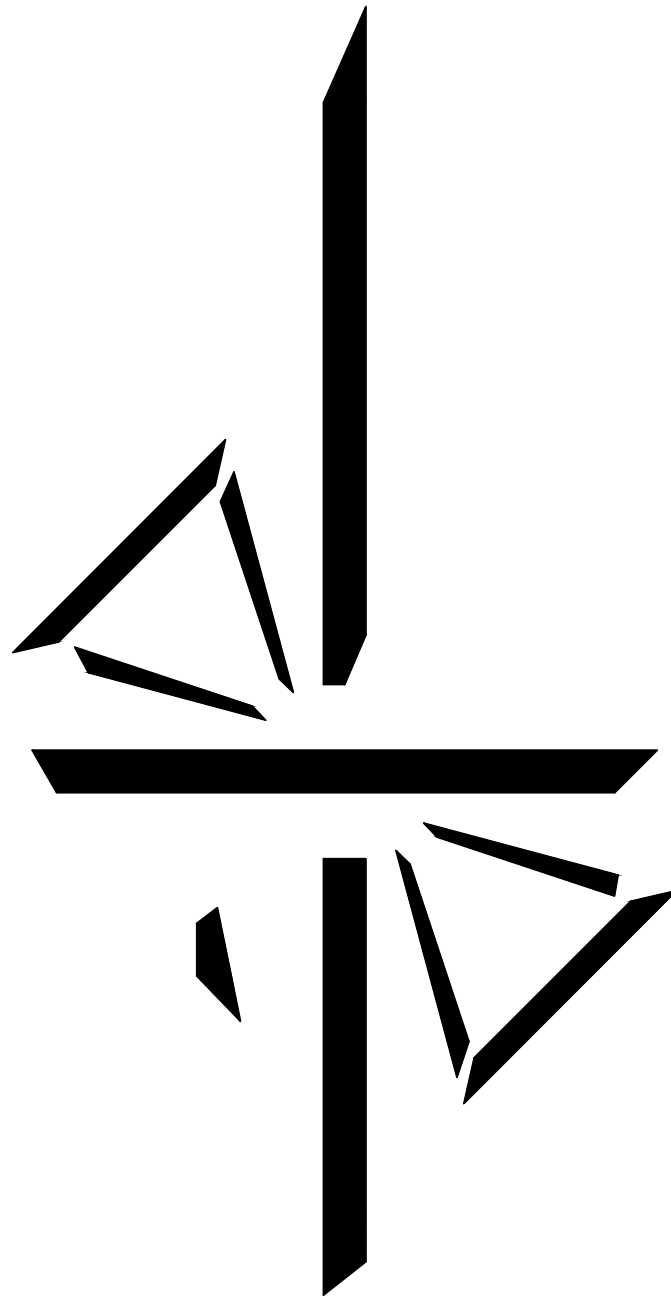


HOW-TO-ADULT

- FOR THOSE WHO PANIC AND ASK "I NEED AN ADULT!"
- THE TUTORIAL WE ALL SKIPPED BECAUSE IT WAS TOO LONG ...
- KNOW YOURSELF, YOUR DESTINATIONS, RELATIONSHIPS, POWER, AND A CAT IN A BOX WITH SOME POISON?
- THE DECOUPLING OF RATIONALITY AND PERSPECTIVE.





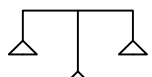
This document has been printing protected to allow for distribution thru digital means. It is the authors hope that this information is not hidden behind a pay wall. But physical printing has an environmental impact associated with them, as such we request that printed copies are purchased thru our website where we take measure to ensure we pay for the environmental impact of the printing of this document.



chapters

sections

PEACE



1.0

VESSEL



1.1

NETWORK



1.2

HEART



1.3

MIND



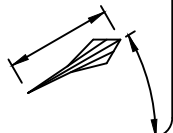
1.4

SOUL



1.5

DIRECTION



2.0

DESTINATION

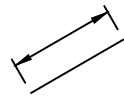
VISION



2.1

TRAIN

JOURNEY



2.2

DEPRESSION

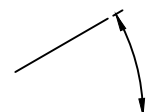
GRAVITY



2.3

DIRECTION

ANGLE



2.4

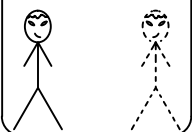
WHY WHERE YOU BORN?

PURPOSE



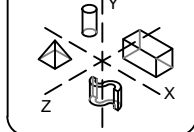
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DUALITY



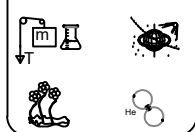
3.0

GEOMETRY



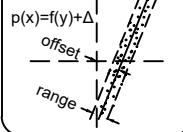
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SCIENCE



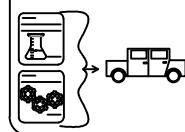
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STATISTIC



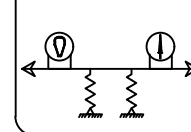
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Engineering



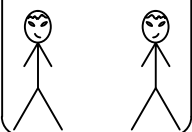
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SPECTRUM



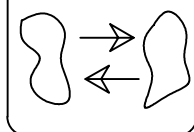
3.5

RELATION



4.0

FEEDBACK



4.1

TANGIBLE

CARE



4.2

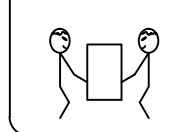
EMOTIONAL

CARE



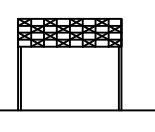
4.3

TEAMWORK



4.4

GOALS



4.5

POWER



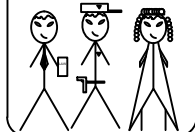
5.0

MONEY



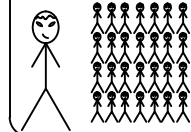
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AUTHORITY



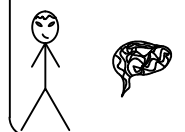
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INFLUENCE



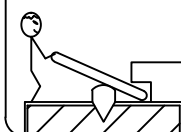
5.3

PERSONAL



5.4

EXPLOIT



5.5

HOW TO ADULT		PAGE	0.1.	
CHAPTER	0 - COVER	VERSION	12-31-2020 - β	
DESCRIPTION	THESE NOTES BEGIN GUIDING YOU ON HOW THE BOOK'S IS USED			
CONTENT	NOTE TO THE READER			

- GET FAMILIAR WITH SOME OF THE WORDS AS DEFINED IN THIS CHAPTER FOR BETTER UNDERSTANDING OF THE REST OF THE BOOK.
- THE COVER PAGE OF EACH CHAPTER IS THE SKILL TREE OF EACH PERSON AS THEY EXIST. SOME PEOPLE WILL HAVE SOME FACTORS THAT CANNOT BE GROWN DUE TO CIRCUMSTANCE THAT MAY BE OUTSIDE OF THEIR CONTROL; FOR EXAMPLE, THOSE BORN BLIND DO NOT HAVE SIGHT AS DESCRIBED IN CHAPTER 1, HOWEVER THRU CHANGES IN SCIENCE, IT IS POSSIBLE TO GAIN THAT ABILITY, THIS IS ONLY POSSIBLE AFTER A SUBSTANTIAL EFFORT IN THE PART OF THE COMMUNITY TO ASSIST WITH DISABILITIES.
- USE THE CHAPTER COVERS AS REFERENCE FOR YOURSELF AND YOUR GROWTH IN EACH TOPIC. BASICALLY, THERE ARE NO REAL SKILL POINTS AS A HUMAN, THERE IS JUST NUMBER OF HOURS THAT YOU HAVE SPENT ON THAT TOPIC WHICH INCREASE YOUR CAPACITY TO GO FROM THE FLOOR TO THE CEILING OF THAT SKILL.
- THE MORE TIME YOU SPEND ON ONE SKILL THE BETTER IT BECOMES, HOWEVER AFTER SOME TIME, MORE TIME DOES NOT GIVE YOU GROWTH..... SO TRY GROWING A DIFFERENT SKILL THAT IS RELATED TO THE ONE YOU ARE INTERESTED IN SO THAT IT CAN GROW BY RELATION. FOR EXAMPLE:

example 1


- YOU GET A JOB TO MAKE MONEY, BUT IF YOU DON'T INCREASE YOUR SKILLS, YOU WILL NOT BE ABLE TO GET A RAISE IN YOUR JOB, SO THE ONLY WAY YOU CAN GROW IN THE MONEY SKILL TREE IS BY EXCHANGING YOUR TIME FOR KNOWLEDGE, EXPERIENCE, AND/OR NEW SKILLS
- THIS DOES NOT END WELL AS YOU WILL BECOME FRUSTRATED IF YOU DON'T LIKE WHAT YOU ARE DOING OR IF THIS DOES NOT STIMULATE YOU.
- YOU INCREASE YOUR OTHER SKILL TREES UNTIL YOU FIND THE ONE YOU LIKE, THEN YOU USE THAT ONE TO MAKE MONEY TO SUSTAIN YOURSELF. THIS PATH IS SUSTAINABLE; NOTE THAT YOU ARE THE ONE THAT IS RESPONSIBLE FOR THIS....
- IF YOU DON'T LIKE YOUR CURRENT JOB, DON'T JUST QUIT, YOU STILL HAVE TO SUSTAIN YOURSELF. YOU SHOULD IMPROVE YOUR SKILLS UNTIL YOU CAN CHANGE YOUR SITUATION.

example 2.

- YOU ARE IN A RELATIONSHIP YOU DON'T LIKE, AND YOU CAN'T FIGURE OUT WHY YOU ARE STILL THERE.
- YOU INCREASE YOUR SKILLS IN RELATIONSHIPS TO REALLY UNDERSTAND THE OTHER INVOLVED PARTY.
- YOU INCREASE YOUR SKILLS IN PEACE TO KNOW YOURSELF
- THEN YOU FIGURE OUT THAT YOU ARE STILL IN IT BECAUSE YOU ARE DEPENDANT, SO YOU INCREASE YOUR POWER SKILLS TO REDUCE DEPENDENCY, AND LEAVE THE RELATIONSHIP BECAUSE THAT IS WHAT YOU DETERMINE IS BEST FOR YOU,
- OR, YOU LEARN TO COMMUNICATE YOUR EXPECTATIONS AND RESPONSIBILITIES BETTER, AND THE DIRECTION/GOALS OF EACH PARTY LINE UP SUCH THAT THE RELATIONSHIP CAN BE CLOSER.

THIS IS WHAT THIS BOOK IS. A MANUAL FOR YOU TO FIGURE OUT YOUR LIFE. IT WILL NOT TELL YOU HOW TO LIVE YOUR LIFE, THAT IS UP TO YOU TO DECIDE; DO DECIDE AND BE WILLING TO CHANGE COURSE IF IT IS NEEDED.

- GOOD LUCK AND HAVE FUN.

HOW TO ADULT		PAGE	0.2.	
CHAPTER	0 - COVER	VERSION	12-31-2020 - β	
DESCRIPTION	THIS COVER WILL SHOW YOU THE WHOLE BOOK			
CONTENT	REFERENCES			

INFLUENTIAL SOURCES

- SUN TZU (THE ART OF WAR)
- BARON VON STEUBEN (DRILL MANUAL)
- DALE CARNEGIE (HOW TO WIN FRIENDS AND INFLUENCE PEOPLE)
- CHRIS VOSS (NEVER SPLIT THE DIFFERENCE)
- JIM COLLINS (FROM GOOD TO GREAT)
- ELSIE LINCOLN BENEDICT & RALPH PAIN BENEDICT (HOW TO READ PEOPLE ON SIGHT)
- WARREN BUFFET
- MOSES (the 10 commandments)

QUESTIONS TO NOTE:

1. who
2. what
3. where
4. when
5. how
6. why? (*this is only important to you*)

NECESSITIES (in priority order):

1. *NUTRITION: food and water*
2. *SHELTER: a Bed in an acclimatize room*
3. *COMPANY: Friends, family, team, or partners*
4. *EVERYTHING ELSE IS A WANT; minus item 5 below*
5. *PURPOSE: Goals, why were you born? see Maslows Pyramid for more information on this.*

THE ART OF WAR

- THE WAY
- TERRAIN
- LEADERSHIP
- MANAGEMENT
- SEASONS

FROM GOOD TO GREAT

- LEVELS OF LEADERSHIP
- FIRST WHO THEN WHAT
- CONFRONT THE BRUTAL FACTS
- HEDGEHOG CONCEPT
- CULTURE OF DISCIPLINE
- TECHNOLOGY ACCELERATORS

HOW TO READ PEOPLE ON SIGHT

- ALIMENTIVE "THE ENJOYER"
- THORACIC "THE THRILLER"
- MUSCULAR "THE WORKER"
- OSSEOUS "THE STAYER"
- CEREBRAL "THE THINKER"

NEVER SPLIT THE DIFFERENCE

- ANALYST
- ACCOMMODATOR
- ASSERTIVE

John Wick

- Focus
- Commitment
- Shear "%\$&#ing" Will

THE TEN COMMANDMENTS (CHRISTIANITY) AS WRITTEN

1. You shall have no other Gods before me
2. You shall not make for yourselves an idol
3. You shall not misuse the name of the LORD your God
4. Remember the Sabbath day by keeping it holy
5. Honor your father and your mother
6. You shall not murder
7. You shall not commit adultery
8. You shall not steal
9. You shall not give false testimony
10. You shall not covet

AS TRANSLATED

- > FAITH IN ONE.
- > DISCARD PRIDE. / MODESTY.
- > RESPECT
- > VALUE REST
- > VALUE FAMILY.
- > VALUE LIFE.
- > VALUE COMMUNITY
- > CONTRIBUTE TO SOCIETY.
- > HONESTY
- > DISCARD ENVY. / GIVE LOVE.



CHAPTER	0 - COVER	VERSION	12-31-2020 - β
DESCRIPTION	POWERFUL REFERENCES TO SUPPLEMENT YOUR SKILLTREE GROWTH		
CONTENT	IDEAS		

ideas to keep in mind.

patience is a virtue; broken clocks are right twice per day.

"those who know when enough is enough will always have enough" - LAO TZU

"Strength is not determined by ones size but by the size of one's strength" - Xiaolin Showdown

"fairy tales have monsters not to show you they exist, but to show you they can be defeated"

understand that *critical thinking* is when you don't just accept the information that is provided to you, you are supposed to think about every word that is said in relation to each other and in relation to the overall topic and see how the pieces fit together.

"there is no big lie, there is no system, the universe is indifferent" - Don Draper, Mad Men

""Yes" ... is nothing without the "How?" - Chris Voss, Never Split the Difference

"Everybody is a genius. but if you Judge a fish by its ability to climb a tree, it will live its whole life believing that is is stupid" - Albert Einstein

"Not only does God play dice, but... he sometimes throws them where they cannot be seen" - Stephen Hawking

"we don't dress up for the cosplay, we dress up to show other who we are. more exactly he ends with "the customs are how we reveal ourselves to each other" - Adam Savage - Feb 2016

"to live is to risk it all..." - Rick and Morty

there are 2 most powerful days in a persons's life, the day they are born, and the day they know why."
- Boniface Mwangi; Oct 2014; the Day i Stood Alone.

"you must Strive to not Strive" - Ipaman 2

"...sometimes the light at the end of the tunnel might be you" - Aerosmith, its amazing.

