

PHILOSOPHY OF SIMPLICITY



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PHILOSOPHY OF SIMPLICITY

"Life Navigation Board"

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

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

Philosophy of life is a human compass.

It helps him navigate life in any situation.

I feel that there is only one true philosophy - and we are only discovering it.

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

It is based on the eternal and unchanging laws of nature.

Just respect them - and life becomes understandable and coherent.

Times are changing and technologies are developing.

The basic principles of life, however, remain unchanged.

And interestingly, they are quite simple.

Jarosław (JARO) Makosz

LIFE NAVIGATION BOARD

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INTRODUCTION

I think this book can help everyone. No matter who he is and at what point in his life he is.

In my description method, I used a simple BOARD. I called it "LIFE NAVIGATION BOARD" (hereinafter - I will use the word NAVIGATION BOARD for short).

I created this method actually for myself. I perfected it and added to it. I tested it on myself in practically various situations and I know that despite its extreme simplicity (and sometimes even obviousness) - it was really very helpful to me.

Importantly, the NAVIGATION BOARD organizes priorities and areas of life in a methodical way. And reviewing it systematically brings quick results.

I still use and improve this method. After using it for some time, I decided that it was worth sharing it with others.

The NAVIGATION BOARD is a kind of life compass. It resembles a control panel where all elements can be seen at one glance. In an instant you can see your life direction. You can easily check whether there are problems somewhere and whether you need to react in time.

I like to compare life to sailing. So, comparing the NAVIGATION BOARD to the control panel of the yacht I control - seems very apt to me.

The basis of this method is the discovery that it is not the goals themselves that are so important - but to navigate well every day.

These are simple, everyday actions - they slowly lead us in one direction or another.

These are inconspicuous, everyday choices that determine our future.

It is our habits and way of thinking that shape our destiny.

Intermediate goals that we set and achieve are only like "buoys in the water" that you pass and move on. They have their importance in navigating life, but ultimately they are just "buoys in the water." A kind of milestones, ...intermediate signposts that confirm that you are sailing well.

The essence is a good life, lived every day.

Every day should include everything that is important in a good life.

If you sail well every single day, your whole life will be good.

How you experience this particular day reflects your probable future.

Remember that the direction can always be corrected if it is incorrect. It's better to do something even very late than not to do it at all.

Choosing the right direction is already a complete success.

Not later, when you supposedly achieve something - but right here and now. Right away, after making the right decisions.

Everything that happens later is only a consequence of this.

You don't have to wait for anything anymore.

You won your life in that one moment you realized it.

HOW THE NAVIGATION BOARD WAS CREATED

At the beginning, I wrote down all the important elements of life. Then I placed them one under the other. And so a long, single-column chain was created. I tried to organize the items according to their priorities. However, quick analysis of such a chain was difficult. So I decided to save it in horizontal form. And this character was much more readable.

So, the more important an element is, the further to the left it is in the column and the higher it is in a given column.

Then I noticed that the pieces were starting to fall into place in certain areas. I named them in my own way.

If you try to do something similar, you may come to some interesting insights. You can use your own names. Perhaps you think your priorities are different than mine. I encourage you to try it.

You can write your elements on small cards that you place one below the other. Maybe only then will you realize what your real purpose in life is. Contrary to appearances, it is not that obvious. Through such self-analysis, you can see who you really are... and whether you should change something about yourself.

Ultimately, I distinguished only six areas of life that I consider crucial.

Many other divisions can be created - into differently named areas. However, what is most important is their priority. Prioritize both the areas themselves and the elements within them. This is what makes people different from each other. Sometimes, even a lot.

Undoubtedly, elements such as love, health, relationships, time, money - are important and everyone will certainly agree with them. Nothing groundbreaking about it. However, for different people - their priority may be different. And that's what will make them make different choices and go down different paths.

Every now and then I find elements that I continue to improve. I look for the best possible description I can create. However, the modifications I make are minor. These are rather minor improvements. This would mean that this description is quite close to the natural philosophy of life that I am discovering.

I discover and describe – but I do not create. This is a very important difference.

Each of us sees life from our own perspective and could express the same opinion as me. This is how I feel and understand it at this point in my life.

If you don't accept my elements, change them to your own. Create something your own. Let my work be an inspiration for you.

Use the NAVIGATION BOARD several times a day until you have it memorized and can analyze it without looking. You can also place a printout or drawing of the NAVIGATION BOARD somewhere where you will have it in front of you often.

To make things easier, I use an Excel file and review it thoroughly every week. It is legible and convenient. During the day, however, I review it in my memory several times. I have this image very well fixed.

Once a week (early in the morning and at about the same time - preferably on a day off from work), review the NAVIGATION BOARD in great detail. It is a kind of auto programming of your subconscious mind for corrective actions. The use of colors – yellow and green – helps in this.

Mark in green – the fields where everything works well

Mark in yellow – fields where something needs improvement

You will naturally want to eliminate yellow squares and replace them with green ones.

This is one of the foundations of this method, which is based on color-action associations.

Assess your progress honestly. You judge yourself. Nobody needs to see this. Change the color 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. This is not mine, ... not someone else's - but only your NAVIGATION BOARD.

Compare your results and check your progress every week. Your subconscious mind will focus on eliminating yellow items and turning them into green ones. Although it may seem absurd and ridiculous to you now, after some time you will see that I am right. You will catch 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 your problem is in this area. Don't ignore it and work on it as soon as possible.

Although areas of life have different priorities, it is important to remember that each of them affects each other. Therefore, you should not ignore any of them and work on each of them.

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

However, be careful - keep checking the NAVIGATION BOARD regularly. Just because you stay the course doesn't mean you can't lose it. And it's not that difficult at all.

Below is an example of a completed NAVIGATION BOARD.

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1	PEOPLE
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Often, when talking about the purpose of life, it is implicitly assumed that it is about one element, such as happiness, love, fulfillment, etc.

I came to the conclusion that it is not one element - but a set of elements, arranged in a certain order. Their joint implementation is the real goal. However, they are also arranged according to certain priorities.

1. GOOD

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

Good is the paramount value. Although we intuitively feel its meaning, giving it a definition is not so easy. What is good for one does not have to be good for the other. Contrary to appearances, this is not an easy topic. Philosophers have been dealing with the topic of what is good or ethical since time immemorial. Every single person also faces this question. The answer to this key question will determine who a person will be in their life.

I will give my definition.

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

What I wrote may mean that not only the interpretation of good may differ between people, but even what I consider good today may be questioned another time.

That's true. This may be the case - but in a very extreme case. At other times we can know more, understand better. Then our point of view may change. However, these are rare situations.

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

We feel goodness more than we understand it.

And here comes my next important discovery - namely, that one should be guided in life by both heart and logic. But a bit more with heart than logic.

I recognize the superiority of the heart over logic. These are the results I arrived at.

2. BELOVED

Who can we name like this?

These are people for whom we could give our lives if necessary.

This is the phenomenon of love. It allows someone else to be more important than ourselves.

This seems illogical. This is one of the reasons why I do not use logic as the only tool in my analyses. It has its limitations. We can make illogical choices - and yet good ones.

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

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

Just focus on that.

The rest is not up to you... so leave it alone.

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

It is related to this as an inseparable whole - our mental-emotional-sexual relationship with this person.

3. LOVE YOURSELF

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

Perhaps this results from early childhood experiences, or perhaps from the level of one's own awareness.

Lack of self-love sometimes leads to unconscious self-destruction.

