

Notes to One's Self

by Matt Jones - Lunartik.com

Free advice:

NO ONE LIKES ADVICE especially if it was unsolicited and you gave it away anyway!

Advice gift:

If you want to give advice, wrap it up like an imaginary present, place a bow on the top, and give it as a gift. There should be no expectations by either party to use this gifted advice.

Expectations on yourself:

You may be setting yourself up for disappointment if your expectations are too high. It is better to have lower expectations so that you always win!

Expectations on others:

If your expectations for someone are too high, you may be disappointed if those expectations are not met.

Sleep on It:

Before you execute an idea, sleep on it. Your idea that seems great now may not appear this way with fresh eyes in the morning.

Notifications:

These have started to become more popular since the age of the smartphone. If you find yourself checking your electronic devices every 10 minutes, you could be classified as an addict. I wrote a paper which you can find on Lunartik.com - "How to Break Away from Your Smart Phone!"

Write out Your Head:

If you're like me and sometimes lay in bed unable to sleep, it's time to write out your head. So, take a pen and paper and write everything out of your head. I mean everything. This will give you a clean piece of mind and begin a great night's sleep ahead of you.

Perfectionist:

If you're a perfectionist, great! So am I. But, being a perfectionist means you will probably have many expectations on yourself, expectations that may not be met. I've found over my many years that I get better results when I'm not trying to be so critical on myself.

If you want to get ahead in life:

JUST SHOW UP!

Doing nothing:

Being idle is not helping anyone. So, get up and do something amazing!

Stepping back:

A great way to help you move forward is to step backwards and try to see your life at a distance. It's very useful.

The ego:

If you have a following of any sort, you might not realise it but, you could potentially have a sizeable ego built up. It's now time to crush your ego as it's only getting in the way of greatness... there is more potential without having an ego.

The alter ego:

Alter egos are worth having, but can be slightly uncontrollable. So, be warned.

Caffeine:

I try not to drink caffeinated drinks past the hours of 3 everyday, as caffeine stays in your system for up to 7 hours.

Digital sunset:

No wifi and no smartphone after 7pm in your home. Smartphones emit blue light which causes problems with your deep sleep So, if you want to get a better night's rest, turn off and have a lovely digital sunset.

The pen is mightier than the sword:

Get your pen and start writing. It's great to clear your head and get it all on paper. Write not fight!

Saying hello:

Say Hello, shake hands. This is what it's all about. Make human connection great again.

Stop buying Stuff:

Think about not spending money and have a day off spending. Think about what you really need. Potentially, you could be happy with nothing :)

Confirmation:

Stop looking for confirmation about your work. If you have a good idea that you want to execute, just get it going. If you think it's worthwhile, it will work out just fine. Many great ideas have been lost with people not taking action.

Surprise is dead:

I remember when I used to go to art exhibitions and it was all a surprise. But, now all of the mystery has been lost with the overuse of social media. We don't go to shows any more. Bring back the element of surprise :) It would be nice.

Instant gratification:

We live in a time where everything is NOW NOW NOW. We forgot how important it is to be gratified with things that can happen over longer periods of time. Taking our time and having to wait just a bit more is a very gratifying experience.

Worry Less, do more attitude:

The less I worry about what happens around me, the less stress builds up. I.e. I could worry about you reading my text and thinking "WTF is this guy on about?". But, I don't worry!

2 Years to live:

If we all just had 2 years to live, what legacy would we want to leave behind?

Purpose in Life:

I was told the purpose of life was just to enjoy it.

I also have my own theory that if I don't get up in the morning and get on with my work/projects then, I have lost my way :(

The “Tank of Gas” metaphor:

I was given this metaphor by a good friend who reads a lot of interesting books: If you are lost in life and hunting for salvation, picture this scenario in your mind. You are alone in the middle of a desert with a car and a tank of gas. Now, you could take the car and ride around in circles for ages. Sooner or later, you will run out of fuel. So, you are better off taking that tank of gas and just driving in one direction. This will be a more efficient way of finding salvation.

Self belief:

It's very important to have some self-belief, it's great to have a small kick up the ass.

Little by little:

Rome was not built in a day. To do something well takes time and dedication.

If you have enjoyed any of these notes, then why not send an e-mail to matt@lunartik.com

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