"I Don't Want to Conquer anything, I just want to be free" - Monkey D. Luffy, One Piece

"Anyone can be funny; not everyone is interesting" - Dave Chappelle to Trevor Noah

"pay attention to what is important, if you don't it does not matter what fancy things you do, its the same as if you did not do anything at all." - Leanings form playing video games

Diminishing Returns: when 1 additional unit of effort gets you less than the return you where getting for your previous unit of effort. say, in 1 hour of work you can complete 1 object, but on your 8th hour or the day it takes you 1.1 hour to make that same 1 object. - economic principles.



CHAPTER	0 - COVER	VERSION	12-31-2020 - β
DESCRIPTION	THIS COVER WILL SHOW YOU THE WHOLE BOOK		
CONTENT	GOALS OF THE BOOK		

THE MAIN PROBLEM.

IN THE LEAD UP TO THE MAKING OF THIS BOOK, A SIGNIFICANT PROBLEM HAS BEEN IDENTIFIED; THE MAJORITY OF THE POPULATION HAS AN INHERENT BELIEVE THAT THEIR PERSPECTIVE IS OBJECTIVELY CORRECT.

THIS WAS ORIGINALLY FOUND USING DIFFERENT LANGUAGES, SOMETHING ALONG THE LINES OF "EVERYONE THINKS THEY ARE RIGHT", THIS LANGUAGE PRESENTED THE SPIRIT OF THE PROBLEM, BUT IT LACKED PRECISIONS AND GENERATED AMBIGUITIES THAT COULD LEAD TO INITIAL DISCREDIT.

THE REASON FOR THIS IS THE FACT THAT PEOPLE CAN TELL THE DIFFERENCE BETWEEN WHAT IS PERSPECTIVE AND WHAT IS OBJECTIVE. ANYTHING WE CAN OBSERVE WITH A SENSE IS A COMBINATION OF BOTH, HOWEVER ANYTHING THAT IS MEASURED BY INSTRUMENTS DESIGNED ONLY FOR THE ACT OF MEASUREMENT, THOSE MEASUREMENTS ARE OBJECTIVE AS THEY ARE FREE OF PERSPECTIVE OF MULTIPLE.


THE REALITY OF THINGS IS THAT WE HUMANS LIVE IN A DETERMINISTIC PHYSICAL WORLD, AND WE ARE INHERENTLY PROBABILISTIC ENTITIES. THIS MEANS THAT IN ALL INTERACTIONS WE HAVE TWO COMPONENTS THAT ARE PART OF A WHOLE, ONE PART IS FIXED IN NATURE, AND THE OTHER IS BASICALLY A COIN TOSS. FOLLOWING THE LOGIC THAT YOUR SENSE CAN FOOL YOU IF THEY ARE NOT GROUNDED, AND THE FACT THAT PERSPECTIVES CHANGE WITH TIME, WE HAVE A CONDITION IN WHICH HUMANS USE THEIR EMOTIONAL INTELLIGENCE TO SUBSTITUTE THEIR RATIONAL/LOGICAL INTELLIGENCE.

YOU MUST REMEMBER THAT YOUR PERSPECTIVE HAS COMPONENTS THAT ARE EMOTIONAL AND COMPONENTS THAT ARE OBJECTIVE, THESE 2 SHOULD NOT BE MIXED, BUT MUST BE KEPT TOGETHER. THE EMOTIONAL ASPECT WILL GUIDE YOU TO WHERE YOU WANT YOUR LIFE TO GO, BUT IT IS IRRELEVANT WHEN HAVING DISCUSSIONS ABOUT THE OBJECTIVE FACTS. THIS HAS BEEN ONE OF THE AUTHORS GREATEST FRUSTRATIONS WHEN DEBATING WITH INDIVIDUALS THAT CANNOT OR REFUSE TO UNDERSTAND THIS DISTINCTION.

ONE OF THE GOALS OF THE READER SHOULD BE TO ARM THEMSELVES WITH THE MENTAL TOOL OF REMOVING THEIR OWN PERSPECTIVE FROM THEIR CRITICAL THINKING ANALYSIS SO THAT EMPATHY CAN BE USED AND YOU CAN BEGIN TO SEE THINGS FROM OTHERS PERSPECTIVES.

THE LAST ISSUE WITH THIS IS THE EXPANSION AND CONTRACTION OF TIME. SOME PEOPLE ACT LIKE THE FUTURE DOES NOT EXIST (EXPANSION), AND OTHERS LIKE THE FUTURE IS NOW (CONTRACTION). THESE 2 EXTREMES LEAD THEMSELVES TO FAULTY CRITICAL THINKING AS THESE IDEAS CAN INTRODUCE LAYERS OF ERROR AT OBJECTIVE REALITY. TIME HAS ITS OWN TANGIBLE AND NON-TANGIBLE VALUE; FAILURE TO ACCOUNT FOR TIME PROPERLY CAN LEAD TO INACCURATE PREDICTIONS.

THE MOMENT THAT YOU ARE ABLE TO HAVE MULTIPLE PERSPECTIVES SIMULTANEOUSLY, IS THE MOMENT WHEN YOU CAN BEGIN TO TRULY SEE THE WORLD FOR WHAT IT TRULY IS.

HOW TO ADULT		PAGE	0.5.	
CHAPTER	0 - COVER	VERSION	12-31-2020 - β	
DESCRIPTION	THIS COVER WILL SHOW YOU THE WHOLE BOOK			
CONTENT	GOALS OF THE BOOK			

to any given event, there is a differential equation that is the only "real object reality; what this means is that there is a total of two (2) sets of information that are tied to said event, but these cannot be mixed, as in both sides of the equation need to be maintained all the way to the end of the process. In mathematics you start to learn how to do this when you learn Algebra, which is a simple problem solving tool that should be taught as soon as possible. there are may real world application to this, but in order to use it in the real world, it comes in as differential equations, which is substantially much more complicated than algebra.

This is basics of how its used in the real world; say you have an electrical system, this system needs to have electricity for power and for data, as such you need to use electricity in multiple ways, for this you will use imaginary numbers to track frequency and real numbers to measure load. it looks something like this

$Z=x+jy$; where Z is the vector of the load, X s the real part, y is the imaginary part, and j is the component that is defined as an imaginary number which is the root of negative one.


This is basically a description of a vector with a X component and a Y component are kept separate but then they are analyzed together to get a result.

Why do we learn this, well, going back to the main problem that was identified in this book, there are 2 types of information that can be gathered from any event, the real tangible information that can be measured using standardized equipment, and the perception of said event from the perspective of each individual that is present.

Given that each individual entity has its own internal bias that can change over time, the side of the equation that is considered imaginary would be the one that is tied to feelings and emotions, while the portion of the equation that is part of the whole is set in pure logic. As such in order for you to truly understand what is going on you must be objective about not just the logic, but also of the bias of perspectives.

Remember to use critical thinking when information is provided yo you, as many persons disproportional state the importance of once side of the equation in order to achieve their goals.

Internalization of the factors of this book should provide you whit a basic skill set that can be used to guide you in understanding the differences that are necessary for these 2 sides of the same equation that need to be maintained separately.... don't let people push you into having conversations you are not ready for, as those are the ones that you will lose even if you fell like you are victorious. You must remember that the more inexperienced in a topic you are the less you understand on how little you truly know.

HOW TO ADULT		PAGE	0.6.	
CHAPTER	0 - COVER	VERSION	12-31-2020 - β	
DESCRIPTION	POWERFUL REFERENCES TO SUPPLEMENT YOUR SKILLTREE GROWTH			
CONTENT	KEY WORDS			
<u>vocabulary - organized by logic, not alphabetically.</u>				
Idea:	a thought, a memory, a concept; something you can describe in your mind			
you:	the reader; this book is about helping the reader understand them selves and understand their environment.			
Understand:	knowledge that is internalized; information that you can implement or recall easily;			
Environment:	the sum of the parts of what surrounds you.			
Hedonism:	the idea of doing things for pure enjoyment with minimal effort			
Effort:	the amount of work you put. this is time proportional to skill.			
Parties:	a person, a collective, and/or an organization.			
Entity:	See Parties.			
Chapter:	for this Book, the chapters are the main ideas that are explored, these are divided into 5 sections which each have 5 Factors.			
Section:	for this book, it is the main components of each chapter.			
Factors:	for this Book, Factors are the individual concepts that have a image. these are the independent abilities that compose who you are. these will be described,an example will be provided, the floor and ceiling will be identified, and how you can grow in it will be explained.			
Floor :	the least amount of return you get for your effort			
Ceiling:	the must amount of return you get for your effort			
Systems:	mechanisms or procedures that receive different inputs and generate replicable outputs.			
Resources:	money, time, equipment, infrastructure, ... basically anything of value.			
Return:	used in the senses of what is awarded or what comes back form effort.			
Yield:	the result of what happens when thing action and effort occur on a common goal.			
Subject:	the topic, idea, or entity that is being referenced.			
Objective:	1) a neutral point of view; 2) something you want to accomplish.			
Cultures:	Groups or Communities that are generated around a central idea or geography.			
Macro:	the way small systems work with each other.			
Micro:	they way individuals create small systems.			
Precision:	the quality, condition, or fact of being exact and accurate			
Momentum:	defined as "mass in motion", mass proportional to velocity, for the purpose of this book, it is used as a term of build up of some kind of experience, and/or factor.			
Comforts:	Things that you enjoy.			
Necessities:	These are the things that you must have in order to survive. (water, food, shelter, and companionship..... Internet is becoming a necessities in may different cultures.)			
Reality:	The real world, what we physical deal with on a day to day basis.			
Affinity/Passion:	inherent proficiency for something. / strong attraction to someone or something.			
Time:	What we all have in common. you can track your growth on any factor by measuring the amount of hours you spend on growing that factor. note that each persons affinity to each factor will be different.			
counterpart:	The other person or entity that you are working, negotiating, or, in general, engaging with.			
Media:	Materials or systems that are used for communication			
Toxic Environments:	these are places where the rules work, but following the rules does not yield profitable results. toxic environments superimpose negative results regardless of effort to do things in sustainable ways. the only way to come out ahead in toxic environments is to follow the hidden rules of the environment. For example, surviving in a corrupt country will require that you submit to the will of the corrupt authority, otherwise survival becomes more difficult, therefor you perpetuate the toxicity by trying to survive.			

HOW TO ADULT		PAGE	0.0.	
CHAPTER	BLANK PAGE	VERSION	12-31-2020 - β	
DESCRIPTION	BLANK PAGE			
CONTENT	BLANK PAGE			



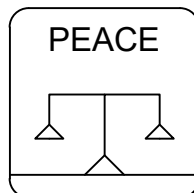
CHAPTER 1 - PEACE

VERSION 12-31-2020 - β

DESCRIPTION KNOW YOURSELF

CONTENT THE PRACTICAL COMPONENTS OF THE SELF

1. Description: Different for each reader
2. link to topic: know yourself
3. Examples: origin of a graph (0,0,0)
4. growth cycle: 100% sustainable state
5. use: Find Yourself

**SKILL TREE:**

THIS IS A REPRESENTATION OF HOW YOU CAN FIND YOUR CHARACTER CLASS TO FIND YOUR ABILITIES. CHANGING CLASS MID WAY THRU THE GAME CAN REDUCE OR INCREASE YOUR MOMENTUM.

sections

factors

VESSEL



TOUCH



SMELL



HEARING



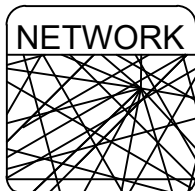
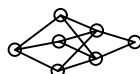
TASTE



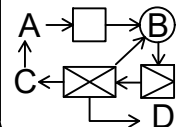
SIGHT



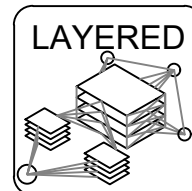
NETWORK

NODES
& LINKSINPUT /
OUTPUT

PROCESS



LAYERED



SCALE



HEART



HAPPINESS



SADNESS



DISGUST



ANGER



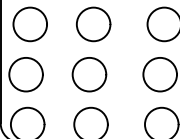
PANIC



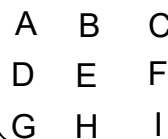
MIND



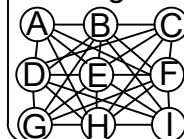
CAPACITY



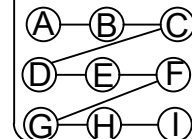
MEMORY



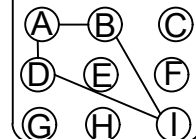
Intelligent



SOLVER



INSTINCTS



SOUL



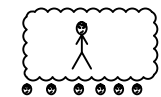
FAITH



PART

HOPE /
DREAMCREATIVE /
IMAGINE

SPIRIT





CHAPTER	1 - PEACE	VERSION	12-31-2020 - β
DESCRIPTION	KNOW YOURSELF		
CONTENT	INTRODUCTION		

THIS CHAPTER IS USED TO GENERATE THE KNOWLEDGE YOU NEED ABOUT YOURSELF IN ORDER TO FIND YOU INNER PEACE.

THE FIRST THING YOU MUST KNOW IS THAT CONTROL IS AN ILLUSION. ON TALKING ABOUT QUANTUM MECHANICS "*god roles dice.*" IN YOUR PATH TO KNOWING YOURSELF, YOU WILL NOT ATTEMPT TO CONTROL YOUR EMOTIONS, YOU WILL LEARN TO BE AT PEACE WITH THEM, AND ALLOW THEM TO SHAPE YOU TO WHO YOU TRULY ARE.

EVOLUTION OCCURS AT THE BRINK OF EXTINCTION. EVOLUTION IS NOTHING MORE THAN A SMALL CHANGE YOU MAKE IN YOUR LIFE, THAT BUILDS OVER TIME; ONE EXAMPLE IS POLAR BEARS, THEY ARE BORN WITH NO PIGMENT IN THEIR SKIN, WHICH RESULTS IN WHITE FUR, SO THEY ARE BETTER HUNTERS IN THE SNOW, THIS ALLOWED THEM TO CLAIM TERRITORY THAT WAS UP FOR GRABS FOR A PREDATOR, SO FROM A MINOR MUTATION IN THE GENES, CAME A CHANGE TO THE LOCAL ENVIRONMENT OF SNOW REGIONS.

AS YOU READ THRU THIS CHAPTER, SEEK TO UNDERSTAND YOURSELF FOR WHO YOU TRULY ARE, AND THEN SEEK TO MAKE MINOR ADJUSTMENTS TO YOURSELF TO HELP YOU BE THE BEST VERSION OF YOURSELF.


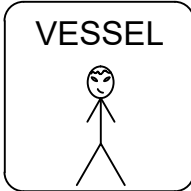




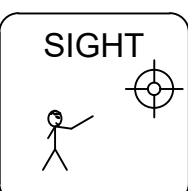
CRITICAL THINKING IS KEY. UNDERSTAND THE TYPES OF PERSON THAT YOU TRULY WANT TO BE, NOT THE PERSON YOU PRETEND TO BE AROUND OTHERS. IN SEARCH OF YOUR TRUE SELF, IT CAN BE OBSERVED WHEN YOU ARE NOT BEING OBSERVED, WHEN YOU HAVE LOST INHIBITION, OR WHEN YOU ARE AT PEACE. IT IS KEY TO ALSO UNDERSTAND THAT YOU ARE WHAT YOU DO, SO IF YOU ARE DOING MULTIPLE THINGS IN YOUR LIFE, THEN THERE MUST BE MULTIPLE INSTANCE OF YOURSELF THAT ALL MUST BE AT PEACE WITH EACH OTHER.