In everyday decisions, this may be expressed in the form of self-sabotage. In the absence of internal coherence.

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 destroys himself.

Meanwhile, loving ourselves - and then making small attempts to change our life to the one we want - is of great importance.

And it has nothing to do with narcissism. It's about being a good friend to yourself.

You should 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 this. 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.

4. ENJOY LIFE

Try to enjoy life. It has nothing to do with the enjoyment of life – like: entertainment, travel, possessions, etc.

You feel the joy of life when you look at the sun and feel part of a larger 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.

In such and similar moments - you will understand what I am 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 path. Difficulties open up new opportunities.

Finally, we never know whether what we now consider to be unlucky for us - is really so?

It happens quite often that what seems to be a misfortune for us - turns out to be... fortune.

5. GIVE THE WORLD THE BEST YOU HAVE

Try to give the world your best qualities and skills. Find them in yourself and focus on them.

A clue here may be why people come to you. Sometimes they may also tell you about it directly. Just listen carefully.

If it's good and helps others and you, then that might be it.

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

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

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

There is another interesting characteristics of energy. Namely, just having it has a significant impact on our level of happiness. It's the same with 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 as much as they treat their cars, perhaps they would understand its value. Health is a car that we can only have once in our lives. Only one. It 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 a car - you need to perform inspections, take care of its components, the quality of fuel, the cleanliness of filters, etc. Comparing a car to health - I think in this case it is quite accurate.

I would compare the energy of life to fuel.

For a car to run, it must not only be functional - but also 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 go unnoticed. However, only a methodical and systematic approach to them brings results. This applies not only to this area of life, but to all areas together. They all influence each other.

But why can we overlook them? ... Exactly,...why ?

This is why I expressed the PHILOSOPHY OF SIMPLICITY in the form of a BOARD. Boards reflect our natural way of thinking. Organizing the material in rows and columns and in the right order - allows you to understand everything better.

1. MIND

Under this rather mysterious concept, I understand the strength of the mind, which is resistant to events and judgments of others.

One of man's greatest fears is the fear of rejection or even lack of acceptance. 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 part of 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 this the path you want to take?

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

Follow values - never people.

People change - values remain.

You can be rejected for who you are. Get ready for it.

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

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

Problems are part of life. And just as a worker's hands become covered with calluses that become harder and harder over time, your mind will become more and more resistant with time and conscious practice. Approaching it this way changes everything. From that moment on, what exhausted you - becomes what strengthens you.

2. RESPIRATION

Breathing is the first thing we do when we are born. It accompanies us later throughout our lives. We don't need anything except air. It is also the first need, the lack of which, if not met, leads to the most immediate consequences.

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

Just make sure to stay in a place where the air quality is good and breathe as naturally, deeply and calmly as possible.

An additional clue here may be the word "Relaxation". What I mean is the lack of internal tension and well-being.

This applies not only to breathing, but also to thinking, the way we move and speak. It's all connected. It is in this state of relaxation that everything we do - is of the highest quality.

It is worth remembering this when breathing. May your every breath be simply pleasant. And this will slowly start to change a lot in your life.

3. HYDRATION

Water is the basis of hydration. All other drinks are just additives, water-based. 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. First of all, you should listen to your body.

It is good to drink a glass of water right after waking up and drinking at least a few more glasses during the day.

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

In warm water and other warm drinks - there is energy coming from temperature.

We know from physics that energy turns into heat - and heat turns into energy. These are its different forms.

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 breathing, this is the second need that, if not met, brings very quick consequences. And the other way around - proper hydration has a very direct impact on everything that concerns us. It's worth keeping this in mind.

4. SLEEPING

The next need in the hierarchy of those that, if not met, quickly leads to problems - is sleep. Sleep habits also immediately impact all areas of your life.

The lack of adequate sleep, which is added up over days, weeks, etc., is often a barely noticeable deficit. However, after a long time, this is a factor that has a very large impact on our energy, health and focus. The quality of sleep has an immediate impact on our performance at work and learning ability. Therefore, it has a huge impact on the quality of life and our successes.

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 healthy sleep.

My method, however, is simple.

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

If you manage to get up this way, before sunrise, it is a great success.

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

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

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

The key is not to stay up too late.

Some regularity of sleep is advisable. In this way, we give the body the opportunity to adapt to the conditions we create for it. We become predictable for the body - and that works.

However, I don't think that you always have to be so regular and so disciplined. It's worth making an exception from time to time.

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

5. NUTRITION

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

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

Here's the most important one:

You recognize a good meal by the fact that you gain strength almost as you eat it. Not some time after - when it has to be digested for a long time and it is at the expense of your energy - but almost immediately. You can even say that we gain energy when we eat.

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

Here are some other tips:

- Eat light but energetic foods.
- Try to make your meals not too large in quantity - but much better in quality. It's about meeting your energy needs, not about filling your stomach as much as possible.
- Try to eat as varied as possible. It is always easier to find what your body is missing.

However, this does not mean mixing too many ingredients in one meal. Conversely, meals should be composed of only a few ingredients.

Don't eat your next 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 those that simply work for you. And this will also depend on the lifestyle you lead.

It is important that all of these ingredients are always present in meals. Otherwise we will feel unsatisfied.

As you can see, most of the very popular and simple dishes (from various cuisines around 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's the purpose of food. Taste complements it. A meal should be primarily a source of energy.

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

You should eat more in the first half of the day and then less and less. It is also good to eat something very light - even symbolic - for supper.

The idea is to burn the right amount of calories during the day and not go to bed with an excessively positive calorie balance. The exception are situations when we work hard in the second half of the day or we have a significant energy deficit - caused by, for example, illness.

Poor sleep also leads to increased energy demand. This may also lead to obesity, although this relationship is not so obvious. Night metabolism is very important. If its cycle is disturbed and the energy supply must be increased, this leads to an imbalance in the calorie balance.

When talking about caloric balance, I mean the difference between the amount of calories consumed and the amount of calories burned by the body.

Whether we lose weight, gain weight, or our weight remains constant 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.

If we consume more calories than we can 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 level 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.

Let me give you an example that may seem absurd - but we can, for example, eat only donuts, halva, pizza or anything else that is high in calories during the day. However, if their total caloric value consumed during the day is less than the number of calories burned, then we will lose fat tissue.

It's pure mathematics. 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, this 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 them. The differences in the amount of calories consumed and burned should be within the range of approximately 500 kcal/day. This is a good pace, leading to long-term healthy changes.

You should watch out for the so-called three white dangers: sugar, salt, white flour. I don't think it's necessary to give them up completely - but it's definitely worth limiting them significantly. They can be the source of many health problems when someone abuses them.

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

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

6. MOVING

We are creatures created to move. When we move, we produce energy and at the same time obtain energy.

Mild and moderate exercise is good for us. One that can be used regardless of age. From childhood - until old age. Movement performed with energy and joy.

"Whoever goes slower will go farther."

That's what the saying goes.

Try to approach life as a "Long Journey". Think in these terms. What's the point of spending hundreds of hours of your life at the gym and taking supplements when there's no trace of it left in a short time? During this time, we could do something much smarter and take care of our figure in a moderate way.

I believe that what is truly good for us is good throughout our lives.

No matter if you are a child, young or old person. Only this type of exercise system is worth recommending.

This does not only apply to physical exercises. I am looking for such simple and universal rules - ready to be applied throughout life, not only at a certain period of time.

I don't claim that my system is the best or the only one. However, I think it contains elements that are worth looking at.

