF THE COURSE

Just like a sailor who controls his yacht, you control your life.

Verify your LNB Chart as if you were checking your course with the compass of life.

Sometimes, in addition to comparing the course of life to steering a yacht - I also like my comparison to operating a submarine.

Imagine a situation in which you are sailing in such a boat in the depths, at night.

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

You can't see the sun or the stars.

You don't see islands, lands, birds... nothing.

All you can rely on are the indications of the control panel.

You can see all the necessary parameters there - the depth of immersion, the speed at which you are moving, how much fuel, oxygen, energy in the batteries you have left, ... how much time you have left before you run out of all this.

You can only count on yourself. For your skills.

This control panel is the LNB Table. It is on it that the basic parameters of your course of life are located.

If you built it well - you can trust it now. If in every single moment its indications are good - it means that you are sailing in the right direction. Trust this tool.

And this happens even when you can't verify it otherwise - ... because you can't see anything. Do you believe it...?

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

Keep going though. Calmly verify the indications of the desktop and do not slow down. Keep a constant speed. It doesn't have to be big. It is important that you swim forward... even very, very slowly. Trust this tool. That's why I created it.
First for myself - and now for you.

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

You may not believe it now, but someday you'll see for yourself.
At some point you will surface...
And then, to your great surprise, you will realize that you are exactly on course!
On the right course.

It will be time to emerge from the depths.

That time will come.
It is the result of tireless work on yourself.

This is because you have consciously and methodically programmed your subconscious. She guided you. Every single day you tried to flow well. You did not always succeed in everything, but you returned to the course. And here you are.

You've been swimming in the dark for a long time, but after so many years you've made a big change in your life. Perhaps you have finally paid off your debts, however colossal they seemed. You improved your health, improved your relationships with your loved ones, stopped your addictions, improved your relationships with other people.

Now you're doing exactly what you're supposed to do in life - using your best skills.
This is for the benefit of you and others.
You contribute to the world.
You manage your energy, time and resources wisely.
You create new methods of your actions.
You're still learning and improving.
You are a strong and happy man.

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 - no one can take away from you. You have learned to manage your life well. And you did it yourself. That's what it was all about.

...

Now, however, you should check your course frequently. I recommend you do this several times a day - in your mind.

I also recommend doing this right after waking up, when your mind is still fresh, not preoccupied with so many things.

Learn from your mistakes. See how many yellow squares there are - and how many green ones. Focus on the yellows, but also enjoy the greens. Repeat the yellow points in your mind and you won't even notice when ... subconsciously - you will eliminate them from your life. You will correct them, making them green from yellow.

IT DOESN'T MATTER HOW FAST YOU GO AHEAD - IT'S IMPORTANT THAT YOU GO. KEEP A CONSTANT PACE

"He who walks slowly will go far." So says one of the sayings.

Not only will he go far, but he will also go much healthier. Exposing our body to temporary overloads (in order to speed up), and then resting for a long time, without a guarantee of good regeneration - does not make much sense and is very harmful to health in the long term.

I'm going to use two ways to compare here. You've probably seen the stairs, next to which there was a ramp for pushing prams for children.

Both the stairs and the wheelchair ramp lead to the same point, at the top of the hill.

Now imagine that you don't have to push the stroller, just walk up the driveway without any load.

In one case (on the stairs), you make steady and measured micro-efforts, punctuated by micro-rests.

In the second case, you can go faster or slower. You can also fire energy and move forward much faster. Ultimately, however, it costs you more energy.

If you have a short stretch of such a road to travel and you are very concerned about time, then the choice of the road after the driveway probably makes sense.

However, life should not be viewed as a short stretch. **You have to take care of the energy of life and your body as if you were to live over a hundred years.** These micro efforts are meant to stimulate our energy - not take it away.

How we take care of our life energy is within our power.

Loads should be taken - with such small steps. Beating one - is almost imperceptible energetically. And walking slowly, even more so. However, by going systematically and measuredly - we become capable of incredible deeds.

One of the things I've learned from reading material about people who have lived over a century is the leisurely pace at which they moved forward. But they were systematic and disciplined in their little endeavors. They also knew how to enjoy life every day. Enjoy the little things, but collected every day.

THINK AT THE BEGINNING - ABOUT THE END

Whatever great you do, do it twice - first imagine how you created and finished this work (whatever it is), and then make it a reality, guided by previous thoughts and conclusions.

Not only will you save invaluable time and money, but you will also be able to make many corrections throughout the creative process.

Approach your life the same way. Imagine you are at the end of it and looking back.

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

And now think about how you can start doing this every day? If you have been living without a direction so far - change it and take a direction.