IT IS TRUE THAT SOMETIMES THE PERSON YOU ARE IN FRONT OF OTHERS AND THE PERSON YOU TRULY ARE DON'T MATCH. THIS COULD BE A PROBLEM, OR IT COULD BE A SURVIVAL MECHANISM; THE KEY IS THAT YOU ARE ABLE TO MAINTAIN YOUR SANITY AND ACHIVE YOUR GOALS.

IF YOU FIND YOUR TRUE SELF TO BE TOXIC TO OTHERS, YOU ARE EITHER IN THE WRONG GROUP, OR YOU ARE NOT HAVING A SUSTAINABLE WAY OF BEING. THE GOAL OF THIS BOOK IS TO ASSIST YOU; REGARDLESS OF WHO/WHAT YOU CHOOSE TO BE, THIS BOOK JUST WANTS TO HELP YOU BE THE BEST VERSION OF YOURSELF, HOWEVER, KNOW THAT, IF YOU DECIDE TO USE THIS KNOWLEDGE TO DIRECTLY BRING HARM TO OTHERS, THE AUTHOR CAN ONLY HOPE THAT YOU UNDERSTAND THAT THIS PATH IS NOT SUSTAINABLE. IN THIS PATH YOU ACCEPT TO YOURSELF THAT ONLY LONELINESS, A SHORTER JOURNEY, AND AN ABSENCE OF TRUE PEACE LIES WITHIN IN .

YOU SEE IF YOU CREATE AN ENEMY, THERE IS NOTHING THAT YOU CAN DO TO PREVENT THAT PERSON OR ENTITY FROM DESTROYING YOUR PEACE. ONLY A COMMUNITY CAN HELP PROTECT EACH OTHER.

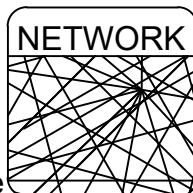
NOW, LETS FOCUS ON UNDERSTANDING WHAT FACTORS MAKE UP THE SELF. UNDERSTAND THE COMPLEX PROBLEM OF "WHAT IS THE SELF" INTO SMALL UNDERSTANDABLE PARTS. WE THEN PUT THOSE TOGETHER TO MAKE A CLEAR PICTURE OF WHAT THE "SELF" IS TO YOU.

HOW TO ADULT		PAGE	1.1.	
CHAPTER	1 - PEACE	VERSION	12-31-2020 - β	
DESCRIPTION	THIS CHAPTER WILL HELP YOU KNOW YOURSELF			
CONTENT	YOUR SCENES AND HOW TO USE THEM.			
<div><div><div>1. <u>Description:</u> How you feel the world</div><div>2. <u>link to topic:</u> Your physical body</div><div>3. <u>Examples:</u> Athlete Vs Hedonist</div><div>4. <u>growth cycle:</u> Children</div><div>5. <u>use:</u> This is your ride thru life</div></div><div><div>VESSEL</div></div><div><div><u>Precision:</u> The five sense</div><div><u>Momentum:</u> What affects ours mood</div><div><u>Floor:</u> one person cant do much</div><div><u>Ceiling:</u> right place/time/preparation can change everything.</div></div></div>				
<div><div>TOUCH</div></div>	<div><div>1. <u>Description:</u> we use it to determine temperatures, roughness, or simple inputs from our skin to our nervous system.</div><div>2. <u>Examples:</u> touch surface gain knowledge on what you like and don't like.</div><div>3. <u>Floor:</u> learn what affects you and how it affects you.</div><div>4. <u>Ceiling:</u> increase your adaptability by reducing your comfort or increase your comfort by reducing your adaptability.</div><div>5. <u>Growth Cycle:</u> learn to listen to your nervous system about the externalities.</div></div>			
<div><div>SMELL</div></div>	<div><div>1. <u>Description:</u> we use it to determine toxic environments or enjoyable foods from a distance.</div><div>2. <u>Examples:</u> the smell of sulfur or chlorine (human waste) versus a fruit or a meal.</div><div>3. <u>Floor:</u> capable of finding things you enjoy consuming and staying away form potential danger.</div><div>4. <u>Ceiling:</u> capable of understanding the composition of a system remotely.</div><div>5. <u>Growth Cycle:</u> build the network and maintain your equipment (nose) in healthy in operating capacity.</div></div>			
<div><div>HEARING</div></div>	<div><div>1. <u>Description:</u> we use it to determine movement out of sight or transfer data.</div><div>2. <u>Examples:</u> an explosion or a conversation require different response.</div><div>3. <u>Floor:</u> capable of finding things that are not in your line of sight.</div><div>4. <u>Ceiling:</u> capable of predicting system remotely from vibrations.</div><div>5. <u>Growth Cycle:</u> build the neural network network and maintain your equipment (ears) in healthy operation capacity by not exposing it to loud noises.</div></div>			
<div><div>TASTE</div></div>	<div><div>1. <u>Description:</u> we use it to determine edible versus toxic nourishment.</div><div>2. <u>Examples:</u> sweet, sour, savory, spicy, salty, etc. are how you would describe the tastes of food.</div><div>3. <u>Floor:</u> capable of sustaining life.</div><div>4. <u>Ceiling:</u> capable of predicting composition and process from variations in taste.</div><div>5. <u>Growth Cycle:</u> build the neural network and maintain your equipment (tongue) in healthy operation capacity by not exposing it to extreme temperatures and/or toxic foods.</div></div>			
<div><div>SIGHT</div></div>	<div><div>1. <u>Description:</u> we use it to determine the physical manifestations present in the world.</div><div>2. <u>Examples:</u> we can distinguish dangerous situations from safety.</div><div>3. <u>Floor:</u> help navigate movement in the three dimensional world.</div><div>4. <u>Ceiling:</u> help determine potential danger or chemical changes do to changes in colors.</div><div>5. <u>Growth Cycle:</u> build the neural network and maintain your equipment (eyes) in healthy operation capacity by not exposing it to extreme light or other factors which could harm the equipment (chemicals, sharp objects, ect).</div></div>			



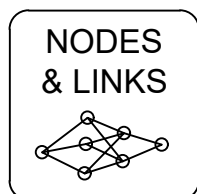
CHAPTER	1 - PEACE	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU KNOW YOURSELF		
CONTENT	YOUR BRAIN'S FUNCTION PROGRESSION FORM SIMPLE TO COMPLEX.		

1. Description: How your brain works
2. link to topic: This is what You are
3. Examples: There is no capacity limit
4. growth cycle: Add more knowledge
5. use: This is what enjoys the ride

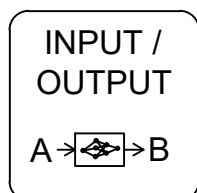


Precision: Neural network is connections between ideas

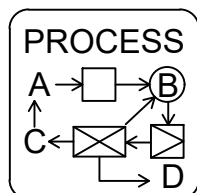
Momentum: A 3 dimensional spider web of connecting ideas



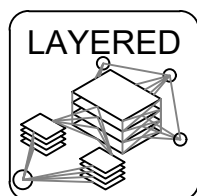
1. Description: each idea is a node. it is connected to other ideas thru links. the more links to one idea, the better you understand that idea.
2. Examples: food uses all five sense; smell, taste, texture, chew, and visual. its easy to remember food because of these many nodes per each food.
3. Floor: understand simple relations between objects and ideas.
4. Ceiling: increase your memory.
5. Growth Cycle: try to understand how each idea is related to each other.



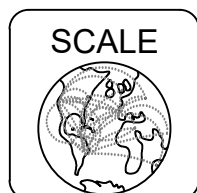
1. Description: as connections are made, we can easily determine complex systems; understand what you want to express from the raw data.
2. Examples: multiplication is repeating summation; shortcuts of nodes and links.
3. Floor: simple mental tools that let you understand your surroundings.
4. Ceiling: complex mental tools that let you derive information that is not apparent from potential relationships, otherwise known as Deductive Reasoning.
5. Growth Cycle: generate more mental tools and test their predictions, then apply minor corrections to the tool until the predictions are more consistent with reality.



1. Description: higher complex systems require multiple steps to get from random samples to consistent results.
2. Examples: personal hygiene, cooking, advertising, engineering design, creativity, ...
3. Floor: take care of basic necessities using what is available in your reality.
4. Ceiling: create systems that can produce a great amount of return with minimal effort.
5. Growth Cycle: learn to reduce the number of steps to increase efficiency, or increase the number of steps to increase redundancy or variety.



1. Description: as complexity increase various different process are needed to go from simple input to simple output once again.
2. Examples: local governments, micro economics, industries, local communities,...
3. Floor: understand small closed systems with multiple users.
4. Ceiling: predict behaviors within small closed systems with multiple users.
5. Growth Cycle: bring may processes within yourself to become a layered, more layers increase your capacity to generate different outputs.



1. Description: as more people become involved, the layers overlap with other layers.
2. Examples: governments, macro economics, natural resources, telecommunications,...
3. Floor: economy of scales; if you max out productivity & efficiency, products can be sold at very small prices compared to their production cost.
4. Ceiling: manipulate governments.
5. Growth Cycle: build capacity by increasing infrastructure and designing customized networks.



CHAPTER	1 - PEACE	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU KNOW YOURSELF		
CONTENT	UNDERSTAND YOUR MOODS AND HOW THEY AFFECT YOU		

1. Description: Emotions
2. link to topic: Balance your emotions
3. Examples: Know what moves you
4. growth cycle: Attend to your response
5. use: Understand yourself

HEART



precision: understand your feelings
momentum: chose where you are going

HAPPINESS



1. Description: the feeling you get form dopamine released by your brain.
2. Examples: smiling, laughing, ect.
3. Floor: enjoy your day.
4. Ceiling: create a pleasant location.
5. Growth Cycle: let it happen naturally. it is not healthy to stay in this state for perpetuity as it is basically a drug addiction with withdrawal effects.

SADNESS



1. Description: the feeling you get from .
2. Examples: crying for a lost loved one, being rejected by a loved one, ect.
3. Floor: understand and express your grief.
4. Ceiling: you can transition form harsh moments of your life back to a peace.
5. Growth Cycle: let it happen naturally. it is not healthy to stay in this sate for perpetuity as it is basically a state of depression with lowered receptivity.

DISGUST



1. Description: the feeling you get that makes your stomach twist and want to evacuate its content
2. Examples: the smell of sulfur (flatulence), deformed flesh (infections), ect.
3. Floor: keep yourself from potential discomforts.
4. Ceiling: keep yourself from potentially harmful things.
5. Growth Cycle: let it happen naturally. it is not healthy to stay in this state for perpetuity as it is basically a drug addiction with withdrawal effects.

ANGER



1. Description: the feeling you get when you are pushed around and you want to push back.
2. Examples: Adrenaline / Frustration / Indignation.
3. Floor: defend yourself.
4. Ceiling: *positive:* build up energy to turn to do something about the anger. *negative:* break relationships, materials goods, and feelings.
5. Growth Cycle: let it happen naturally. it is not healthy to stay in this state for perpetuity as it is basically a state of constant argument and competent.

PANIC



1. Description: the feeling you get when you forgot to do something important and are worried about the consequences.
2. Examples: lost homework, ect.
3. Floor: a jump in energy to try to correct the situation.
4. Ceiling: foresee consequences.
5. Growth Cycle: let it happen naturally. it is not healthy to stay in this state for perpetuity as it is basically a state of constant stress. a low state closer to neutral is healthy to keep you focused



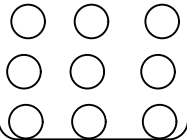
1. Description: Rational use of the network
2. link to topic: Figure out your peace
3. Examples: Turn knowledge to power
4. growth cycle: Never stop learning
5. use: Everything / Everywhere

MIND



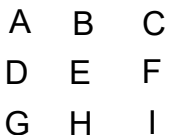
- precision: Figure out the problem
momentum: Figure out the source
Floor: Solve basic problems
Ceiling: Solve any problems

CAPACITY



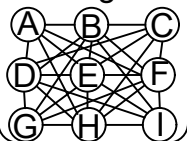
1. Description: This is the amount of things you already know; it can be expanded.
2. Examples: initially this book looks, large, once you are done, it will seem small, this is because you expanded your capacity.
3. Floor: the problems you can attempt are of the same size as your capacity.
4. Ceiling: know problem is to big for you.
5. Growth Cycle: increase how much raw knowledge you have and retain it.

MEMORY



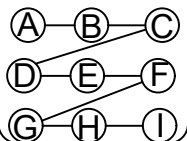
1. Description: these is were your inactive capacity goes.
2. Examples: remembering past events are sometimes distorted due to outside influence of the event itself or of your state of mind at that time.
3. Floor: careful, these can be misleading.
4. Ceiling: understand that they could be misleading and use it to understand why.
5. Growth Cycle: the raw knowledge that is not fully retained becomes this on its own.

Intelligent



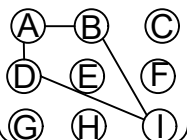
1. Description: when you are able o learn something unrelated to what is being presented to you due to the multiple links that exist between subjects, is where intelligence exist.
2. Examples: learning form the mistakes of others.
3. Floor: you can begin to do deductive reasoning.
4. Ceiling: you can free flow deductive reasoning.
5. Growth Cycle: understand how topics link to each other.

SOLVER



1. Description: problems have solutions that can be found following predetermined steps.
2. Examples: complicated math problems have you do simple steps in a particular order.
3. Floor: you can follow steps to solve problems.
4. Ceiling: you can turn your knowledge into steps to solve problems.
5. Growth Cycle: develop your critical thinking skills.

INSTINCTS



1. Description: sometimes you can solve problems without following the steps.
2. Examples: when you know something is wrong, but you have difficulty explaining it simply... your network did the solver steps automatically without your effort.
3. Floor: solve problems faster.
4. Ceiling: see into possible futures.
5. Growth Cycle: develop your internalized knowledge to reduce your reaction time.



CHAPTER	1 - PEACE	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU KNOW YOURSELF		
CONTENT	YOUR BRAIN'S NON-TANGIBLE COMPONENTS. THESE CHOSE DESTINY.		

1. Description: Feelings and Emotions
2. link to topic: in the network
3. Examples: easy->know/hard->explain
4. growth cycle: different for each
5. use: be yourself

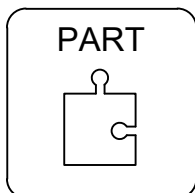
SOUL



- precision: Figure out you
momentum: Figure out who you want to be
- Floor: Compose yourself
Ceiling: Be your true self



1. Description: while originally these are used to control the masses, these bear great importance to common values of a population.
2. Examples: your parents try for you to follow their footsteps.
3. Floor: be part of the flock; there is safety in numbers.
4. Ceiling: lead the flock, there is much power in numbers; see influence in chapter 5.
5. Growth Cycle: be involved in the community of that faith and be willing to work for the common goal beyond yours.



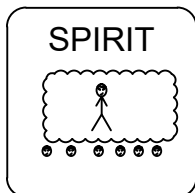
1. Description: know that humans are pack animals, it is necessary to survival that 2 make one, as such by definition we need to be part of a group.
2. Examples: groups vary in size and roles.
3. Floor: know your role.
4. Ceiling: understand the bigger picture that your part makes.
5. Growth Cycle: find more parts to fill, be as flexible as you can be without breaking... a broken piece does not really fit well.