I found it after a really long search. You could say that, in a sense, I returned to the sources. But now I understand them better and I do my exercises smarter.

I believe that being frequently active is important and healthy for our body. This is more beneficial in the long run than infrequent and very strenuous physical exercise.

This is confirmed by research into the lifestyle of people who live exceptionally long. If it serves them, it means it is a good path.

Of course, we also need to sit, lie down and rest. However, understanding the need for frequent exercise and the important role it plays in our lives allows us to keep our body and mind in good health for many years.

Here are my simple recommendations:

- Go for long walks every day. They help you get enough oxygen, relax and focus your thoughts. Do it regardless of the weather. We need sunlight very much. And it is not only in cloudless weather.
- If you have a sedentary job, take a short walk from time to time. You can also do a few 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 squats, push-ups and abdominal exercises. These exercises have been known for centuries and are performed by all armies in 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 cover the lower body, push-ups cover the upper body, and abdominal exercises cover the middle part. Pull-ups are also a great exercise.

Many training systems recommend intensive exercises, interspersed with, for example, one day of rest for regeneration. Their main goal is to achieve a quick and noticeable increase in muscle mass. I suggest daily exercises, but less intense ones. I believe that it is worth achieving good and lasting results slower and less strenuously.

I am a strong supporter of exercises using my own body weight. In addition to the ability to perform them anywhere, they have another very important advantage. They lead to the harmonious development of the body. People who practice this type of exercise have a very proportional figure. During adolescence, such exercises perfectly harmonize the development of a young person.

Meanwhile, people who practice isolated exercises (involving only a given type of muscle) often have certain muscle groups disproportionately developed, while other groups are underdeveloped. This disproportion is also immediately visible and not very aesthetic.

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

If someone falls into the trap of chasing a figure, they may even achieve their goal. However, he will only enjoy it for a short time.

He will also devote an excessive amount of valuable time to it and will have to use various supplements to maintain the results. This is a trap that many people fall into when they want, above all, to look beautiful.

Advice:

Systematicity is important.

In this way, we gently but often mobilize our muscular, nervous, respiratory, circulatory, skeletal, lymphatic systems and our psyche. Our body is a whole.

And finally... (Actually, I could write just this and nothing else in this chapter.)

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

After you finish exercising, you have more energy than before you started.

That's how you get to know the right system.

7. CARE FOR HEALTH

REST BEFORE YOU GET TIRED

The point of this rule is not to cause the body to become excessively tired. At the first symptoms of fatigue, you should rest a little.

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

It's not just about physical rest, but also about mental rest. No matter what type of work you do.

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

Then, when we leave work, we will not be overtired, and work will become 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 extending the effort by several minutes may result in the need for additional rest for several hours. That's not the point.

Therefore, "Rest before you get tired."

This distribution of forces is a real art. This has to be learned. This approach has changed a lot in my life.

DIAGNOSTIC TESTS – basic medical parameters

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

If you are an older person, perform other tests recommended by your doctor.

HEAL YOURSELF ON TIME

Heal yourself on time. If something is wrong with you, don't postpone treatment. Some diseases can progress very quickly and time is of the essence.

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

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

TAKE MEDICATIONS/SUPPLEMENTS REGULARLY – but only if necessary

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

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

Do not take supplements if your body is not deficient in specific elements. Any supplements can only be taken for a short period of time. They are not food. These are artificial products. Remember that.

Return to a natural diet as soon as possible. Eat wisely and balanced.

ACQUIRE MEDICAL KNOWLEDGE ON TIME

Gain knowledge about your health and your ailments yourself. Don't rely solely on doctors' knowledge. This is not about self-treatment or entering into disputes with doctors. It's about supplementing your knowledge, in your own interest.

Doctors 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 wise man, he will certainly not ignore you. You can also collect data that will help him make better decisions.

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

Observe your body, collect medical records, make notes about your health. All this may prove very useful someday. Also collect information about diseases suffered by your relatives and ancestors. This can also affect the likelihood of you developing these diseases and preventing the disease from occurring.

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

Don't worry if something happens. But definitely do everything you can to help yourself.

And then be calm, because you will know that you did your best. You took care of yourself like you would your best friend. Calmly accept what life brings you. Even if it brings you very difficult things.

Use every day wisely. Try to do good. Try to enjoy life. Do this, no matter what.

May your life be complete,... finished,... at every moment. 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 that's the meaning of giving.

Let your mind be at peace. In a state of peace and relaxation - your body becomes healthier and stronger.

8. STRESS MANAGEMENT

Eliminate bad stress from your life. I think about stress that is long-lasting and destructive.

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

As a rule, these are stimuli that we somehow get used to because we think it has to be that way. However, in the long term, such chronic stress is extremely destructive.

That's why I called it bad stress. It is continuous, completely unnecessary, long-lasting and you cannot stop it. All you can do is change the place 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 an important role, which makes us approach painful experiences with the awareness that we have a chance to become more hardened... tougher.

These are situations that make our lives have elements of changeability, surprise, a break from routine and comfort. This is where development awaits us. Dosing small amounts of stress, but in a controlled way so that it can be stopped when we want, can strengthen and develop us. Such stress can have a motivating effect on us. It is an integral part of life and should not be avoided at all costs.

A strong personality is what will protect us in difficult times. It is a type 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.

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

Knowing that "moderate stress" is not so bad - we react to it differently, with a different attitude. We try to react as best as we can in a difficult situation. We learn a new reaction, we get to know ourselves. We strive 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 a harmful effect - you will understand that in small doses it can strengthen you and develop you for the future.

It is like a vaccine against a more serious disease.

Accepting the inevitability of certain amounts of stress and deciding to strengthen yourself helps you live a happier life.

9. A GOOD PLACE TO LIVE & 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 that are incomparably more important. One of them is the very place where they live.

NO EXTERNAL THREATS

At this point, I mean the direct, physical safety associated with being in a given place. I think it is pretty easy to imagine, so I won't elaborate on this point any further.

AN ENVIRONMENT OF FRIENDLY PEOPLE

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

The environment of people who are right for you is characterized primarily by one feature - they make you a better person.

In a good environment there is mutual acceptance, support and synergy. I also write about this later – in the chapter referred to relationships.

Unfortunately, we don't always have control over who we spend time with. However, we should do what we can to spend time with people with good character traits as often as possible. You can also learn a lot from them. And they, in turn, will want to learn from you.

You will start to adopt good habits. You will give each other values and joy. You will become better.

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

I emphasize the role of consciously making choices about the people we are with, 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 desert island. That's true. However, this is not the life we should strive for.

Only by living well with other people do we have a chance to truly grow.

NO ELECTROMAGNETIC FIELDS NEARBY

It has been known for a long time that the impact of a magnetic field on human health may be harmful. Therefore, first of all, you should take into account:

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

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

POSSIBILITY OF MAINTAINING THE PROPER LEVEL OF HYGIENE

Being able to ensure proper hygiene conditions is extremely important. Although this may seem obvious, in practice not everyone pays enough attention to it.

You – 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 negligence.

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

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

CLEAN AIR

As I mentioned earlier, breathing accompanies us throughout our lives. Therefore, we must 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. 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

Previously, I also wrote about the importance of proper 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 we shouldn't forget it either, despite easy access to water in most countries.

We drink a lot of it throughout our lives. It is worth ensuring that the water we drink and use to prepare meals is of the best possible quality.