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

Reach high and seek value - not position, wealth and such nonsense.

Take individual steps in the right direction. And so every day.

BE PROACTIVE

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

If something didn't work out for you - analyze your mistakes. Then try it again - much better. And do it as many times as it takes, because if something is good - and you know it is - never give up on it.

STABILITY AND CHANGE

We need both stability and volatility in life.

Sometimes, after too intense experiences - we need to calm down, calm down and repeat. However, this state should not last too long and we will naturally feel that we need new stimuli. This is a natural need and you should meet it - to live happily.

Some people are very afraid of volatility and try at all costs to keep life in a certain too repetitive and too predictable reality. This does not reflect the nature of life, which is

constantly changing. And every action that is not in harmony with nature - ultimately turns against man.

So we need both stability and volatility - in appropriate and natural proportions.

In what and when - we will sense for ourselves. Just listen to your nature.

SIMPLICITY BUT THE HIGHEST QUALITY

My point is to try to do things as efficiently as possible - and at the same time as beautifully as possible.

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

Reaching such a level usually requires many years of work, study and experience.

THE MOST IMPORTANT THING FIRST

It's not about doing the most difficult things first. I am a supporter of a different view.

Start with the most important things. These, in turn, can be easier or more difficult. This will be different.

If something is easy and very important - this is the thing that should be done as soon as possible.

After all, it's not about getting tired, but about being as efficient as possible. Go with the river, not against the river.

TRY TO BE PUNCTUAL

This is a relatively simple skill, but it has a huge impact on the assessment of you as, for example, an employee.

You can even be a good professional, but if you are late - you will unnecessarily lose the reputation of your reliability.

Someone else works much less well, but he is punctual and believe me - he will be assessed and rewarded at work often better. I know it's wrong - but that's how it will be.

It's a pity that you lose on something that is so easy to implement. Work on your punctuality.

This applies not only to the beginning of a meeting or work, but also to their completion.

I once came across this sentence:

"If you're not a minute ahead of schedule, you're late."

Because what is a minute for a man? Almost nothing. However, being one minute ahead and one minute after changes a lot.

It was this sentence that made me unexpectedly punctual from a man who was always late.

DO YOU KNOW WHAT TIME IT IS AND WHAT DAY OF THE MONTH ?

I have never been a supporter of the statement that only the "here and now" is important. I believe we are where our mind is.

I have always emphasized the importance of not only the present, but also the past and the future.

However, this does not in any way diminish the importance of the present.

Thus, we should also (though not only) have the ability to efficiently find ourselves in the present. In fact, "here and now".

Where to start ?

It is worth asking yourself a very simple question: "Do you know what time it is and what day of the month it is?".

It will allow you to manage your time well in its various sections.

And although the clock and calendar were invented by humans, they are quite useful tools.

VERIFICATION OF THE PLAN - evening, morning, weekly

Soon after waking up, it's a good idea to ask yourself what you would like to do that day. You can even do it while lying in bed.

I usually focus on one most important thing. All others are like its smaller or larger "satellites". They sort of happen by themselves. They revolve around the most important one.

It is good to answer this question earlier in the evening. Then, in the morning, we'll get to work without wasting too much time thinking about it.

Life is very dynamic and many things can change quickly. So you need to be able to adapt your plans flexibly. But try to do at least one thing. Even if it doesn't work completely, it will at least work in part.

This is also part of programming yourself for success. Success, which is life's sailing on the right course.

USE MOMENTUM

Just as a sailor takes advantage of a good wind, so do you take advantage of a good moment. If your work is going well, don't stop. You just caught the "wind in your sails".

Sail at full speed. Work with all commitment. It is now that the most important works of your life can be created. Don't waste this opportunity.

ESTABLISH THE FINISHING LINE

This is a simple method that allows you to significantly speed up the implementation of any activities.

It's about setting the exact time at which we want to finish a task.

Of course, it is very important that this end line is realistic. We must provide ourselves with time to complete this task at the highest possible level of quality. This is always the most important thing. Quality has no price. Quality is more important than quantity. If you think like this, your success (whatever you do) is inevitable.

Simply knowing when a task needs to be completed makes everything that stands in our way less important. We overcome obstacles, focusing on the finish line as much as possible.

Of course, the finish line should be understood only as another milestone on our way. As I said before, it's the direction that matters - not the intermediate goals. Nevertheless, these intermediate goals are of great importance in building our achievements.

When you have completed the task at 99% of your ability - stop. The work is finished. 100% realization is impossible. Spending more time with him is his waste. Instead, take on the next task.

I used to draw a lot. I noticed that just making a drawing takes me about 30% of the time. The rest are very minor changes. Perhaps no one else noticed them. I noticed right away. Then I realized something very important, and I think that's a pretty good general tip.