1. Description: these are the things we think are outside of what we can possibly do; see chapter 4 goals to truly understand this.
2. Examples: sometimes you dream you can fly, well, some people are making it happen with technology.
3. Floor: you learn to want things beyond yourself.
4. Ceiling: your accomplish things beyond yourself.
5. Growth Cycle: unknown; many times chasing the dream can make it end.. so you just need to find a new one then.



1. Description: this is how we write fiction and then turn it into reality as best we can.
2. Examples: when presented with problems with no apparent solution, imagination can help steer you to find a solution.
3. Floor: you can day dream.
4. Ceiling: you can surprise the world.
5. Growth Cycle: this is boundless.



1. Description: what you are in the minds eyes of other.
2. Examples: first impressions are long lasting.
3. Floor: you are responsible for what others think of you.
4. Ceiling: others elevate you on your behalf thru your previous actions.
5. Growth Cycle: be selective about what you want people to remember of you; don't be to selective that people can easily forget you.

HOW TO ADULT		PAGE	1.6	
CHAPTER	1 - PEACE	VERSION	12-31-2020 - β	
DESCRIPTION	KNOW YOURSELF			
CONTENT	SUMMARY			

THE FIRST SECTION WAS ABOUT GETTING TO KNOW YOUR BODY, THEN WE LEARNED ABOUT HOW YOUR MIND PHYSICAL WORKS AND HOW IT PROCESSES INFORMATION AND YOUR EMOTIONAL RESPONSES, AND ULTIMATELY HOW ALL THESE THINGS COME TO MAKE A WHOLE.

AS YOU DEFINE EACH PART OF YOURSELF FROM THE LOWEST COMMON DENOMINATORS, YOU WILL EVENTUALLY BRING THOSE TOGETHER TO PAINT A SINGULAR SIMPLE PICTURE. THIS PICTURE IS GOING TO BE A "JOB CLASS", WE DEFINE THIS AS A TYPE OF PEACE.

IN THE FOLLOWING PAGES WE DESCRIBE CERTAIN SIMPLE TYPES OF PEACE WITH EVERYDAY JOB NAMES THAT YOU CAN USE TO IDENTIFY YOUR MAIN ROLE. KNOWING THIS SIMPLIFIED ROLE WILL HELP YOU UNDERSTAND YOUR STRENGTHS AND YOUR WEAKNESS. YOU CAN THEN USE THIS KNOWLEDGE TO INCREASE YOUR PROGRESS IN OTHER CHAPTERS AND KNOW WHO YOUR PEERS ARE AND WHAT TEAM MATES YOU ARE LOOKING FOR TO FILL OUT AND COVER YOUR WEAKNESS.

NOT KNOWING, NOT ACCEPTING, YOUR STRENGTHS AND WEAKNESS AS ONE PART OF THE SAME COIN IS ULTIMATELY A LARGE PROBLEM THAT WILL KEEP GIVING YOU FUNDAMENTAL UNDERLINING FOUNDATION PROBLEMS ON THE LIFE YOU CHOOSE TO BUILD ON IT.

WHILE IT IS THE GOAL OF THIS BOOK TO PROVIDE YOU WITH THE GUIDANCE YOU NEED TO BE THE BEST VERSION OF YOURSELF, YOU WILL NEED TO TRAVEL BEYOND THIS PUBLICATION IN ORDER TO FIND THE SKILL TREES THAT PROVIDE YOU WITH CLEAR DIRECTIVE ON HOW TO GROW IN EACH JOB CLASS.

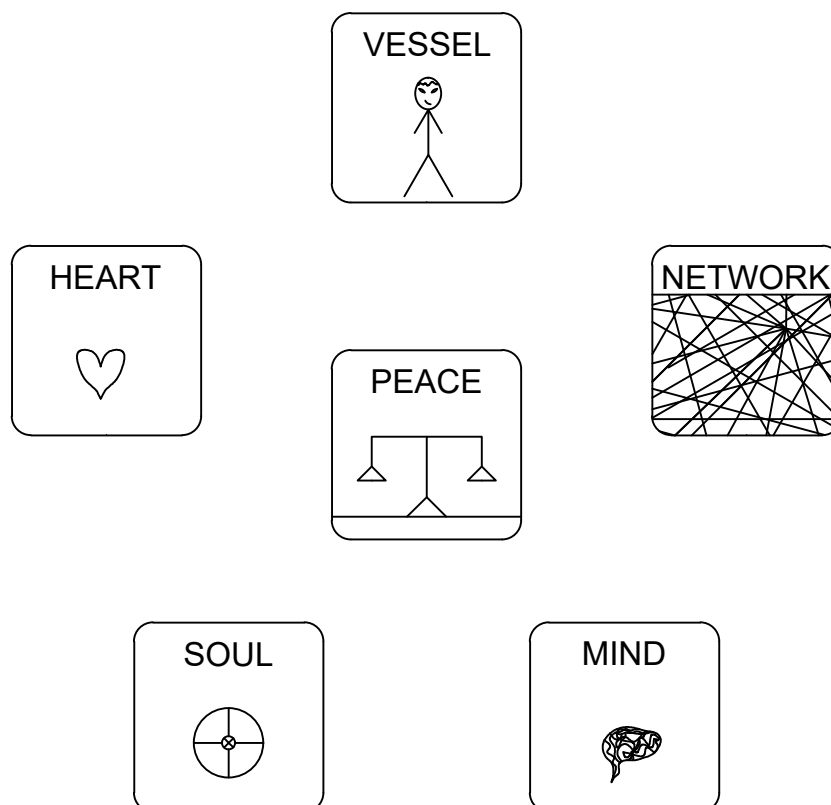
USE THIS CHAPTER TO QUANTIFY YOUR STRENGTHS AND WEAKNESS, AND TURN THEM ALL INTO A WHOLE. UNDERSTAND WHAT YOU LIKE AND DISLIKE, THESE ARE THE TWO SIDES OF THE SAME COIN, ALLOW THIS TO BE THE SEED TO YOUR CREATIVITY.

IN THE AUTHORS EXPERIENCE THERE ARE THREE (3) JOURNEY VELOCITY, THOSE WHO ARE OBSERVERS, THOSE WHO ARE PRESENT, AND THOSE WHO LEAD. IN THE OVERALL JOURNEY YOUR VELOCITY TYPE WILL CHANGE WITH YOUR TENANCIES, YOUR SKILLS, AND YOUR LEVELS OF ENERGY. WHAT IS IMPORTANT TO UNDERSTAND IS THAT NOT EVERYONE CAN BE A LEADER OR AN OBSERVER, AND THAT WE NEED THE MAJORITY TO BE PRESENT, OTHER WISE THINGS FAIL.

- TOO MANY OBSERVERS LEADS TO OVER IMPORTANCE,
- TOO MANY LEADERS LEADS TO BUREAUCRATICALLY NIGHTMARES,
- TOO MANY PARTICIPANTS LEADS TO COMPLACENCY,
- NOT ENOUGH PARTICIPANTS LEADS TO OVERBURDENED,
- NOT ENOUGH LEADERS LEADS TO CHAOS,
- NOT ENOUGH OBSERVERS STATES THAT IT IS NOT IMPORTANT.

START BY OBSERVING SO THAT YOU CAN LEARN TO PARTICIPATE, PARTICIPATE SO THAT YOU CAN BECOME A LEADER. THIS IS WHY A BALANCED STATE IS KEY TO REACH PEACE.

KNOWING YOURSELF IS ONLY THE BEGINNING OF THE JOURNEY.



RESISTANCE:

1. CONDITION: INCREASE OXYGEN CONTENT.
2. SIGHT: CLOSE YOUR EYES AND OPEN YOUR MINDS EYE.
3. CLARITY: EXIST WITHIN YOURSELF AND CLEAR YOUR MIND.
4. QUESTION: ASK "WHAT IS THE MOST IMPORTANT THING?" IF PEACE APPEARS, YOU ARE READY.
 - 4.1. NAVIGATE: WHAT KEEPS YOU FROM PEACE?. YOUR MIND WILL TELL YOU WHERE THE PROBLEM IS, NOT WHAT IT IS.
 - 4.2. THEORIZE: COME UP WITH "IF" "THEN" STATEMENTS THAT YOU CAN TEST TO ALLOW YOU TO GET BACK TO A STATE OF PEACE
5. JOURNEY: IF YOU ARE AT PEACE, THEN GO TO THE NEXT CHAPTER. FIND YOUR GOAL

MIND'S EYE EXERCISE

1. OXYGENATE YOUR BRAIN BY TAKING DEEP BREATHS AND HOLDING THEM SHORTLY FOR ABOUT 3 SECONDS, FULLY EXHALE AND REPEAT QUICKLY. DO NOT STOP DOING THIS. THIS INCREASE THE OXYGEN QUANTITY IN YOUR LUNGS AND ITS EASER FOR THEM TO COLLECT AND TRANSFER INTO YOUR BLOOD STREAM.
2. CLOSE YOUR EYES AND OPEN YOUR MIND'S EYE INTO A WHITE VOID WHERE ONLY YOU EXISTS.
3. CREATE ANY RANDOM OBJECT AND FULLY DESCRIBE IT TO YOURSELF. THIS WILL HELP ENSURE YOU ARE FULLY IMMERSED IN YOUR MIND. RETURN TO THE VOID ONCE READY.
4. ASK YOURSELF "WHAT IS THE MOST IMPORTANT THING?" THE WORD PEACE SHOULD APPEAR AUTOMATICALLY, IF IT DOES NOT, THEN YOU NEED TO CONVINCE YOURSELF THAT THE PROOF PROVIDE HERE IS SUFFICIENT, OTHERWISE THIS BOOK WONT HELP AT ITS FULL CAPACITY.

**PRIORITY TREND:**

FROM OBSERVATIONS OF LIFE, IT IS COMMON TO SEE THAT PEOPLE WILL LOOKOUT FOR THEMSELVES BEFORE THEY LOOK OUT FOR OTHERS. WHILE THE FOLLOWING IS NOT A LIST THAT IS SET IN STONE, THIS IS WHAT YOU CAN USE A A BASE LINE TO THE DAY TO DAY EXPECTATIONS.

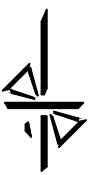
1. THE SELF: PERSONAL MADE PRIORITIES.
2. TOP: THE PEOPLE ON A SENIOR LEVEL TO YOURSELF.
3. LATERAL: PEERS.
4. BELOW: YOUR JUNIORS.
5. DISCRETIONARY: EVERYONE ELSE.

FINDING PEACE:

THE QUEST FOR YOUR PEACE IS ONE THAT ONLY YOU CAN TRAVEL. IF YOU ARE LOST, YOU CAN TRY TO ASK FOR HELP BY ASKING FOR DIRECTIONS, BUT IN ORDER TO DO THAT, YOU MUST BE AT LEAST BE ABLE TO DESCRIBE WHAT YOU ARE LOOKING FOR. IF YOU CANNOT DESCRIBE WHAT YOU ARE LOOKING FOR, THEN MAYBE TRY TO GET LOST . USUALLY WHEN YOU ARE LOST, YOU WILL TRY TO SEEK THINGS THAT YOU KNOW SO THAT YOU CAN FIND YOUR WAY BACK TO WHERE YOU STARTED, BUT IN THAT JOURNEY, YOU WILL HOPEFULLY HAVE FOUND SOMETHING THAT CAN HELP YOU FIND YOUR PEACE.

FREEWILL

THIS IS THE ABILITY TO CHOOSE YOUR PATH IN LIFE. THIS IS THE ONE THING ALL MUST BE GUARANTEED. YOU SHALL NOT IMPOSE YOUR WILL ON THAT OF ANOTHER UNLESS CONSENT IS EXPRESSED, AUTHORITY IS CHALLENGED, OR HARM CAN COME TO YOURSELF OR A THIRD PARTY.

**NOTE:**

THESE FOLLOWING LIST IS A PURE FORM OF LIFE STYLES. MAY BE THAT NOT ALL OF US FALL INTO AT LEAST ONE OR MULTIPLE OF THESE. IN ORDER TO FIND YOUR PEACE FIGURE OUT WHICH OF THESE MAKE YOU FEEL LIKE YOU CANT WAIT FOR THE NEXT DAY TO KEEP WORKING ON IT ... IT SHOULD FEEL LIKE YOU DO NOT HAVE ENOUGH TIME TO LIVE IN IT.

TYPES OF PEACE:

1. THE SCHOLAR SEEKS ENLIGHTEN

- 1. TEACHERS
- 2. REPORTERS
- 3. RESEARCHERS
- 4. DETECTIVES

2. THE WARRIOR SEEKS THE COMBAT

- 1. SALES PEOPLE
- 2. MERCENARIES
- 3. ATHLETES / GAMERS
- 4. DEBATERS

3. THE DEFENDER SEEKS TO PROTECT

- 1. POLICE OFFICERS
- 2. SOLDIERS
- 3. DOCTORS / NURSES
- 4. LOCAL FAITH LEADERS

4. THE PROPHET SEEKS TO LEAD

- 1. POLITICIANS
- 2. JUDGES
- 3. BUSINESS OWNERS

5. THE BUILDER SEEKS TO CREATE

- 1. CONSTRUCTION WORKERS
- 2. ENGINEERS
- 3. SCIENTIST

6. THE HEDONIST SEEKS ENJOYMENT

- 1. SEX WORKERS (BY CHOICE)
- 2. PARTY PLANERS
- 3. GENERALS

7. THE ARTIST SEEKS EXPRESSION

- 1. PHOTO
- 2. SCULPTURES
- 3. MUSIC / POETRY
- 4. CINEMATOGRAPHY

8. THE FRIEND SEEKS TO BE A CATALYST

- 1. PERSONAL ASSISTANTS
- 2. VOLUNTEERS
- 3. FRIEND

9. THE EXPLORER SEEKS TO BE LOST

- 1. ASTRONAUT
- 2. ARCHEOLOGIST
- 3. SURVEYORS

10. THE PRESERVER SEEKS TO MAINTAIN

- 1. HISTORIANS
- 2. VETERINARIAN
- 3. ENVIRONMENTALIST

11. THE FUTURIST SEEKS GROWTH

- 1. FARMERS
- 2. PARENTS (GOOD ONES)
- 3. MENTORS (GOOD ONES)

SKILL TREE:

CHANGING CLASS MID WAY THRU THE GAME CAN REDUCE OR INCREASE YOUR MOMENTUM. SKILLS YOU LEARN FROM PREVIOUS CARRY OVER, BUT MOMENTUM IN THE GROWTH OF THAT CLASS IS STUNNED.

SEEK LOCAL GUIDANCE FORM YOUR GEOGRAPHICAL LOCATION AND YOUR CULTURE FOR MORE CLEAR DIRECTIONS ON WHAT THESE SKILL TREES LOOK LIKE. THIS BOOK ITSELF IS A MASSIVE SKILL TREE WITH INDIVIDUAL BASIC FUNDAMENTAL SKILL THAT ARE APPLICABLE AS A LOWER COMMON DENOMINATOR TO THE MORE OPTIMIZED JOB SPECIFIC SKILL TREES

GROWING IN THESE PATHS IS WHERE THE NEXT CHAPTERS COME IN.