A LOT OF SILENCE

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

Filling the space with sounds is easy. Silencing this place is often downright impossible. However - noise, or even unwanted sounds, are unhealthy. They occupy our attention. They trigger automatic reactions in us. They disturb concentration. So, to put it directly - they take away our life energy.

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 staying in a place with an unpleasant smell. However, many people are surrounded by unnecessary and often even unpleasant sounds... and they come to terms with it, not realizing the consequences.

These are stimuli that have an unhealthy impact in the long term. People staying in such an environment become irritated and emotionally unstable. Their behavior reflects the nature of the place they live in.

Just like the lack of access to the right amount of sun, the lack of silence - they become visible in people's behavior only after a long time.

MODERATE HUMIDITY

You can read about what the appropriate level of ambient humidity means in more specialized sources. I don't think we need to buy a hygrometer right away, but it's worth observing your body's reactions.

I am a supporter of simple and easy-to-use methods. So, let me give you 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 mucous membranes have the appropriate level of hydration.

Thanks to proper humidity, we are also more resistant.

Excess moisture, however, is very harmful. It favors the growth of mold and fungi.

Therefore, the places we live in should be dry and sunny. Introducing additional and more controlled humidity is quite easy. However, removing excess moisture is extremely difficult.

WARM

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

During mental work, I even recommend lowering the ambient temperature very slightly for a short time. This improves the energy state of the body and mind. A slightly lower temperature favors good concentration.

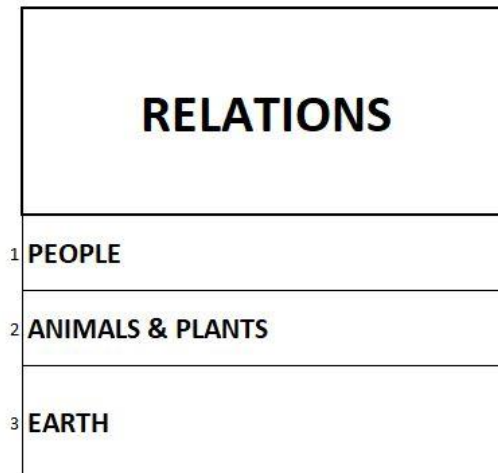
While sleeping, I definitely recommend a high temperature. My personal experience shows that sleeping under warm covers allows the body to regenerate well.

I also take a very warm shower just before going to bed.

Sometimes, during the night, I use strong body warming, especially in the morning. Personally, it serves me very well.

In addition, a good quality duvet, pillow, and mattress are elements that ensure the highest quality of sleep. We spend about one third of our lives sleeping. Therefore, it is worth taking care of these matters 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 need to spend your energy wisely and not waste it unnecessarily.



1. PEOPLE

BE IN GOOD RELATIONSHIPS WITH AS MANY PEOPLE AS POSSIBLE (but without denying your values)

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, even in such situations, if we manage to live with others in peaceful and perhaps even friendly relations (while maintaining the values we believe in) - it is a great success.

It is impossible to convince other people that we are right. Only they can convince themselves. All we can do is be an example of a person whose life could be worth imitating.

HELP OTHERS – but only a little

Where possible, try to help other people. Do this primarily by using your best skills (I will write about them later). Then you will do it better than others, and you will develop these skills even further - so you will be able to help even more effectively in the future.

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

However, also remember that you should spend your time wisely.

And here's an important note - help just a little. You have your own life (only one) and your own direction. Take care of it.

This is your path and focus on it. Other people also have their own way and should do the same. But it's their life and their decisions about what they do with it.

Many people will accept as much of your help as you give them. They are like bottomless wells. Very often they waste their own time thoughtlessly and will have no qualms about wasting yours too. So be very careful with time wasters. Time is your non-renewable resource.

It is best to help when someone asks you for help. Otherwise, he usually doesn't respect yours. We often give our precious time to someone - and in return, that person doesn't even appreciate it.

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 it to each other. We are 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 in everything, you need to be guided by intuition and moderation.

MODERATION AND PROPORTIONS

Moderation is a way of interacting with others so as not to overwhelm them with yourself. It is better for us to be left with insufficiency rather than satiation.

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

This may indicate, for example, that we begin to dominate our relationships 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 conversation, although it is certainly a very important element of this relationship.

You should learn to "read" your interlocutor. The ability to read the signals given by the other side early is important. It works both ways. Let's not burden others, but let's not allow ourselves to be burdened by others.

A relationship is mutual enrichment through contact, conversation, joint work and play. That's what I think it's all about.

SPEAK WITH PROPORTIONS

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

Please bear in mind that the more we talk, the greater the chance of misunderstanding.

This is because more often than not, there may be situations in which someone will understand something differently, or we will unintentionally make a mistake ourselves.

Of course, the closer someone is to us and the better they understand us, the more we start talking. And this is completely normal.

I don't think you should say as little as possible. However, you should maintain the right proportions between speaking and listening. This sense of proportion (and not only in speaking) is one of the elements of coexistence with other people. It is part of the art that we learn from childhood.

FIND AND SAY GOOD THINGS ABOUT OTHERS – say good things about other people, or rather say nothing at all

Try to follow this rule (if possible).

DON'T TEACH IF YOU ARE NOT ASKED TO DO IT

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

Only when someone asks you to teach, then do it. Then it will have more value and will be remembered by the one who asks you for it.

Otherwise, it will be perceived as an attempt to interfere in someone's life.

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

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

However, using its opposite - that is, doing to others what we would like them to do to us - is not necessarily worth recommending.

It's easy to imagine that someone might not want the same things as us... And our sincere intentions may be perceived completely differently.

WIN – WIN

Not ME, but as far as possible – WE.

I am thinking about action based on the search for solutions in which, whenever possible, all parties win. About the Win-Win solution.

Unfortunately, the most common solutions are Win-Lose, in which someone only thinks about their own benefit. This is not real success.

It is no better than Lose-Lose because it only appears in the short term that someone has won. In the long term, however, everyone loses. Life is not about winning anything, but about living well.

In everything we do, we should think not only about our own benefit, but also about the benefits for other people. Coming to such conclusions sometimes means looking deep inside yourself. Getting rid of egoism for the sake of greater values.

We have our interests and we should defend them. We also have our dignity. However, this has nothing to do with an overgrown Ego.

SPEAK YOUR TRUTH SHORTLY, CALMLY, SIMPLY, CLEARLY.

Don't try to convince others.

The very way we speak can cause a friendly or hostile reception. We don't want to enter into a conflict with another person.

Speak your truth - but especially when you are asked about it. Because then it makes even more sense and the better it will be remembered. When someone is interested in something, 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 if they don't want to.

Only this person can convince himself.

Try to look for goodness and truth - not to prove a point.

Then your interlocutor will also understand that it is not about you, but about something much more important. Something beyond you and him.

TRY TO UNDERSTAND OTHERS

Even though we are all similar, we also have many differences.

In my life I have wondered a lot about the essence of good. I was interested in why we want to choose good over evil. Contrary to appearances, this is not so obvious.

Because good is beautiful? – Yes, for sure, ...but not only because of that.

Because good is logical? – Yes, for sure, ...but not only because of that.

...

Until one day - I found the answer.

I discovered that the source of goodness is Empathy. It is its deepest root cause.

It's people who know how to empathize who are good.

Their actions are guided by compassion. And not only for humans, but also for other beings.

Conversely, people who cannot empathize...cannot be good.

Empathy also gives rise to understanding.