“It is the process of improving your work that should take the most attention. It is this process that separates artisans from artists. Excessive perfectionism, however, is a threat. You have to know when the work needs to be signed and finished.”

WORK IN "SESSIONS"

One of the rules I follow is to work in short sessions. The longer the session is, the easier it is to disrupt it. That's why I try to make them small periods of time - but closed in the sense of completing a given micro-task.

It is up to us what we define as such a micro-task. It is usually good to set them up during work and be quite flexible.

Generally, I would advise you to plan everything more as a course of action and milestones. Too detailed a plan is not good. All other tasks that are between milestones - I would choose most often in the process. Flexibility and ingenuity are irreplaceable here. The sessions I'm talking about should be more like individual, small steps to the top. However, if we want to overcome this small step - we should do it with full determination.

Don't move your foot halfway. The next moment of a short rest - should come only after efficiently overcoming such a small step.

Don't start something if you don't believe in success. If you are going to do something, do it for the sake of doing it.

Advice:

The "steps" should be small, and the rest between them should be short. That way, you'll keep a steady pace at which you move forward."

INCLUDE DOING TWO ACTIVITIES AT THE SAME TIME

Attention. This is not the same as dividing your attention between two activities. Here I mean activities that can complement each other and one helps the other. An example may be listening to the right music during quite monotonous and repetitive mental work.

Another example would be listening to educational audio material while washing dishes, etc.

Such solutions save us a lot of time. They also make the quality of the work we do - only gains from it.
One activity supports the other.

SLEEP EARLY - WAKE UP EARLY

Since the invention of artificial light sources, man has deregulated his natural rhythm of the day. He is able to work long after the sun goes down. However, this is not a natural and healthy practice.

You can do this in exceptional situations, but you should keep the rhythm of the day as constant as possible. At least for the vast majority of days of the week.

Our bodies like a certain predictability and regularity. In a way, we teach them our habits. If these habits are healthy, they serve us. One of them is the regularity of sleep.

Waking up earlier - really brings many benefits. You can easily convince yourself of this. Just try. However, it also requires more discipline in going to bed

Advice:

Teach your body to rest in such a way that you wake up early, but without an alarm clock. This is a kind of pattern that is worth striving for.

MONEY AND PROPERTY

DON'T WASTE YOUR MONEY

Money is a kind of resource, just like time and energy. Use them wisely - don't waste them. Although they are at the very end of my hierarchy, one should not forget that their absence can be very painful. Money is an artificial creation. Long ago people didn't use them at all. In the modern world, however, they are an integral part of life. My attitude towards them is quite simple.

"You shouldn't run after them, but you shouldn't waste them either"

What does wasting money mean? It's easy. That is, spend them on anything else that is not related to what you have specified in your LNB Chart.

DON'T HAVE FINANCIAL PROBLEMS

The basic stage of financial management is the state in which we simply do not have financial problems. You have to come out of this.

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

It is true that many people overestimate the value of money and shift it to a higher priority. In my opinion, not right. It's just money and you can spend it as well as earn it. Money is not a value - it is only a renewable and artificial resource.

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

You can be as poor and good as you are rich and good. Just having money is not a bad thing. Money can also do a lot of good. It's just important not to get lost in it.

TRY TO EARN FROM YOUR 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 discrepancy here.

Many people walk away from their unique skills and do something completely different - just to earn a living. After some time, they forget about their skills and settle permanently in a completely different place than they should be.

Sometimes also - it's the desire to earn more money that wins. Everyone has to judge what is more important to them. It's his life and he has to answer the question - is it the state of possession and "importance" in a group that is important to him - or the contribution he gives to the world.

It may sound ridiculous, but it is what it is. The smallest contribution of good we give - is a contribution to the world.

You don't have to be a great scientist, artist or philanthropist - just do small things. They are also of great importance.

By choosing the path of such a "vocation", you will not be poor. I do not believe that by doing what you do best with your heart, life condemns you to poverty.

If it's sincere, real and of the highest quality you can afford - life and people will pay you back for it. You may not be rich, but you won't be poor either.

There is, however, another important question - are you ready to choose this path?

Some take the use of their unique skills as a hobby - and that's it. I think it's about much more.

Namely, we should never deviate from what makes us unique. Our unique skills are not there to show off, but to put them to good use.

Parallel to the development of unique skills - the paid work we do in the meantime - should also be done as reliably as possible. And even if it is very modest and completely different from what we really want to strive for. This is not only a matter of a certain honesty towards the employer, but also the possibility of doing something good. Every job is an opportunity to do something good. This is not wasted time.