HOW TO ADULT		PAGE	0.0.	
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DESCRIPTION	BLANK PAGE			
CONTENT	BLANK PAGE			



CHAPTER 2 - DIRECTION

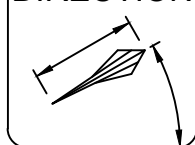
VERSION 12-31-2020 - β

DESCRIPTION FIND WHERE YOU ARE GOING WITH YOUR LIFE

CONTENT THE PRACTICAL COMPONENTS OF THE JOURNEY

1. Description: Where you want to go
2. link to topic: What is your meaning?
3. Examples: Choice
4. growth cycle: Destinations in a path
5. use: Fight depression

DIRECTION

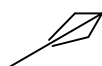
**SKILL TREE:**

THIS IS A REPRESENTATION OF WHAT PATH YOU WOULD LIKE TO TRAVEL AND MAKE THE DECISIONS THAT MATCH YOUR CHARACTER CLASS.

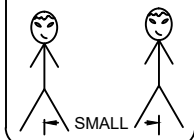
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factors

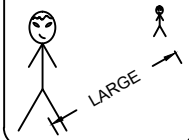
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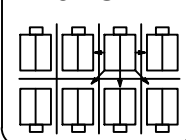
NEAR



FAR



ADJACENT



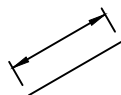
OBSTRUCT



FOCUS



JOURNEY



LOCATION



ROAD



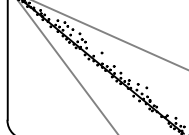
REST



ADJUST



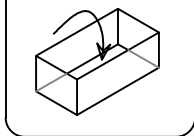
Experience



GRAVITY



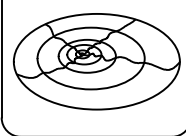
DEPTH



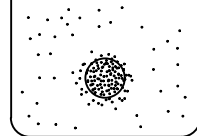
PITCH



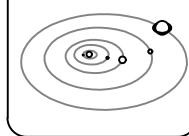
FIELD



DENSITY



ORBIT



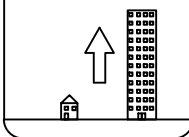
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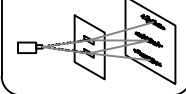
ROTATION



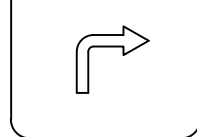
ELEVATION



SUPER-POSITION



TURN



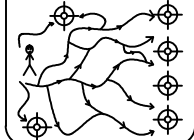
APPROACH



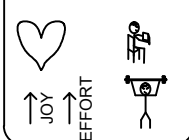
PURPOSE

?

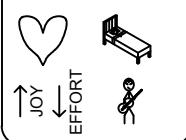
PATHS



PASSION



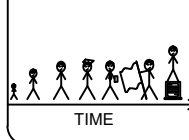
HEDONISM

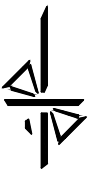


TEAMMATE



PROGRESS





CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	FIND WHERE YOU ARE GOING WITH YOUR LIFE		
CONTENT	INTRODUCTION		

THIS CHAPTER IS USED TO GENERATE THE KNOWLEDGE YOU NEED ABOUT WHERE YOU WANT TO GO IN LIFE, IT HELPS YOU FIND YOUR ROAD.

THE FACTORS OF THIS CHAPTER ARE AIMED TO BUILD MOMENTUM TOWARDS YOUR GOALS; THE FACTORS FOCUS ON EXPLAIN, USING A ROAD FOR CARS ANALOGY, WHAT THE TURNS, SIGNALS, SPEED LIMITS, SERVICE STATIONS, AND WEATHER HAZARDS ARE.

THE MAIN QUESTION OF THIS CHAPTER IS *what is the meaning of life?* THE RESPONSE IS THAT *life is a journey not a destination*. JUST LIKE ANY ROAD TRIP, YOU START FROM HOME AND MAKE A COUPLE OF STOPS ALONG THE WAY FOR MAINTENANCE OR OTHER REASONS, BUT EVENTUALLY YOU ARRIVE AT A TARGETED DESTINATION. YOU SPEND SOME TIME AT THAT LOCATION DOING WHAT EVER ACTIVITIES YOU WANTED TO ACCOMPLISH, THEN AFTER YOU COMPLETE THEM OR YOUR TIME TO BE THERE RUNS OUT, YOU TRAVEL BACK HOME OR TO THE NEXT LOCATION.

THE BEAUTY OF THIS IS THAT THE HUMAN LIFE IS SIMILAR IN NATURE, WE ARE BORN RELYING ON OUR PARENTS FOR SUBSTANCE, THEN WE LEARN TO BE PRIMITIVELY INDEPENDENT WITHIN THE EXISTING SYSTEM AND BEGIN TO TRAVEL BY OURSELVES TO LOCATIONS WHERE WE CAN LEARN NEW THINGS AND HAVE NEW EXPERIENCES; WE RETURN HOME SO THAT WE CAN REST AND TRY AGAIN THE NEXT DAY. AS WE GET OLDER, THE STORY CHANGES A BIT AS WE START TO TRY TO BE MORE PRODUCTIVE IN SOCIETY, WE TYPICAL GO TO PLACES CALLED "JOBS" IN ORDER TO PRODUCE OUR OWN SUBSTANCE. SOME ARE FORTUNATE, OR GO TO SCHOOL FOR A LONGER TIME, TO RECEIVE JOBS THAT REQUIRE LESS EFFORT FOR GREATER AMOUNT OF SUBSTANCE. ULTIMATELY WHAT ENDS UP MATTERING IS NOT THE QUANTITY OF SUBSTANCE, BUT THE QUALITY OF IT.


ONCE YOU KNOW YOURSELF AND FIND YOUR PEACE FROM CHAPTER ONE, YOU WILL NEED TO KNOW WHAT YOU WANT TO DO WITH YOUR LIFE. THIS CHAPTER IS ABOUT CHOOSING YOUR ROAD, IT IS ABOUT KNOWING WHAT IS ENOUGH FOR YOU.

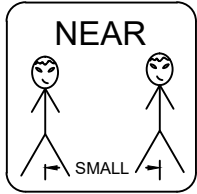
WHILE IT IS TRUE THAT WITH A LARGER AMOUNT OF SUBSTANCE QUALITY CAN BE ACQUIRED THRU RAW NUMBERS, IT IS ALSO TRUE THAT GREAT QUALITY IS MORE DEPENDANT ON EXPECTATIONS. THOSE WITH TOO HIGH OF EXPECTATIONS CAN END UP NOT ENJOYING THE RIDE AS NOTHING WILL EVER SATISFY THEM, SIMILARLY THOSE WITH TOO LITTLE EXPECTATIONS END UP BEING TAKE ADVANTAGE OF BY OTHERS. THE KEY IS TO KNOW WHERE ENOUGH EXIST FOR YOU. TO QUOTE LAO TZU "*he who knows that enough is enough will always have enough.*"

THE ROAD OF LIFE IS ONE THAT THAT ALL HAVE SHARED IN ONE WAY OR ANOTHER; MANY OF THE OLDER HUMANS WISH THAT THEY COULD START OVER KNOWING WHAT THEY KNOW TODAY. THE REASON FOR THIS IS THAT TYPICALLY, PEOPLE WOULD LIKE TO GET PAST THOSE EARLY LEARNING YEARS SO THAT THEY COULD BEGIN THEIR PRODUCTIVE YEARS WITH THE ENERGY OF YOUTH.



CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	THE COMPONENTS OF OBSERVATIONS FORWARD		

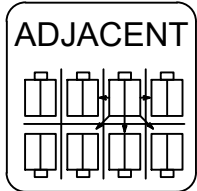
1. <u>Description:</u>	How you observe world	<div style="border: 1px solid black; padding: 10px; text-align: center;"> VISION  </div>	<u>Precision:</u>	Observe where you are.
2. <u>link to topic:</u>	information seen		<u>Momentum:</u>	Observe where you want to go
3. <u>Examples:</u>	Appreciate a painting			
4. <u>growth cycle:</u>	Experience		<u>Floor:</u>	Gather data
5. <u>use:</u>	This will guide you		<u>Ceiling:</u>	See many futures.



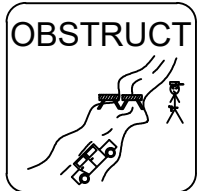
1. Description: observation of things that are near have high contrast.
2. Examples: a finger has a print that is distinct from every other finger from person to person.
3. Floor: observe details within a system.
4. Ceiling: observe relationships and causation within a system.
5. Growth Cycle: build your network with multiple different examples of the same idea to understand the fundamental composition versus the variable differences.



1. Description: observations that are far apart appear distorted (fuzzy).
2. Examples: 2 different people wearing the same cloth and having an approximate body type can appear to be identical from far.
3. Floor: observe silhouettes a system can produce.
4. Ceiling: observe trends; predict the future behaviors.
5. Growth Cycle: build your network with multiple different examples of the same idea to understand the fundamental composition versus the variable differences.



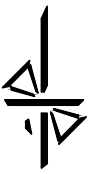
1. Description: observation of the relationship between an object and its environment.
2. Examples: houses in a same neighborhood will look similar.
3. Floor: understand simple patterns.
4. Ceiling: understand geographical cultural factor that shape communities.
5. Growth Cycle: learn what you can about cultures and see how they relate to other macro subjects in similarities and differences.



1. Description: an object or idea that is used to stop progress of a path.
2. Examples: a barricade can keep you from danger or someone changing the conversation can prevent progress of an idea.
3. Floor: waste others time.
4. Ceiling: learn to change the direction of ideas by blocking paths.
5. Growth Cycle: increase authority on the subject in question.



1. Description: increasing the contrast of one element of a whole.
2. Examples: tunnel vision; ignoring portions of a whole.
3. Floor: observe details.
4. Ceiling: understand details.
5. Growth Cycle: increase your tolerance against boredom and replace it with wonder.



CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	THE COMPONENTS OF LENGTHS		

- | | | | | |
|--------------------------|-----------------------|--|-------------------|-------------------------------|
| 1. <u>Description:</u> | Actual followed path | | <u>precision:</u> | Short Period of your life |
| 2. <u>link to topic:</u> | Resulting information | | <u>momentum:</u> | long Projection of your life. |
| 3. <u>Examples:</u> | Years of life | | | |
| 4. <u>growth cycle:</u> | learn form mistakes | | <u>Floor:</u> | Personal choice |
| 5. <u>use:</u> | Planing | | <u>Ceiling:</u> | Fulfilling life |



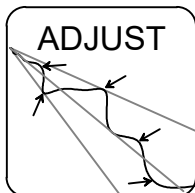
- Description: A journey is composed of may different locations.
- Examples: say a professional life in a developed country starts with school, then internship, then career, then ownership while parallel to this is the personal life.
- Floor: understand that life takes you form location to location as it moves forward with or without your consent or attention.
- Ceiling: Decide what the locations are that you wish to attend.
- Growth Cycle: experience different locations so that you can understand their differences and similarities.



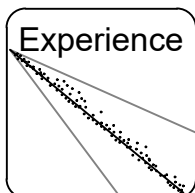
- Description: between locations there is the road; here you will sight see.
- Examples: between career and ownership there is the road of bravery that you must cross.
- Floor: understand that while you may be at a location it is just part of the road for something bigger.
- Ceiling: Understand that the road it self is a different type of location.
- Growth Cycle: Patience and attention to learn from what the road shows you.



- Description: Your mind and body needs rest in order to internalize what you have learned; this is what lets you retain what you gained.
- Examples: taking naps while studding will help internalize knowledge, and having good nights of sleep will let your muscles heal after good workouts.
- Floor: your body has rested.
- Ceiling: your body grows.
- Growth Cycle: this is the end/beginning of the growth cycle of many points.



- Description: Changing direction helps you keep the original direction from changes that are caused from external and internal occurrences.
- Examples: when sailing, the wind can move the boat if its strong.
- Floor: understand that your goal is rarely found on a straight line; life will move you from your path and you must adjust.
- Ceiling: predict the changes life throws at you so that the adjustments are not as aggressive.
- Growth Cycle: small changes early and often keep you in course.

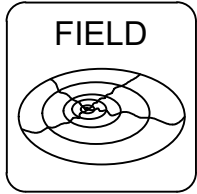


- Description: this is the summary of your memory that is internalized.
- Examples: knowing that fire is dangerous because it is very hot; alternatively understanding that the cold is dangerous for different reasons.
- Floor: recall good decisions with ease.
- Ceiling: predict good decisions based on patterns and missing information.
- Growth Cycle: this is what the growth cycle ultimately is for most factors. you will notice that as more experience is acquired in any one factor, it starts becoming more difficult to grow in it unless you grow it by growing a different factor.

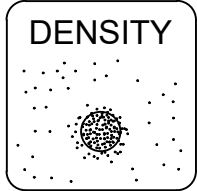


CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	THE BEHAVIOR OF GRAVITY ARE SIMILAR TO OTHER THINGS IN LIFE		

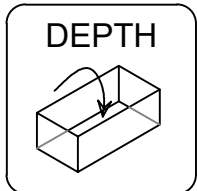
- | | | |
|--|--|---|
| <ol style="list-style-type: none"> 1. <u>Description:</u> accumulation changes 2. <u>link to topic:</u> perspective to be 3. <u>Examples:</u> from limitless 4. <u>growth cycle:</u> to limited, so learn to 5. <u>use:</u> navigate. | <div style="border: 1px solid black; padding: 5px; display: inline-block;"> GRAVITY
 </div> | <p><u>precision:</u> the fabric of space</p> <p><u>momentum:</u> build up at the center</p> <p><u>Floor:</u> know the horizon</p> <p><u>Ceiling:</u> See beyond horizon</p> |
|--|--|---|



1. Description: the environment and/or the surroundings; its composition will determine the effectiveness; where you are born can change everything.
2. Examples: Imagine a trampoline. as you move from the edges to the center, the more it changes. your position with respect to the support affects your experience.
3. Floor: you can navigate life in a way where you can see the pit falls coming.
4. Ceiling: you can feel the curvature and the pulls of situations.
5. Growth Cycle: experience life, move out of your comfort zone, then repeat once you are comfortable with where you are now.



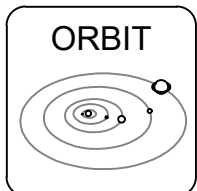
1. Description: this is the concentration of something within something else.
2. Examples: Mass / Volume; Quantity / time; social trend or ideas / time or geography; Quantity / Area; echo chambers; time / a life; ect.
3. Floor: you see how concentrations change.
4. Ceiling: you can create artificial concentrations that lead to real change.
5. Growth Cycle: understand that this is ratio; so if you have small quantities of something, reduce the overall impact exposure it needs to create, otherwise it will just be diluted and not create any tangible effect.



1. Description: Events in life have a certain capacity to them. when you see them from the outside, typically you may only see a books cover, but once you dive in you can see a whole new universe open before your eyes.
2. Examples: Books, politics, debates, life circumstances, voter suppression, ect. .
3. Floor: understand that you may be inside of a box and you cannot see the horizon.
4. Ceiling: see volume of an event before you are part of it.
5. Growth Cycle: experience new events; some are negative, some are positive, they all have a maximum that can move you in either direction.



1. Description: the curvature changes with depth the initial angle is small and it seems flat, but it changes rapidly the deeper it is.
2. Examples: when you first step into a situation it seems simple, but those that live it every day cannot see the horizon given the accumulation of time.
3. Floor: understand how deep you are in something.
4. Ceiling: understand the effort needed depending on position within the pitch.
5. Growth Cycle: help others escape their situation; you will learn how to help YOURSELF out of a deep event.