SYNERGY WITH OTHERS – if possible

There are situations in which when we do something alone, we do not achieve the results that we would achieve by working together with others.

Similarly, others - working alone, will often not achieve the results they could achieve working together with us.

Synergy means that by working together we create greater value and energy than if we produced it individually.

An additional source of this energy and value then appears - 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 separately.

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

However, it is worth considering this type of synergistic cooperation, whenever possible and justified.

DON'T TALK LONGER THAN 5 MINUTES - no matter what you're talking about

The benefits of short and long speech are exactly the same. I think sticking to the simple rule of not talking longer than about 5 minutes is quite good.

The exception may be situations where you are making a public appearance. Then everyone wants to listen to you because that's what they want.

During these approximately 5 minutes you have enough time to see how your listeners react. Aren't you boring them? Do you give them some value in what you say? Speak simply and briefly.

Albert Einstein once said:

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

In addition to many things that I try to simplify in my life, there is also my language.

How I speak, how I write... And these, in turn, result from how I think.

Keep it simple while maintaining beauty and value.

This, of course, is not at all simple. But I'm still learning it.

SPEAK AFTER SOMEONE - but wait a moment

Very often we may encounter a situation when 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 add something more or wants his words to "resonate" and evoke the desired reaction in us.

By waiting even a small moment, we let him know that his answer or question had value.

In turn, our answer will also be perceived as more valuable (because it is more thoughtful).

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 noticed that even people who tend to interrupt me during a conversation slowly start to correct themselves 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 the first, the most important - and always have something to say. On every topic.

They just really want to mean something. 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. However, if what you have to say is important, say it.

However, try to do it as last as possible. This will be additional confirmation that you have thought about what you are saying - and your words have weight.

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

Among 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 we have (or can) more today, we may lose it tomorrow. This applies to each of us. We all have our own way of life. We are at our stage on this journey.

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

IF SOMEONE IS MALIGNANT - leave him alone

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

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

Intervene only when this person starts harming you and his presence is unavoidable.

Likewise you - don't envy anyone anything.

Focus on your life.

LOOK FOR COMMON ELEMENTS – not differences

When we consciously look for what unites us, we become closer to each other. We are also more willing to understand the causes of 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, does it matter whether someone appreciates you for it? If you really understand it well, you know it's not. Appreciation may be nice, but that's all.

And going further - does it really matter who exactly did something good? Is it more important simply that it was done?

Sit in the backseat and smile.

2. 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 are doing quite well without us. Rather, we are the problem for them.

We are intelligent, but at the same time we often harm Mother Nature. We are destroying our own home.

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

It seems we are the most intelligent beings on earth. However, as for whether we are the most sentient beings - I would have doubts.

However, if only for the sake of our intelligence - we should make sure that life on our planet is doing well. When we destroy the ecosystem, we destroy ourselves.

3. EARTH

This point is a natural extension of the previous ones, i.e. those regarding relationships with people, animals and plants (although it may sound a bit funny to some).

The idea 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 on our planet in an unprecedented way.

We should care about the well-being of the environment - not only for our generation, but also for future generations. This is another way of expressing the thought:

"not ME - but WE".

KNOWLEDGE & SKILLS	
1	DEVELOP YOUR KNOWLEDGE ABOUT THE WORLD
2	DEVELOP YOUR BEST SKILLS
3	DEVELOP UNIVERSAL SKILLS

1. DEVELOP YOUR KNOWLEDGE ABOUT THE WORLD

Learn something new about the world and life every day. It's not about learning anything - because there is an ocean of things in the world that we don't know. However, when developing our knowledge in a certain field, we also encounter other elements that become interesting and worth developing. I would compare it to a tree trunk and branches.

These branch out into smaller and smaller ones... At some point you have to return to the branch you decided to follow. However, we also learned other things - and they complement our picture of the world.

Here, in turn, a picture composed of billions of puzzles comes to mind. They are smaller and larger. However, together they create one image. We only know its outline. As much as we can. As much as our human capabilities allow us.

Even though I am a supporter of narrow specialization, I also practice another principle that does not contradict this at all.

There is a saying that may be a good clue here - namely:

Try to learn so that you know everything possible about one thing, but also a little about everything. This is what I call "Learning about the world."

Why exactly?

Because there is ignorance that is not conscious - 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. That is, everything is connected to everything else and helps us better understand the whole.

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

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

Also be careful about the proportion of this "a little bit about everything" learning. Spend about 20% of your time on this and 80% of the time learning everything about one thing.

However, by using this method, we develop in our fields and begin (at least a little) to better understand the world as a whole. We never know when general knowledge may help us supplement our specialized knowledge.

It's not just about that, but primarily about understanding your place in the world. About understanding how the world works. It is the fulfillment of deep human needs.

2. DEVELOP YOUR BEST SKILLS

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

And what are our best 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 much better than other people.
2. Let it be what the world needs - also in the broader sense of the word. Not only locally, but also globally.

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 have to be able to recognize it.

I'm thinking here about what both humanity and individual people need. I'm thinking here about real values - not apparent ones.

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

Can this also become your job for which you will be paid?

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

"Do this without neglecting that."

This is a very simple but very helpful phrase... that I heard once, a long time ago. It helped me many times.

Try as much as possible to look for a job where you can use as much of your best skills as possible. In this way, you create a set of interrelated features. Not one, but a "Set of Best Skills". This makes you even more effective.

This way you will give the world the best of yourself.

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

At the end of our lives, 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:

"Good is the enemy of better."

For a very long time I didn't understand this sentence. It had no greater value to me.

But once I understood it - it was a moment of real revelation and a turning point in my actions.

So how do I understand them?

Sometimes we have to give up doing what we are only good at, or even very good at, in order to do what we can really excel at.

We don't have enough time for everything and the ability to make the right choice is important. And as a result - giving up many other "time wasters".

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

Yes, you should do it, but only within certain limits and you cannot waste too much time on it. If we are doing poorly at something, it means that we have little chance of becoming outstanding at it. You must remain at a level sufficient to function in these areas.

We must remember that at exactly the same time we can dynamically develop those skills in which we have a chance to become exceptionally good.

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

Many people claim that they do not have significant skills. I think there is a mental error here. Let me give you an example to simply illustrate what I'm talking about:

You are in a class of exceptionally gifted students. Imagine that on a rating scale from 2 to 5 (the old rating scale in Poland), most people achieve 4 or 5.

You only achieve a 3 in most subjects. However, there are two subjects in which you achieve a 4... So you manage to get better in these subjects. Better not than others, but better than yourself.

The situation is similar in the following years and in other schools. This confirms your suspicion that these subjects are right for you.

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

Compare yourself, only with - yourself from yesterday.

Now focus on systematic and persistent development of these key skills. It may be just one skill, or maybe even two or three. Create a vision of yourself using all of these disciplines together – as a “Set of Best Skills.”

True, you also need to study other subjects in life, otherwise you will have problems. However, learn them in moderation. Always devote the most time and energy to those that are your best.

The best skills do not necessarily mean unique skills. Don't try to be unique at all costs, but develop what works best for you.

It may also be that you are exceptionally talented and achieve very good results in 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 profession.

And this means that you won't have to spend precious time doing something completely different - just to make a living.

Once you identify your best skills, use them as often as possible.

Because by using them (sharing them), we also learn them better.

3. DEVELOP UNIVERSAL SKILLS

There are a number of skills that I called universal. These are skills that are desirable to have and develop in every situation. No matter what profession we do. Of course, at least some of universal skills may also be your best skills. One supports the other.