As for the choice of work - you should try to choose the one where you will be able to use at least some of your skills and develop them. That's a lot - don't you think? And the more you use them, the better.

And the new skills that you acquire as if by chance - may be very useful to you one day. Nothing happens accidentally.

It is such a moment of life - shorter or longer, but you should never forget about your true "vocation".

I use the word vocation, although I do not refer to the religious context. But I like that term. It's very accurate.

I feel that there is some 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 place for spirituality in my method.

Well, it is - it's exactly in everything. And that's why I don't single it out as an extra area.

LET MONEY WORK

It is not saving that brings capital multiplication, but investing.

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

Namely, the point is to invest even small amounts, from which the interest arises. And this interest to reinvest again.... and so on and so forth.....

In the long run, compound interest brings real money.

If you start as a young man, then by late adulthood you can already have quite significant amounts.

Start investing anything at first, then aim to invest at least 10% of your regular salary. Then you can systematically increase this value.

Of course, the best investment is an investment in yourself. In short, your skills. However, this chapter is about money, so now a few words about investing money and how I understand good investing.

Investing means putting money into circulation to increase added value. Not every investment leads to added value. So, for me, it has nothing to do with acquiring anything that does not in itself create new value - but has only contractual and speculative value.

Certainly, investing in ventures is a kind of good investment in my opinion. Depending on your situation - this investment can also be an investment in your company, in business activity and anything that brings real value.

I would close it in this statement:

In investments - you should focus on looking for opportunities to create added value, not looking for favorable opportunities to buy low and sell high.

REDUCE PROPERTY

Having too many objects - we run the risk that they themselves take up our time. We have to tidy them up, clean them, fix them.

Do you really want to spend your precious life time with them?

Or do you prefer to do something completely different with this time? Something more valuable.

Perhaps someone else could use these items successfully at the same time? Also look at it this way.

All these superfluous things - they are like ballast on your journey. The smallest of them, if it is not really needed - will take away from you sooner or later (and in the least expected moment) a priceless thing - your life time. Even if it is only a moment, it will be a moment irretrievably lost.

Let the items you own be the ones you actually use. You could even reach for them with your hand by memory. You'll know them after that.

Take care of their good technical condition and do not throw them away just because they broke. Try to repair them as much as possible - even if you can easily afford to buy new ones. This says a lot about your attitude not only to money, but also to the environment - because such a discarded item is garbage. Don't throw it away lightly.

Have few things but in reliable condition. "They will repay you someday" - you'll see.

You don't have to be an extreme minimalist, because how much you have - depends on what lifestyle you lead, what profession you have, etc. Nevertheless, the simple rule of having only what you really need - seems to me common sense.

Of course, we can be extreme minimalists. I myself once reduced my possessions to one duffel bag, in which I had only a really well-thought-out set of items. This is my minimum set that I can always come back to. I know exactly what should be inside and I am able to complete it immediately. Memorize. And I can hit the road with this sack at any time.

You can live that way and I tried it. However, this will not be the most optimal standard of living - not only because of various inconveniences, but above all unnecessary waste of time.

However, if we prepare our living and working place in an ergonomic and comfortable way - both life and work will benefit greatly from it. So it is worth investing in it.

Naturally, there is a huge difference between a comfortable life and a luxurious life. While comfort is indicated, luxury is a luxury.

ALWAYS BE AWARE OF HOW MUCH MONEY YOU HAVE

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

This is a kind of quick inventory of your financial resources. It's the kind of feeling you can develop. Thanks to this awareness, you will manage your money much better and you will not be willing to waste it.

SUPPORT THOSE WEAK THAN YOURSELF

Remember that many people were not as lucky as you. help them. It can be your actions, but also material help.

It can also be supporting various charity programs.

Think about where you want to help. And do it wisely.

I am not convinced by the charity of people who support charities and at the same time spend excessive amounts of money on lavish living and luxury goods.

There is no consistency to it for me.

True helping comes from the purest empathy – and nothing else.

ORDER IN PROPERTY

He who has order and purity around him has order and purity in his head.

Speaking of order - in addition to the items we have - I will also mention various types of documents, fees, taxes and administrative matters.

However boring and time-consuming it is, you must learn to keep things in order. Negligence in this area can cost a lot.

SUMMARY

And that's where this book ends. I covered important topics in it. I hope they were an inspiration for you. Try to use the methods described in it on a daily basis. Being methodical and systematic will allow you to gain control over your life. It's good to navigate it every single day.

Remember, thinking about something is not the same as seeing it in writing. The LNB table will help you a lot with this. she helped me. I created it for myself.

THE END

Jaroslav (JARO) Makosz
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