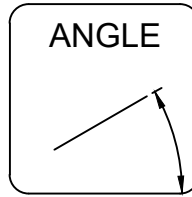


1. Description: relationship between other bodies; there are events that shape our life that we have no control over;
2. Examples: Pandemics, World Wars, Droughts, deforestation, carbon footprint, ect.
3. Floor: understand the cyclical nature of Environments with respect to each other.
4. Ceiling: start to make changes that will build up with time in the direction that there is progress to sustainability.
5. Growth Cycle: learn where to reduce or increase density; you can help to shift the pitch by taking YOURSELF out of the negative accumulation.

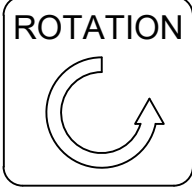


CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	COMPONENTS		

1. Description: this is how you steer
2. link to topic: change in direction
3. Examples: importance varies distance
4. growth cycle: learn the signals
5. use: preserve momentum



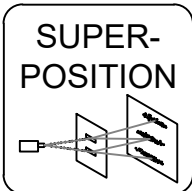
- precision: fix your target.
momentum: increase your accuracy
- Floor: travel to your end goal
Ceiling: minor end adjustments



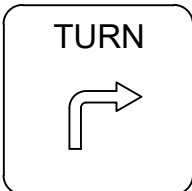
1. Description: at your location you can only alter your angle by rotating/changing direction; this change in direction can take you to completely different destinations.
2. Examples: a small change during your youth can completely change your adult life. building a healthy life stile will increase your chances at a long life
3. Floor: avoid obstacles that appear in front of you.
4. Ceiling: understand the importance of small changes over the long term.
5. Growth Cycle: learn when it is ok to over/under react; being subtle works for the long run, being safe keeps you alive in the now.



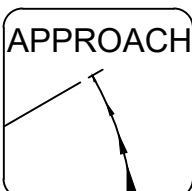
1. Description: when you are evaluating something, there are typically more than just 2 dimension, you need to identify the other dimension and know how to account for them in your day to day navigations.
2. Examples: being a professional is not just about knowing your job, it also about knowing where you want it to end up at.
3. Floor: understand there are multiple dimension that you need to keep in mind.
4. Ceiling: keep in mind multiple dimensions with minimal effort.
5. Growth Cycle: multi-dimension problems are solved one dimension at a time.



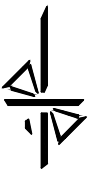
1. Description: while it is true that we live in a physically determinate world, we also live in a human probabilistic world as well. so, sometimes thing that you know are certain will be uncertain in certain ways. see chapter 3 elaboration on this.
2. Examples: closed stores do to other cultural requirements, policies that create crime waves in order to impose cultural needs, profit now for losses later; ect.
3. Floor: understand that you could be right and wrong at the same time.
4. Ceiling: understand the particle and wave behavior of humans.
5. Growth Cycle: research cultures of your destination prior to the trip.



1. Description: in order to move to your goal, you must sometimes move in the incorrect direction for some time before completely changing direction.
2. Examples: when you travel long distances, you don't travel in one straight line, you have to follow the road, otherwise you can trample over permanent fixtures.
3. Floor: understand that you have to change directions after walking in the wrong angle to get to your destination.
4. Ceiling: navigate seemingly effortlessly.
5. Growth Cycle: learn to enjoy the "bad" parts as well; these are part of the whole.



1. Description: the final corrections that are made as you reach your destination.
2. Examples: you estimate its going to take you 15 minutes to get form home to your destination, but end up taking 16 minutes... minor correction but you were overall correct on your target.
3. Floor: learn to account for missed targets, give yourself a margin of error in your predictions.
4. Ceiling: reduced impact of final corrections.
5. Growth Cycle: if done correctly, this is a formality at the end of the road.

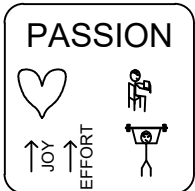


CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	COMPONENTS		

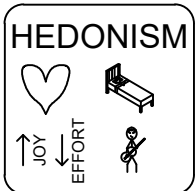
1. <u>Description:</u>	the question you need	<div style="border: 1px solid black; padding: 10px; text-align: center;"> PURPOSE ? </div>	<u>precision:</u>	why where you born?.
2. <u>link to topic:</u>	what your road is		<u>momentum:</u>	how do you plan to get there?
3. <u>Examples:</u>	to each their own			
4. <u>growth cycle:</u>	its up to you		<u>Floor:</u>	start to walk that long road
5. <u>use:</u>	find what fills your soul		<u>Ceiling:</u>	pick the best road



- Description: there are different roads to get to the same target, there are different targets for the same road.
- Examples: in business there is management, administrative, producers of the product, and sales team; these all share the same road but have different function.
- Floor: understand that you can either pick a road or a destination to begin with.
- Ceiling: interchange road and destination freely as needed.
- Growth Cycle: walk some paths, go to some destinations; while you are there, see how these move you, do they fit you? do they motivate you? are you effective in it?



- Description: this is how you feel at a primal level about what you are doing.
- Examples: learning new things, exercising, tasting new foods, getting joy out of your effort; use your efforts to self motivate.
- Floor: understand what moves you.
- Ceiling: help pick the smoothes lane for the type of person you are.
- Growth Cycle: try new things, move outside of your comfort zone, you never know what you are missing.



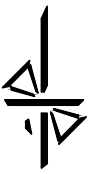
- Description: this is how you enjoy comforts at a primal level.
- Examples: sleeping, listening to music, eating food you find to be delicious, getting joy of your resting; conserve your effort.
- Floor: understand how you like to rest.
- Ceiling: pick the destination where you can recover your efforts.
- Growth Cycle: try new things, return to your comfort zone when you need to rest your efforts.



- Description: humans need company of other humans; it is better when you can count on your team for the things that you don't enjoy or are not proficient in, its also worth it to be the one your team counts on for something in particular. see chapter 4.
- Examples: not everyone can be the leader, but everyone can lead their role.
- Floor: know your place.
- Ceiling: others watch your back for you so you can focus on your task ahead.
- Growth Cycle: if the team you selected is growing as a whole but you feel stuck its fine for a while, the inverse is also true. switch these periodically to get results.



- Description: to each their own, don't measure yourself to others, measure YOURSELF to yourself form yesterday.
- Examples: some live to be remembers for centuries, and many are born just to keep the wheel turning, and that is ok.
- Floor: there is no floor, if you stay stagnant you will feel like falling forever.
- Ceiling: there is no ceiling, if you overachieve you will see there is nothing beyond.
- Growth Cycle: it is different for all of us. some of us don't make it that far, and that is ok, just enjoy the journey, you wont escape alive.



CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	FIND WHERE YOU ARE GOING WITH YOUR LIFE		
CONTENT	SUMMARY		

WHEN THINKING ABOUT DIRECTION, THE FACTORS EXPLAIN HOW TO OBSERVE, THE PATH THAT MUST BE WALKED, THE DESTINATIONS THAT WE GRAVITATE TOWARDS ALONG THE WAY, HOW WE NAVIGATE, AND ULTIMATELY THE REASON WHY WE DO THE JOURNEY TO BEGIN WITH.

HOPEFULLY, YOU HAVE FOUND YOUR PEACE, AND ARE NOW GETTING READY TO WALK YOUR JOURNEY. IT IS STRONGLY DISCOURAGED TO BEGIN A JOURNEY WITHOUT KNOWING YOUR PEACE, THIS WILL LEAD TO REDUCED MOMENTUM TOWARD LARGER GOALS DOWN THE LINE IF THE SKILL TREES BECOME TOO SEPARATED FROM WHAT YOU ARE WORKING ON NOW TO WHAT YOU MAY BE WORKING ON IN THE FUTURE.

THE IDEA OF CHOOSING A JOURNEY IS TO ALLOW YOU TO BUILD MOMENTUM AND HOPEFULLY CREATE A LEGACY. SOMETIMES THIS LEGACY IS REMEMBERED BY HISTORY, BUT SOMETIMES WHEN ITS DONE JUST RIGHT, IT WILL SEAM LIKE NOTHING WAS DONE AT ALL. LIFE, JUST LIKE ENERGY, FOLLOWS THE PATH OF LEAST RESISTANCE. IF IN THE PROCESSES OF YOU MAKING YOUR PATH, YOU ARE FORCED TO CHANGE IT ABRUPTLY, IT WILL FORCE YOU TO SPEND A LOT OF ENERGY IN ORDER TO MAINTAIN THE MOMENTUM YOU ALREADY HAVE.

PLEASE NOTE HOWEVER THAT BUILDING MOMENTUM IN ORDER TO MAKE A GAIN LEAP THAT YOU COULD NOT DO OTHERWISE IS A SUSTAINABLE STRATEGY AS WELL. UNDERSTAND THAT LIFE IS CYCLICAL, AND SOMETIMES YOU HAVE TO CONVERT THAT MOMENTUM INTO SOMETHING THAT IS COMPLETELY DIFFERENT IN ORDER TO GET ACROSS TO NEW HORIZONS.

YOU SHOULD BE USING THESE FACTORS AT A PRIMAL LEVEL, USE THEM TO BUILD THE MOST MOMENTUM YOU CAN WITH YOUR DAY TO DAY DECISIONS SO THAT WHEN THE TIME COMES FOR YOU TO CHANGE THE SCENERY YOU HAVE A LOT OF MOMENTUM TO JUMP OVER THE OBSTACLE OF THE UNKNOWING.

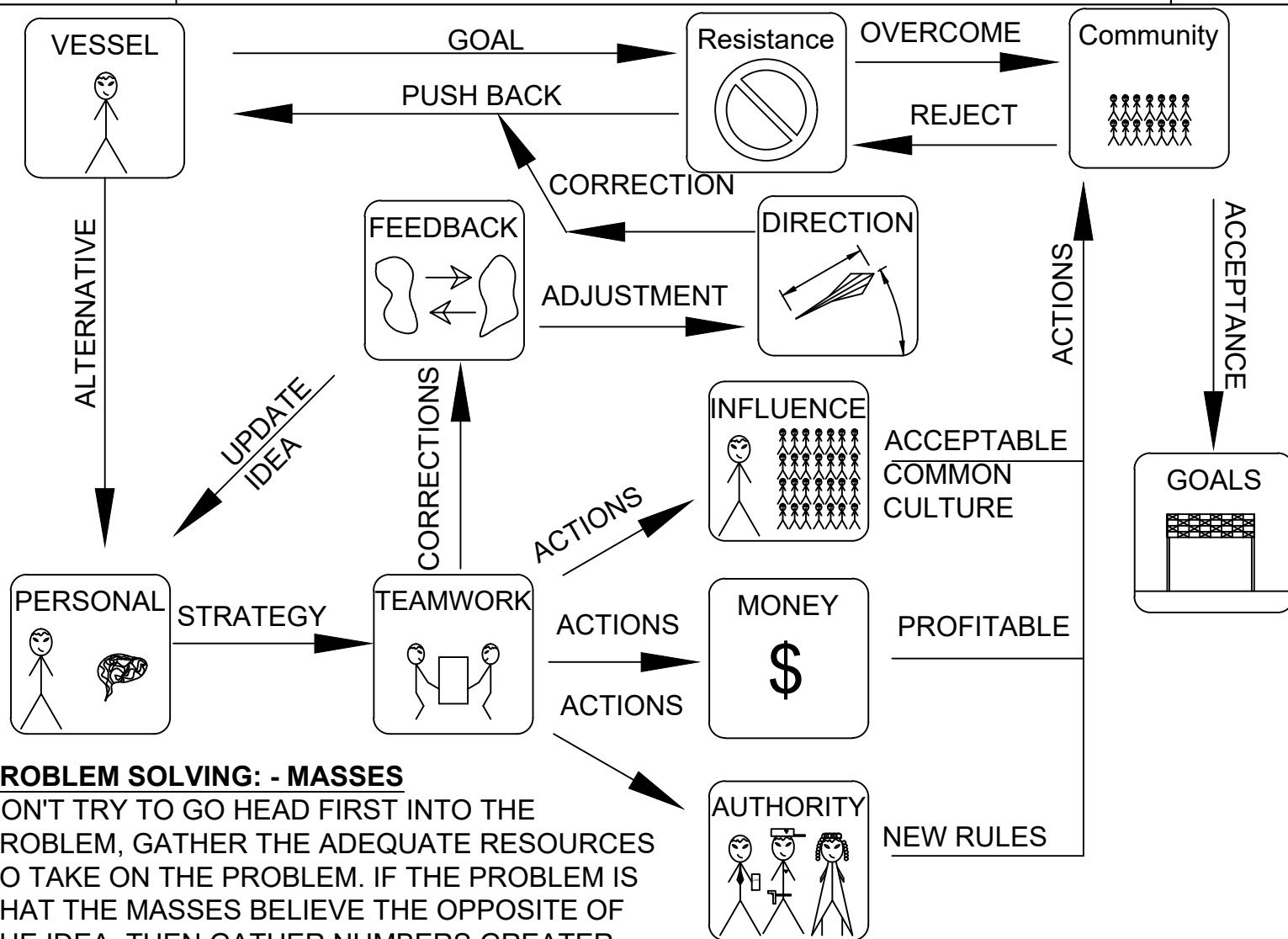
SOMETIMES LIFE WILL THROW THINGS AT YOU THAT ARE IN COMPLETE CONTRADICTION TO WHAT YOUR GOALS ARE. YOU MUST LEARN TO SEE THESE COMING; SOMETIMES THE SIGNS APPEAR AND GIVE US WARNING OF WHAT IS TO COME, SOMETIMES THE SIGNS ARE THERE BUT WE ARE TOO BUSY SURVIVING TO SEE THEM, THIS IS WHY IT WILL BE IMPORTANT TO BUILD A TEAM, SEE CHAPTER 4 FOR RELATIONSHIP BUILDING.

WE STRONGLY SUGGEST THAT YOU START EARLY TRYING TO FIGURE THIS ONE OUT, AS MANY ARE LIVING THEIR LIFE WITHOUT EVER FINDING THE REASON WHY THEY WERE BORN. TRY LOOKING TO YOUR MENTORS AND SEE WHAT THEIR GOALS WERE, AND HOW THEY EVOLVED OVERTIME. LOOK TO NATURE TO SEE HOW IT HAS RESOLVED CONFLICTS OVER ITS ALMOST LIMITLESS HISTORY, AND LOOK TO YOUR PEERS TO GET INSPIRATION IN WHAT IS CURRENTLY MISSING THAT YOU COULD ACCOMPLISH.

"be the change you want to see in this world." GANDHI. USE THE FACTORS IN THIS CHAPTER TO PLAN THE ROAD AHEAD SO THAT YOU CAN BUILD AS MUCH MOMENTUM AS POSSIBLE TO MAKE THAT CHANGE; MAKE SURE THAT THE CHANGE IS SUSTAINABLE, OTHERWISE IT WILL BE SHORT LIVED.