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

COMMUNICATION SKILLS

I mean not only knowledge of foreign languages, but above all of your native language.

Rich language - in my understanding, it is a simple language that we understand, but with all its rich resources of very subtle differences.

My own rule is:

Learn any language so that you understand as many people as possible, but also so that as many people as possible understand you.

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

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

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 best-developed communication skills.

The ability to tell a story is exactly what I'm talking about.

It's not just understanding what someone is saying. It's much, ... much more.

It's speaking in a way that makes other people feel what you feel.

It is a message not only of thoughts, but also of feelings.

And this is the hardest thing.

However, it is the highest form of communication and expression.

METHODS	
1	DON'T WASTE RESOURCES: TIME, ENERGY, MONEY
2	ALWAYS IMPROVE METHODS
3	FREQUENT COURSE VERIFICATION

1. DON'T WASTE RESOURCES: TIME, ENERGY, MONEY

Remember:

Time is a non-renewable resource.

Energy is only a partially renewable resource.

Money is fully renewable resource.

Meanwhile, people usually care about resources in the completely opposite order.

They are rather stingy when it comes to giving away money - and quite often very wasteful and reckless with their time and energy.

Don't make this mistake.

Throughout our lives, we use up our regeneration capabilities. Therefore, you need to use your life energy very wisely.

Money is an artificial resource and is last in my hierarchy. However, in the modern world we need it. Although not as much as many people think.

“You shouldn't run after money, but you shouldn't waste it either.”

What does "wasting resources" mean in practice? There is only one simple rule here. It is a waste of resources to spend them on something that you have not included in the NAVIGATION BOARD.

Don't do anything outside NAVIGATION BOARD. Throughout the day, ask yourself often,

"Is what I do important ? "

So, does this bring you closer to the direction you have chosen? To complete the points from the NAVIGATION BOARD.

This is your direction,....your life.
Get back on track.

It's the everyday, small decisions - you could even say micro decisions - that influence results. We often focus on the biggest decisions, but it is in the smallest, everyday and inconspicuous decisions that the real secret of navigating life well is hidden.

Think about what your next small step should be ?
Focus on this one...
- but without losing the overall vision of what you are doing.

2. ALWAYS IMPROVE METHODS

Whatever you do, ask yourself: "Can it be done better ? "

And what do I mean by better?

This means faster, with less resources (time, energy and costs) - and also better quality at the same time.

The greatest work of our lives is ourselves.
It's who we make ourselves.
Who we will create ourselves.

Of all the things we should improve, we are the most important object of improvement.
All change comes from us.

We are the creators and our works are a reflection of our way of thinking.

In order to effectively improve our methods of operation, we must be sensitive to every possibility of improving what we do. Each innovation of this type brings long-term benefits. Repeated activities should be optimized in a special way. They take up a lot of our time. This applies not only to the more serious ones, but also to the minor ones.

And this is how we create entire systems of actions and good habits that give us their value back many times - in the future.

3. FREQUENT COURSE VERIFICATION

“Just like a sailor steering a yacht, you can control your life”

Verify your NAVIGATION BOARD as you would the course of your life.

Sometimes, in addition to comparing the course of life to navigating a yacht, I also compare it to navigating a submarine.

Imagine a situation in which you are navigating in such a submarine in the depths at night.

The water is pitch black, cold, thick and dirty.

You can't count on seeing anything on the outside.

You've been going like this for weeks, months, even years.

Maybe you are very, very tired, frustrated, maybe you are losing faith...

You don't see the sun or the stars.

You don't see islands, lands, birds...

...nothing.

All you can rely on are the indications from 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 do you have left before you run out of it all?

You can only count on yourself.

On your skills.

This control panel is the NAVIGATION BOARD.

This is where the basic parameters of your life course are.

If you built it well, you can trust it now.

If its readings are good at every single moment, it means you are heading in the right direction.

Trust this tool.

Perhaps there has been a time of immeasurable darkness in your life?

These are the most difficult moments...

But keep swimming slowly.

Calmly check your NAVIGATION BOARD and don't slow down.

Maintain a constant speed.

It doesn't have to be high.

It's 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 in your submarine.
You are responsible for them.
So navigate well and confidently.

Although you may not believe it now, but one day you will 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 a time of emerging from the depths.
That time will come.
It is a consequence of good navigation.
This is because you organized your life and designed it yourself.

Then you consciously and methodically programmed your subconscious.
It guided you.
Every single day you tried to navigate well.

You didn't always succeed in everything, but you got back on track.
And here you are.

You swam in the dark for a long time,
but after so many years you have made great changes in your life.
You may have finally paid off your debts, however enormous they seemed.

You improved your health,
improved your relationships with your loved ones,
ended your addictions,
and improved your relationships with other people.

And you did it all at the same time !

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 are contributing to the world.
You manage your energy, time and resources wisely.
You create new methods of your actions.
You are constantly learning and improving.
You are a strong and happy person.

No one will take this away from you.
They can take everything from you - including your clothes.
However, no one can take away what you have built in yourself.

You have learned to navigate your life well.
And on top of that – you did it yourself.

...

However, you should now check your course frequently.
I recommend you do this several times a day - mentally.
And once a week – very thoroughly in the graphic form of NAVIGATION BOARD.

Learn from your mistakes. See how many yellow fields there are - and how many green ones.
Focus on the yellow fields, but also learn to enjoy the green ones.
Repeat the yellow points in your thoughts and you won't even notice when... subconsciously -
you will eliminate them from your life.

You will correct them, making them go from yellow to green.

That's what good navigation is.

NO MATTER HOW FAST YOU MOVE FORWARD - It's important that you go.

“He who walks slowly - will go far.”
(old saying)

Not only will you go far, but you will also go much healthier. Exposing our body to temporary overload (in order to accelerate something excessively) and then resting for a long time, without guaranteeing good regeneration - does not make much sense. And it is very harmful to health in the long term.

I will use the comparison of two roads here. You've probably seen stairs with a stroller ramp next to it. Both the stairs and the ramp lead to the same point, at the top.
Now imagine that you don't have the stroller and you just walk up the ramp.

In one case (on the stairs), you make constant micro-efforts, interrupted by micro-rests.

In the second case (on the ramp), you can go faster or slower. You can also throw out energy and move forward much faster. Ultimately, however, it costs you more energy.

If you have a short section of such a road to travel and you are very pressed for time, choosing the ramp probably makes sense.

However, life should not be looked at as a short episode. We need to take care of the energy of life and our body as if we were to live for over a hundred years. These micro efforts are meant to stimulate our energy – and not deplete energy.

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

You have to take the loads - in small steps like this. Climbing one step up – is almost imperceptible energetically. And going slowly, even more so. However, if we go systematically and steadily, we become capable of incredible achievements.

One of the things I learned from reading about people who lived for over a hundred years was the leisurely pace at which they moved forward. However, they were systematic and

disciplined in their small actions. They also knew how to enjoy life modestly,... every day, ...the little things. As if their happiness was the sum of small joys.

ABILITY TO LEARN QUICKLY

The ability to learn efficiently is one of those that has a very direct impact on any progress, development of a professional career, relationships with other people, etc. It is even safe to say that it applies to all (without exception) areas of life.

What influences it?

To learn effectively and quickly, you must know the answer to at least the following questions:

- why we want to learn something
- at what real level do we want to learn something?
- how much time do we have to learn it?
- how to obtain the knowledge that interests us
- ability to obtain information (including asking questions with a high level of accuracy)
- ability to organize information
- ability to apply acquired knowledge in practice
- how and under what conditions do we learn most effectively?
 - from what materials (written, audio, film, etc.)?
 - what time?
 - Where ? (work, school, home, walk, etc.)
 - alone or in a group?
 - etc.

WORK EFFICIENCY

Here, some of my recommendations. They are very similar to those relating to learning skills. They seem trivial at first glance. And that's why they're overlooked.

In life, we often stumble over the simplest things. We can solve the most complicated tasks, and at the beginning we make an inconspicuous mistake - e.g. "putting the ladder against the wrong wall".

So, what is important in effective work:

- the ability to determine (as precisely as possible) what work is to be performed
- maximum order in the workplace. Even if it's just a desk, it should only contain items necessary to perform that specific job. Absolutely nothing more. This workplace can even be computer files, specific fragments of text, numerical data, etc. Any unnecessary element of this workplace will distract us unnecessarily and take up our time.
- How and under what conditions do I work most effectively?

- what tools to use ?
- what time?
- Where ?
- alone or in a group (very important point)?
- etc.

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

HIGH ANALYTICAL ABILITIES (ability to read numbers and analyze information)

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

We teach children basic mathematical tasks - such as multiplication and addition. We also teach them the multiplication table... and that's usually where it ends.

What is important, however, is a much higher level of "feeling" the importance of numbers. It results from imagination, the ability to use comparisons, scale, etc.

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

And 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 - I would also put it in this category.

Finally, the topic of information analysis should also be addressed. We live in a world of vast amounts of information. Efficient filtration and evaluation of data and information - are very important. It is an ability that we develop throughout our lives.

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

If you wanted to do one thing and now you're doing another, that's when you experience a lack of discipline.

If you have already determined what is important to you, pursue it. Don't be like a young dog who, whenever he sees something new, immediately runs after it. And he does this all the time - torn from emotion to emotion. He doesn't know the world yet. Learns. This is completely normal for him. However, you already know a little about the world and yourself.

Be mature. Be disciplined.

FOCUS - do one small thing at a time - without losing sight of the whole

We all have many things to do, but we can't do them all at once. However, they can be done one by one. Even the most difficult and complex tasks can be accomplished if they are divided into smaller pieces. And these into even smaller ones... And again into smaller ones, etc.

However, at every stage of work, we must have in front of us (in our imagination), a comprehensive image of what we want to do.

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

It's a bit like climbing stairs. You have to do it one step at a time - even if you were to climb Mount Everest. Conquering this one small step is another stage that brings us closer to reaching the very top. Sometimes it is only when we look down that we see how much we have managed to do. This motivates us to go further – one more small step. Even slowly. In this way, perseverance and focus will help you to complete the task.

I think that everyone, sooner or later, has experienced the feeling of being extremely focused on work. We can even lose ourselves in time and then there is nothing else - only us and what we create. It is a state of highest focus, combined with a surge of energy.

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

Interestingly, people who live a very long time are able to achieve this state extremely often. While performing their work, they remain in harmony with themselves and nature.

IMAGINATION

In our imagination we can create worlds that do not exist - or do not exist yet. Great creators, engineers, artists - often created their works twice. First in imagination – and then in reality. This saves huge amounts of resources, as well as gives you the opportunity to quickly revise your concepts.

PERSISTENCE

If we want to do something really important, we cannot give up when difficulties arise. Sometimes they can actually be very large. Then it is a time of a unique test of character for a person.

If you asked a mother how long her child would need to learn to walk, she would probably answer something like:

- What a question ? Until he learns.

Exactly. Why then do adult people give up on what they wanted to do so quickly? The same principle should guide them throughout their lives.

If it's a truly worthwhile goal, keep going. Methodically and systematically.
Let your own mind understand that you won't give up until you do it.

THINK IN THE BEGINNING - ABOUT THE END

Whatever you create, do it twice.

First, imagine that you have already finished this activity, project, idea. (whatever that is).
Think beforehand.

Then implement it in reality, guided by previous thoughts and conclusions.

Approach your life in the same way. Imagine you are at its end and looking back.
What do you want this life to look like - so that you can say "I lived the best life I could live"?

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

Choosing the right direction is already a success - in itself.

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

BE PROACTIVE

Don't wait for something to happen by itself. Meet life halfway. Actively look 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 necessary.

Because if something is good, never give it up.

STABILITY AND VARIABILITY

We need both stability and variability in our lives.

Sometimes, after too intense experiences, we need calm, tranquility and repeatability of events.

However, this state should not last too long and we will naturally feel that we need new stimuli. This is a natural need and we must meet it in order to live happily.

Some people are very afraid of changeability and try at all costs to maintain life in a reality that is too repetitive and too predictable. This does not reflect the nature of life, which is constant change. And every action that is not in harmony with nature ultimately turns against man.

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

In what and when - we will feel it ourselves. Just listen to your nature.

I think we generally need about 80% stability and 20% variability.

SIMPLICITY BUT HIGHEST QUALITY

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

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

Don't deal with too many things. Choose the most important.

And then make them as simply, best, and most beautifully as possible.

I used to draw a lot. I noticed that just making the drawing takes me about 30% of my time. The rest are very minor changes. Perhaps someone else wouldn't notice them. Then I realized something very important.

“It is the process of improving your work that should receive the most attention. It is this moment that distinguishes craftsmen from masters.”

MOST IMPORTANT THING FIRST

It's not about doing the most difficult things first. I am in favor of a different approach.

You should start with the most important things. And these - may be easier or more difficult. This will be different.

If something is easy and very important, it should be done as soon as possible.

It's not about getting tired, but about being as effective as possible.

Sometimes, the most important thing will also be the most difficult. And then this is what should be done first.

TRY TO BE PUNCTUAL

This is a relatively simple skill, but it has a huge impact on how people evaluate you.

You may even be a good professional. But if you are late, you will unnecessarily lose opinion about your reliability.

Someone else works much slower, but is punctual. And believe me - he will be the one who will be assessed and rewarded better at work very often. I know it's wrong - but that's how it will be.

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

This applies not only to the start of a meeting or work, but also to its end.

I once came across this sentence:

"If you're not a minute early, you're late."

Because what is a minute for a human being? Almost nothing. However, being a minute before and a minute after – changes a lot.

This sentence turned me from a person who was always late into an unexpectedly punctual one.

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

I have never been a supporter of the statement that only what is important is "here and now".

I believe that 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.

Therefore, we should also (but 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 better and have a better sense of time.

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

PLAN VERIFICATION – morning, evening, weekly

Shortly after waking up, it's a good idea to ask yourself:

"What would you like to do that day?"

You can do this even while lying in bed.

I usually focus on one, most important thing. All others are like its smaller or larger "satellites". They kind of happen on their own. They revolve around the most important one.

This approach changed a lot in my life. I carried out activities in smaller quantities, but with much better quality. What is very important - I implemented their priorities systematically.

I dealt with what was most important to me that day.

The time frame of one day gives a very good reference point.

It is a good idea to answer this question earlier in the evening. Then in the morning we will start working without much time wasting on thinking. All we need to do is repeat it to ourselves - and we begin to act energetically towards this particular activity.

Life is dynamic and many things can change quickly. So you need to be able to flexibly adjust your plans. However, try to accomplish at least this one thing. Even if you don't succeed in full, you will at least succeed in some part.

It's also good to look back at your plans once a week. Was everything accomplished? Should anything be moved to next week?