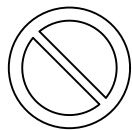
CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	GRAPHICAL REPRESENTATION OF DECISION TREE		



PROBLEM SOLVING: - MASSES

DON'T TRY TO GO HEAD FIRST INTO THE PROBLEM, GATHER THE ADEQUATE RESOURCES TO TAKE ON THE PROBLEM. IF THE PROBLEM IS THAT THE MASSES BELIEVE THE OPPOSITE OF THE IDEA, THEN GATHER NUMBERS GREATER THAN THE OPPOSITION SO THAT YOU CAN ENGAGE IN AN EQUAL FOOTING.

Resistance



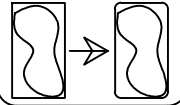
BLIND FAITH



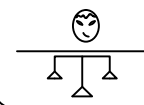
CONFIRM BIAS



ALTER SUBJECT



HAPPY PEACE



F.U.D.



RESISTANCE:

1. Blind Faith: People always think that they are correct.
2. Confirmation Bias: People will always find a reason.
3. Alter the Subject: People will change the condition by increasing the precision.
4. Happiness Over Peace: People don't want to be educated, they want to be amused.
5. Spread of F.U.D. (Fear, Uncertainty, & Doubt): People lie to themselves.

FLOW:

1. UNDERSTAND: break it down into parts.
2. NAVIGATE: link the parts that are related.
3. DESTINATION: where should the parts lead to.
4. TRIAL AND ERROR: Test the direction of the link. when one links fails the test, a new link from the spare parts will show it self. go back to step 1.



CHAPTER	2 - DIRECTION	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER WILL HELP YOU FIND WHERE YOU ARE GOING		
CONTENT	MEASUREMENTS & SPECTRUMS		

the following list of dimensions is here to assist you in understanding what are the things that you can measure and how they can diverge from each other. measurements ultimately are guides to help you know how far away you are from your origin or to your goal, and how your direction started and how it needs to adjust to reach said goal. These Dimensions help provide information that could otherwise be overlooked, it may not be necessary but ultimately an informed decision, even if the results are "bad" is still a good decision. also remember that misinformation can be used to force a "bad" decisions, so be critical about the source of the information. it is strongly suggested to not participate in conversation beyond your proficiency.

DIMENSIONS

- TIME
 - EFFORT
 - SECONDS, MINUTES,..
- SOUND
 - PITCH (frequency)
 - TIMBRE (wavelength)
 - INTENSITY (Volume)
 - DURATION (Length)
- POSITION
 - X-AXIS
 - Y-AXIS
 - Z-AXIS
- TEMPERATURE
- RADIATION
- FORCE
- MAGNETIC ATTRACTION
- MASS
- DENSITY
- HEALTH
 - BLOOD PRESSURE
 - SUGAR LEVELS
 - PERCENT OF FAT
 - WAIST CIRCUMFERENCE
 - BMI (Body Mass Index)
 - CHOLESTEROL
 - STAMINA
 - SLEEP
 - DENTAL
- INFLUENCE
- AUTHORITY
 - LAW MAKING
 - ENFORCEMENT
 - JUDICIAL
- MONEY
- LEVERAGE

SPECTRUM

REACTIVE

PROACTIVE

LIE

TRUTH

SHRINKING

GROWING

CONSOLIDATE

PROPAGATE

SECRET

KNOWN

FLUFF

DENSE

DISCONTINUOUS

HOMOGENEOUS

SMOKE & MIRROR

ADVERTISE

ECCENTRIC

STABILITY

KINETIC

POTENTIAL

DISARRAY

TRANQUILITY

AGREE

DISAGREE

CHAOS

SINGULAR

DETACHED

ATTACHED

PROMOTE

DESTROY



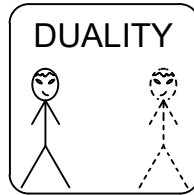
CHAPTER 3 - PRECISION VS. MOMENTUM

VERSION 12-31-2020 - β

DESCRIPTION TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS

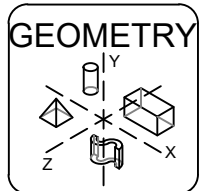
CONTENT A LOGICAL PATH TO UNDERSTANDING SELF VS. ENVIRONMENT

1. Description: Transform of knowledge
2. link to topic: Transition self to others
3. Examples: Schrodinger's cat.
4. growth cycle: Understanding
5. use: relate self to others

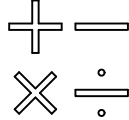
**SKILL TREE:**

THESE ARE THE TOOLS AND REPRESENTATION OF WHAT DATA YOU CAN GATHER ON YOURSELF AND RELATE TO OTHER CHARACTER CLASS'S DATA WHILE SIMULTANEOUSLY NOT HAVING FULL DATA SETS.

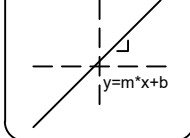
sections



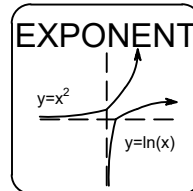
MATH



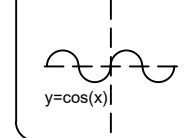
LINEAR



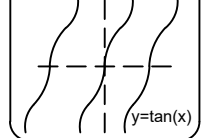
factors



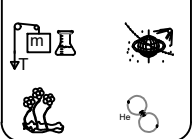
CYCLICAL



TANGENT



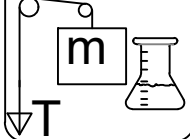
SCIENCE



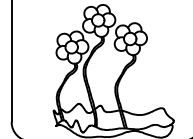
METHOD

1. OBSERVE
2. HYPOTHESIZE
3. TEST / EXPERIMENT
4. CONFIRM / REVIEW
5. LAW / HYPOTHESIS

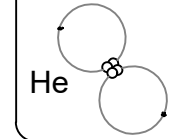
PHYSICAL



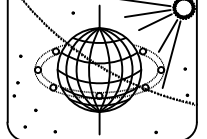
BIOLOGIC



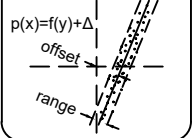
MOLECULE



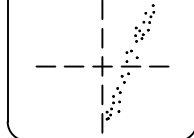
ASTRAL



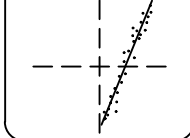
STATISTIC



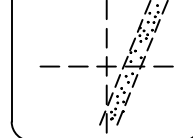
Data



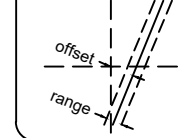
Trend



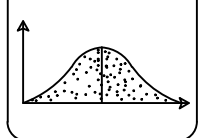
Variance



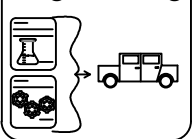
Bias



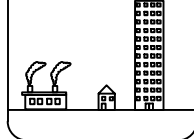
Distribution



Engineering



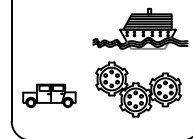
Structures



Technology



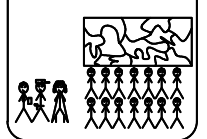
Mechanical



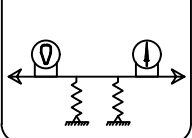
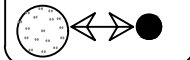
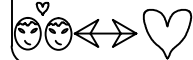
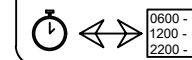
Biological

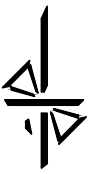


Social



SPECTRUM

AESTHETIC
&
FUNCTIONIMPULSE
&
PRECISEFEELINGS
&
EMOTIONSCOACH
&
DISCIPLINENEAR
&
FAR SIGHT



CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	INTRODUCTION		

THIS CHAPTER IS USED TO TAKE WHAT YOU KNOW ABOUT YOURSELF AND SEE HOW IT IS THE SIMILAR TO WHAT OTHER PEOPLE ARE EXPERIENCING WITH SOME MINOR CHANGES.

UNDERSTANDING THAT LIFE IS ONLY ONES AND ZEROS JUST LIKE THE MACHINES SEE THE WORLD, LIFE IS THE SAME A THE QUANTUM LEVEL... EVEN AT THE MOLECULAR LEVER WE HAVE POSITIVE AND NEGATIVE CHARGE.

IN ORDER TO PROVE THE CONTENT OF THIS CHAPTER YOU MUST BE AT LEAST AT THE LEVEL OF STUDY OF HAVING STATISTICS, PHYSICS, AND ALL OF THEIR RESPECTIVE PRE-REQUISITES PLUS THE BASICS NEEDED FOR THE PREVIOUS CHAPTERS. THIS IS WHAT TIES THE ROOM TOGETHER. EVEN AFTER ALL THAT YOU WILL NOTICE THAT, OVERALL, THIS BOOK IS JUST GENERATING A SIMPLIFIED REFERENCE POINT FOR THE COMPLEXITIES OF LIFE IN THE HUMAN CONDITION.

THE BEST MENTAL EXERCISE WE CAN DO TO UNDERSTAND THIS CHAPTER IS SCHRODINGER'S CAT. IT STATES THAT *given a cat, a poison with 50 percent chance of killing the cat, and a box; if the cat is placed inside the box and the poison is released while the box is closed, after some time, the cat is both alive and dead as long as the box is closed; once the box is opened, the cat is either alive or dead.*

THIS METAL EXERCISE TEACHES US THAT AS LONG AS WE DON'T KNOW WHAT IS GOING ON ON A CLOSED SYSTEM, THEN IT COULD BE ANYTHING, HOWEVER, ONCE WE DO KNOW, THE CONTENT IS WHAT WE DO KNOW.

SO THE THINGS YOU KNOW TO BE TRUE OF YOURSELF SUCH AS YOUR BODY AND THE THINGS THAT ARE NEEDED TO KEEP IT ALIVE IS TRUE OF OTHERS WITH SOME MINOR EXCEPTIONS THAT MAKE US EACH DIFFERENT. THE MIND IS A BIT MORE COMPLEX AS IT IS MOSTLY AFFECTED BY ITS ABILITY TO FEEL AND CREATE NEURAL NETWORKS. GIVEN THAT NO 2 HUMANS HAVE THE SAME LIFE EXPERIENCE EITHER BECAUSE OF DIFFERENT CULTURES OR DIFFERENT METAL PRE-WIRING (NEURAL NETWORK), THIS FURTHER INCREASES THE DIFFERENCE BETWEEN 2 HUMANS.

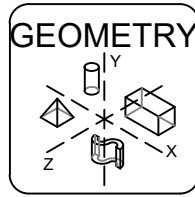
THE ONE THING THAT BIND US ALL TOGETHER IS THE FACT THAT, AS A SPECIES, WE TEND TO FOLLOW TRENDS AND BEHAVIORS THAT ARE SIMILAR TO QUANTUM PARTICLES. GIVEN THAT QUANTUM PARTICLES ARE THE LOWEST FUNDAMENTAL BASE OF EXISTENCE, IT MAKES SENSE THAT ELEMENTS AT A LARGER LEVEL OF EXISTENCE WITH A SIMILAR DETACHMENT TO EACH OTHER WOULD REPLICATE THEM.

KEEP IN MIND THAT GIVEN THE COMPLEXITY OF THIS FUNDAMENTAL, THIS CHAPTER WILL FOCUS ON WHAT CAN BE USED TO UNDERSTAND RELATIONS OF SPECTRUMS.

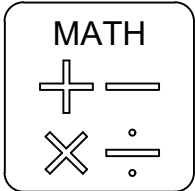


CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	MENTAL TOOLS USED TO ANALYZE EVENTS AND INFORMATION		

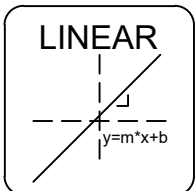
1. Description: the study of shape
2. link to topic: start of road to quantum
3. Examples: shapes
4. growth cycle: increase knowledge
5. use: helps quantify things



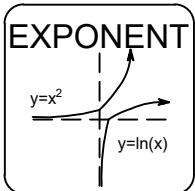
- precision: this is what you use to understand precision.
- momentum: step before Science
- Floor: simple numerical understanding
- Ceiling: pattern precise analysis



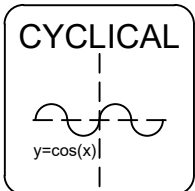
1. Description: these are the basics for everything that follows in this chapter; addition, subtraction, multiplication and division all done in one dimension.
2. Examples: summations and multiplications.
3. Floor: learn to add up your bill.
4. Ceiling: learn to budget.
5. Growth Cycle: this is like a 2nd language, the more you use it, the easier it gets and the more you understand.



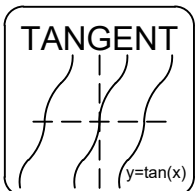
1. Description: understand relationships that do not deviate too much from a simple path.
2. Examples: gathering data on yourself such as hours slept, hours studied, hours entertained, water drank, calories used, calories consumed. plotting these over time can describe a healthy or unhealthy lifestyle
3. Floor: you can understand linear relationships; simple slope and intercepts.
4. Ceiling: you can project information with insufficient data.
5. Growth Cycle: the more data you have the better the plot



1. Description: these are relationships that the growth grows as they get bigger; alternatively, these get smaller faster as the y become smaller.
2. Examples: Bacterial behavior, removing the extra .1% of bacteria while cleaning, or public opinion.
3. Floor: understand that small things can become unmanageable.
4. Ceiling: create small change that have giant impacts over time.
5. Growth Cycle: Increase your knowledge about systems that have these behaviors and what provides substance to it.



1. Description: These are things that happen repeatedly every so often.
2. Examples: Night and Day, The Seasons, Ocean waves, Personal Growth, social trends.
3. Floor: Understand frequency, magnitudes, periods, and other basics of cyclical processes.
4. Ceiling: create processes that genera predictable results.
5. Growth Cycle: Increase your knowledge of the cycles and how different systems affect the cycle and what part of the cycle is affected.

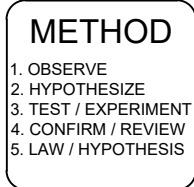


1. Description: These are things similar to cyclical but are unrelated everywhere except in one location where things line up.
2. Examples: cycles that operate next to each other, peoples daily schedule next to water demands for a city.
3. Floor: Understand how unrelated cycles can affect each other.
4. Ceiling: effect unrelated subjects by pulling the right levers.
5. Growth Cycle: learn a lot about different unrelated things until you see their hidden links.

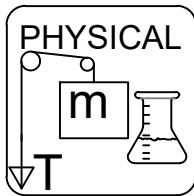


CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	MENTAL TOOLS TURNED INTO THEORETICAL TOOLS		

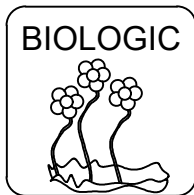
- | | | |
|---|--|--|
| <ol style="list-style-type: none"> 1. <u>Description:</u> learned observations 2. <u>link to topic:</u> Step Before Engineering 3. <u>Examples:</u> The source of Technology 4. <u>growth cycle:</u> never stop learning 5. <u>use:</u> anything, its up to you | <div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 100px;"> <p>SCIENCE</p> </div> | <p><u>precision:</u> make what you want happen.</p> <p><u>momentum:</u> change society.</p>
<p><u>Floor:</u> learn to make experiments</p> <p><u>Ceiling:</u> turn imagination into reality</p> |
|---|--|--|



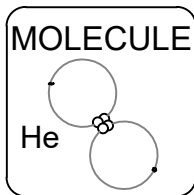
1. **Description:** this is the method in which observations become understood at a fundamental level. New generations start from that point.
2. **Examples:** Farming, Electricity, Internet. These revolutionized the way we live.
3. **Floor:** understand the steps needed to truly learn something.
4. **Ceiling:** generate your own hypothesis and experiments.
5. **Growth Cycle:** keep testing your theories; be critical of the results, don't take them at face value, get into the details so that you can truly understand.