Similarly here - a week is a good measure of time, just like a day. There are two types of days in a week - working days and weekend days. Their rhythm is different. Therefore, looking at your activities both daily and weekly seems to me to be a very good approach.

I am particularly interested in all routine and habitual activities. I try to optimize them so that I can find time for them during the week. If I can't do something at least once a week, I think there's probably little point in doing so. I won't do it often enough and therefore not well enough.

As in everything, common sense is of course important here.

However, I think this is a pretty good general tip.

USE THE MOMENTUM

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

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

SET THE FINAL LINE

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

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

Of course, it is very important that this end line is realistic. We must allow ourselves time to complete this task at an optimal quality level. We have many things to do. Among them, there are those that just need to be done satisfactorily, but there are also those that need to be done as well as possible.

The simple knowledge of when a task needs to be completed makes everything that gets in our way less important. We overcome obstacles, focusing as much as possible on the finish line.

Of course, the finish line should only be understood as another milestone on our journey.

As I have already mentioned, it is the direction that is important - not the intermediate goals. However, these intermediate goals have their significance in the "route" we are traveling.

WORK IN "SESSIONS"

One of the rules I apply is to work in short sessions.

The longer the session, the easier it is to disrupt it. That's why I try to keep them small, but limited to a given micro-task.

Then there should be a short rest - and return to work. I see this as the essence of good task and energy management. In short work stretches and short breaks.

It's up to us what we set as a micro-task. Usually, it is good to set them while you are working - and quite flexibly.

CONSIDER DOING TWO ACTIVITIES AT THE SAME TIME

Performing activities in parallel is not the same as dividing attention between two activities.

I mean activities that can complement and support each other – not multitasking.

An example would be listening to appropriate music while doing quite monotonous and repetitive mental work.

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

This type of solutions save us a lot of time. They also improve the quality of the work we do.

EARLY TO SLEEP – EARLY TO RISE

Since the invention of artificial light sources, man has dysregulated his natural daily rhythm. 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 daily rhythm as constant as possible.

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

Getting up earlier really brings a lot of benefits. You can easily verify this. Just try it. However, it also requires greater discipline when going to bed.

Teach your body to rest in such a way that you wake up early, but without an alarm clock. I noticed that when I wake up this way before sunrise, I feel the best and my level of concentration at work is the highest. I came to such conclusions quite recently and it is a kind of discovery for me. But for most of my life I did things differently.

MONEY & PROPERTY	
1	DON'T HAVE FINANCIAL PROBLEMS
2	TRY TO MAKE A LIVING WITH YOUR BEST SKILLS
3	LET THE MONEY WORK
4	REDUCE PROPERTY
5	ORDER AND CLEANLINESS IN WHAT YOU HAVE

1. DON'T HAVE FINANCIAL PROBLEMS

The basic stage of financial management is the state in which we simply have no financial problems. This is where we need to go.

Even though I put property (including money) in the last position in the NAVIGATION BOARD, the lack of it can be very painful. It 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 move it to a higher priority. In my opinion, this is wrong. 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.

On a desert island, we wouldn't need money - only water, food and shelter. Money is a man-made creation.

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

You can be a poor and good person as well as a wealthy and good person. Just having money is not a bad thing. You can also do a lot of good with money.

The only important thing is not to get lost in it.

2. TRY TO MAKE A LIVING WITH YOUR BEST SKILLS

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

Unfortunately, most often it looks like this - that there is a certain discrepancy here.

Many people leave their best skills and do something completely different for money - just to make a living. After some time, they forget about their skills and settle permanently in a completely different place than where they should be.

Sometimes, too, the desire to earn more money wins. Everyone must evaluate what is more important to them. It is his life and he must answer the question - whether it is his possessions or "importance" in a group that is important to him - or the contribution he makes to the world.

It may sound very lofty, but it is true. The smallest contribution of good that we give is a contribution to the world.

You don't have to be a great scientist, artist or philanthropist - you just need to do small things. They also have their meaning.

If you choose the path of such a "vocation", you will not be poor. I don't believe that if you do what you do best with your heart, life will condemn you to poverty.

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

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

Some people treat using their skills as a hobby - and that's all. I believe it is much more than that. It's a kind of calling.

In parallel to developing unique skills, the paid work we do in the meantime should also be done as reliably as possible. And even if it was very modest and completely different than what we really want to strive for. This is not only a matter of 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.

When it comes to choosing a paid job, you should try to choose one in which you will be able to use at least some of your skills and develop them further. That's a lot - don't you think?

And the more you use them, the better.

And the new skills you acquire, as if by the way, may be very useful someday.

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

I use the word "calling", although I do not refer here to a religious context. However, I really like this term. It's accurate.

I feel like there is some kind of spirituality in everything we do in life. For me, it is 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 is exactly in everything. And that's why I don't single it out as an additional area.

3. LET THE 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?

The idea is to invest even small amounts that generate interest. And reinvest this interest again.... and so on and so forth.....

In the long run, compound interest brings real money.

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

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, in your skills and knowledge. However, in this chapter I am talking about money, so now a few words about investing money and how I understand good investing.

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

Certainly, venture investments are, in my opinion, a kind of good investment.

Depending on your situation, this investment may also be an investment in your company, in your business or in anything that brings real value.

I would sum it up with this statement:

"In investments - you should focus on looking for opportunities to create added value."

4. REDUCE PROPERTY

If we have too many items, we run the risk of them taking up our time. We have to organize, clean and repair them.

Do you really want to devote your precious time to them?

Or would you rather do something completely different with this time? Something more valuable.

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

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

Let the items you own are the ones you actually use. You could even reach for them by heart. That's how you'll know them.

Keep them in good technical condition and do not throw them away just because they are broken. Try to repair them whenever 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 thrown item is garbage. Don't throw it away recklessly.

Have few things, but in reliable condition. "They will thank you one day" – you will see.

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

Of course, we can be extreme minimalists. I myself once reduced my possessions to one marine bag, in which I only had a really well-thought-out set of items.

This is my minimal set that I can always come back to. I know exactly what should be inside and I can put it together immediately. Even by heart. And I can hit the road with this bag at any time.

You can live this 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 places in an ergonomic and optimally comfortable way, both the quality of life (and work) will benefit greatly.

Naturally, there is a huge difference between a comfortable and luxurious life.

While comfort is good, luxury is not. Luxury is an excess.

ALWAYS BE AWARE OF HOW MUCH MONEY YOU HAVE

This simple practice helps you quickly realize whether you are in control of what you have?

It's a kind of quick inventory of your financial resources. It's a kind of sense that you can develop. Thanks to this awareness, you will manage your money much better and will not be inclined to waste it.

SUPPORT THOSE WHO ARE WEAKER THAN YOURSELF

Remember that many people were not as lucky as you. Help them. These 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 this for me. Even if the output brings good - the approach is not.

True helping comes from pure empathy – and not any reward in the future.

5. ORDER AND CLEANLINESS IN WHAT YOU HAVE

“Whoever has order and cleanliness around him has order and cleanliness in his head. And vice versa”

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

Although this is a boring and time-consuming task, you must learn to keep your affairs in order. Negligence in this area can cost a lot.

SUMMARY

And that's where this short book ends. I discussed important topics there. I hope they were an inspiration for you. Try to use the methods described therein every day. 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 NAVIGATION BOARD will help you a lot with this. It helped me.

I created it for myself...

Jarosław (JARO) Makosz

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