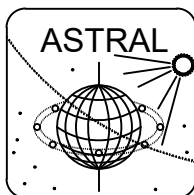
1. **Description:** the things that happen at the level that we can observe without assistance; this deals with .
2. **Examples:** just in cars: combustion engines or electrical engines, brakes systems, wheels, air condition, safety equipment....
3. **Floor:** understand the cause and effect of real world systems.
4. **Ceiling:** create real world systems.
5. **Growth Cycle:** you can learn a lot by observing nature, sports, machines, ect.



1. **Description:** this is the understanding of the objects that have "Life". typically carbon based entities that consume "resources" and generate "waste"
2. **Examples:** plants, bacteria, fish, insects, fungi, and animals (humans are animals).
3. **Floor:** understand the cycle of life.
4. **Ceiling:** genetic modifications to optimize traits.
5. **Growth Cycle:** you can learn a lot by observing nature, ecosystems, plants, humans, animals, the carbon cycle, ect.



1. **Description:** this is the study of the very small.
2. **Examples:** the periodic table and the standard model (the periodic table of quantum mechanics).
3. **Floor:** understand that you are a system of many small things and so is everything else.
4. **Ceiling:** understand the origin of creation.
5. **Growth Cycle:** Typically school at higher levels, you need to understand chemistry which is part of biology, then you move into the really small.

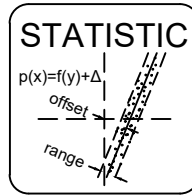


1. **Description:** this is the study of large massive celestial masses.
2. **Examples:** the solar system and fabric of space time.
3. **Floor:** understand how gravity affects space.
4. **Ceiling:** hopefully allow humans to be multi-planet species.
5. **Growth Cycle:** Typically school at higher levels, you need physics, geometry, calculus, differential equations, and a heavy set of calculative background that explain how factors affect each other over time .

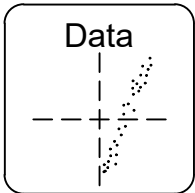


CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	RAW DATA TURNED INTO TRENDS		

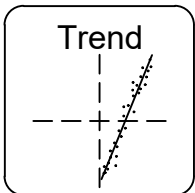
1. Description: relate information
2. link to topic: 1st half of quantum
3. Examples: Political polls
4. growth cycle: Study
5. use: predict possibilities



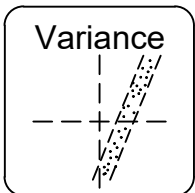
- precision: Predict data based on trends.
momentum: Predict Trends based on Data.
Floor: Understand chance
Ceiling: Predict possible futures



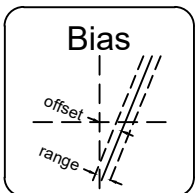
1. Description: this is the basic raw information that can be gathered from anything.
2. Examples: age, weight, height, gender, preference, money, weapons, grades, ect.
3. Floor: understand the importance of having accurate information.
4. Ceiling: learn to make educated decisions.
5. Growth Cycle: trial and error will teach you how to collect sufficient data to make a good decisions while not wasting resources collecting the last percentage of the data; the bulk of the data is easy to collect, the more precise the data, the harder it is to collect. use Variance and Bias below when its needed but cant be reached.



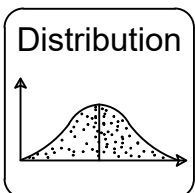
1. Description: Once data is collected, it is typically bound to other data points in multiple dimensions, these can then generate a trend that can be followed.
2. Examples: supply and demand; political affiliations; rate of growth; ect.
3. Floor: generate some percentages points for making informed decisions.
4. Ceiling: generate some percentages points for predicting the correct future.
5. Growth Cycle: similar to Data above; repetition will generate pre determined trends that you can use to guess where a trend will move in the future.



1. Description: while analyzing the trend, it is typical that it will not be a perfect line, as such understanding what the extremes are and how they happen allows the generation of the margin of error.
2. Examples: if the whole class gets an average grade, the variance will be the ones that exceed and the ones that fail.
3. Floor: understand the logical boundaries that a trend has.
4. Ceiling: know when there is a low probability of an event occurring.
5. Growth Cycle: similar to Trend above; helps you stay within what is possible.



1. Description: beyond variance, there is also the idea of how often they happen; if you grow up in a area with crime, you tend to think that is how it is everywhere. know that your life may not be at the center of what others are living.
2. Examples: racism, personal experiences, other perspectives on the same topic.
3. Floor: see how far away you are from your community.
4. Ceiling: see how far someone can go out of the community.
5. Growth Cycle: similar to Variance; helps you understand how the big picture is seen from a different perspective.

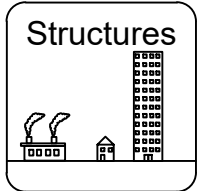


1. Description: normal distributions are called bell curbs; what these represent is that when evaluating data, the majority of the events will gather at the center; the farther you go in each direction reduce the percent of it happening.
2. Examples: average grades on a test; the bulk of students perform at the center.
3. Floor: read basic statistical analysis.
4. Ceiling: understand how to calibrate your expectations for the future.
5. Growth Cycle: similar to all above; if understood, you can understand spectrums.



CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	THEORETICAL TOOLS TURNED INTO PHYSICAL TOOLS.		

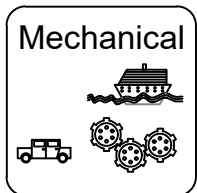
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|---|--|---|
| <ol style="list-style-type: none"> 1. <u>Description:</u> applied science 2. <u>link to topic:</u> 2nd half of quantum 3. <u>Examples:</u> how do you build anything 4. <u>growth cycle:</u> study what came before 5. <u>use:</u> development of everything | | <p><u>precision:</u> learn to break down anything.</p> <p><u>momentum:</u> learn to build anything.</p>
<p><u>Floor:</u> know how things work</p> <p><u>Ceiling:</u> create new things</p> |
|---|--|---|



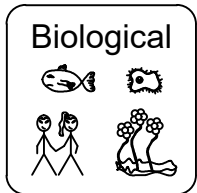
1. Description: buildings used for human activities.
2. Examples: Houses, Hospitals, Roads, sky scrapers, pyramids, Factories, ect.
3. Floor: shelter is a basic necessity for human survival.
4. Ceiling: Industry is what we create economies of scale with.
5. Growth Cycle: first learn form others the basic theory, then you can start deriving what is need form experience. you can mold your experience to the needs to the moment.



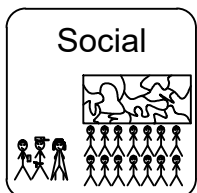
1. Description: complex machines with software that enable non primitive activities to happen; people of the years 1800 and before would consider this magic; these are generated using advanced industries.
2. Examples: smart phones, televisions, Radio, satellites, microwaves, ect .
3. Floor: help increase the velocity for children to learn from primitive basics to current time basics in less time than the previous generation, ideally.
4. Ceiling: generate things that may seem like magic to us, yesterday, today.
5. Growth Cycle: see chapter 5 Power; Personal; Mental.



1. Description: this are machines that use large components that are generated using primitive industries.
2. Examples: Cars, Boats, machines.
3. Floor: reduce physical labor.
4. Ceiling: increase quality of life.
5. Growth Cycle: first learn form others the basic theory, then you can start deriving what is need form experience. you can mold your experience to the needs to the moment. .



1. Description: the use of our knowledge of living things and how they work.
2. Examples: gene splicing, vaccines, GMO's, Heart monitors, ect.
3. Floor: understand basic lifeforms.
4. Ceiling: develop alterations to change lifeforms.
5. Growth Cycle: observe nature and see what each component's function is, then attempt to replicate in a control environment.



1. Description: this is the study of politics/policies, and their impact on society.
2. Examples: civil rights movement, LGBTQ movement, choice vs life debate, ect.
3. Floor: understand basic cause and effect of government on your life.
4. Ceiling: change the life of your community.
5. Growth Cycle: see chapter 5 Power; Authority and Influence.

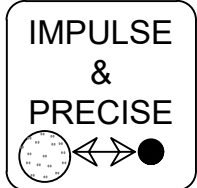


CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	UNDERSTAND THAT CONFLICTING INFORMATION <u>COULD</u> BE ACCURATE		

- | | | |
|--|--|--|
| <ol style="list-style-type: none"> 1. <u>Description:</u> why we are all different 2. <u>link to topic:</u> the categorical differences 3. <u>Examples:</u> 2 sides of the same coin 4. <u>growth cycle:</u> Empathy 5. <u>use:</u> Empathy | | <p><u>precision:</u> black <u>or</u> white.</p> <p><u>momentum:</u> gray (black <u>and</u> white)</p> <p><u>Floor:</u> see the real differences</p> <p><u>Ceiling:</u> understand the real differences</p> |
|--|--|--|



1. Description: for those in the business of design, this is the ultimate tradeoff that once they meet in the perfect middle are excellent. on one end you want your product to serve its purpose, but you also want it to be appealing.
2. Examples: when adding too many functions to an object it starts to become bulky and not efficient think of a Swiss army knife with too many tools.
3. Floor: understand that decisions are made here.
4. Ceiling: learn to pick the side of the spectrum that best fits your needs.
5. Growth Cycle: know where and when there is a need to trade one for the other.



1. Description: the difference between good enough and perfect. we ignore that which does not work as that is different conversation.... if it does not work move on.
2. Examples: Grenade Vs Rifle; Football(American) Vs Baseball; Efficiency Vs Precision
3. Floor: understand how each of these is important depending on the application.
4. Ceiling: Decide which of these is needed for your application.
5. Growth Cycle: learn when your plan needs flexibility and where it needs perfection.



1. Description: this is the core of the mind (emotions) and body (feelings); becoming numbed reduces your response but eliminates the natural highs & lows, while allowing things to affect you greatly create volatility within the self.
2. Examples: Feelings lead to a response, while emotions lead to reactions.
3. Floor: understand how events in life impact you wholly.
4. Ceiling: manage your expectations to reduce your frustrations.
5. Growth Cycle: do not attempt to "control" these as that is an illusion; learn to be at peace with what you are willing to tolerate as you will not always get your way.



1. Description: the difference between allowing someone to grow on their own versus having that person follow a strict regimen to achieve the same task.
2. Examples: the military sector vs the private sector.
3. Floor: understand that strictness generates results, but does not allow for creativity.
4. Ceiling: flexible process that allow for creative solutions while maintaining efficiency.
5. Growth Cycle: learn to switch between creativity and efficiency. Understand that the creative process is **not** efficient, and an efficient process is best when it is simple. some believe that coffee is great for efficiency, and alcohol is great for creativity.



1. Description: the daily needs and the long term needs sometimes are in opposition to each other; on the long term, some would like to have permanence, but in order to do that they must first move around until they get there.
2. Examples: paying rent does not let you save much for purchasing a home.
3. Floor: understand how the decisions you make for today affect your tomorrow.
4. Ceiling: build momentum; prevent tunnel vision.
5. Growth Cycle: start with the future wants and line up your present decisions to meet it as much as is practical and possible.



CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	SUMMARY		

FOLLOWING THE PATH THIS CHAPTER HAS LAID OUT FOR YOU, NOW YOU CAN BEGIN TO UNDERSTAND THAT MATHEMATICS IS NOTHING MORE THAN SIMPLE LOGIC, AND THAT SCIENCE IS NOTHING MORE THAN USING OBSERVATIONS OF THE REAL WORLD. TIE THIS TOGETHER AND YOU GET THE PRACTICAL APPLICATION OF SCIENCE WHICH IS CALLED ENGINEERING. COMBINE THIS WITH THE MATHEMATIC OF PROBABILITY AND YOU NOW HAVE ALL THE TOOLS NECESSARY TO UNDERSTAND WHAT QUANTUM MECHANICS HAS TO TEACH US.

THESE FACTORS EXPLAIN EVERY RIGOROUS FUNDAMENTAL IN A SIMPLISTIC WAY; THIS BOOK SHOULD NOT BE USED AS A COMPLETE LIBRARY OF UNDERSTANDING OF THESE SUBJECTS, THERE ARE MANY BOOKS ALREADY WRITTEN BY MORE KNOWLEDGEABLE AND PREPARED INDIVIDUALS FOR EACH SUBJECT, SEEK FURTHER GUIDANCE OF THESE FACTORS OUTSIDE OF THIS BOOK, REMEMBER THAT THE SCOPE OF THIS BOOK IS TO CRATE THE UNDERLYING ROAD MAP OF HOW TO BE AN ADULT IN A TIMELESS WAY, YOU WILL FIND THAT DESPITE TECHNOLOGICAL ADVANCES, THIS FUNDAMENTALS ARE APPLICABLE TO ALL CULTURES.


THIS CHAPTER WHEN USED CORRECTLY YOU WILL BE ABLE TO DO THE FOLLOWING: TAKE WHAT YOU KNOW ABOUT YOURSELF, AND KNOW THAT THERE IS A PROBABILITY THAT IT IS TRUE OF YOUR COUNTERPART. THIS IS MIXING DETERMINISTIC INFORMATION WITH PROBABILISTIC INFORMATION. THIS IS ALL THAT QUANTUM MECHANICS IS AT A FUNDAMENTAL LEVEL.

NOW USE THE FACTORS IN THE FIRST FOR SECTIONS OF THE CHAPTER AS YOUR READING GLASSES FOR MEASURING THE SPECTRUMS THAT ARE PRESENTED IN THE FIFTH SECTION OF THIS CHAPTER. WHAT YOU SHOULD SEE IS THAT WHILE WE ALL DO NOT SHARE THE EXACT SAME EXPERIENCES, WE ALL SHARE SIMILAR EXPERIENCES THAT ALLOW US TO TRANSCEND OUR SELVES AND ATTEMPT TO LIVE A LIFE ON THE SHOES OF AN OTHER.... HOPEFULLY YOU WILL NOTICE THAT THIS IS CALLED EMPATHY.

EMPATHY IS A SUPERPOWER AND A WEAKNESS AT ONCE. ONCE YOU HAVE MASTERED EMPATHY YOU WILL BE ABLE TO REMOVE YOUR PERSPECTIVE FROM THE EQUATION AND SEE THINGS THRU OTHERS' EYES, YOU WILL ALSO BE ABLE TO FEEL WHAT THEY FEEL IN A TYPE OF SIMULATIVE WAY. A GOOD EXAMPLE THAT MANY HAVE LIVED IN CURRENT TIMES IS WATCHING A MOVIE WITH A MOMENT THAT MOVES YOU AND MAKES YOU CRY.... THIS WOULD BE THE WEAKNESS ASPECT OF EMPATHY... NOT THAT CRYING IS A WEAKNESS, BUT THE FEELING OF VULNERABILITY CAN NEGATIVELY IMPACT YOUR JUDGEMENT OR YOUR STATE OF MIND.

THE KEY HERE IS THAT ITS OK TO MAKE ASSUMPTIONS, BUT REMEMBER THAT THEY ARE JUST THAT, THEY CAN HELP GUIDE YOU, BUT REMEMBER TO ALWAYS CHECK YOUR ASSUMPTIONS AS PART OF YOUR SOLUTION, OTHERWISE YOU WILL END UP HAVING ACTUALLY AN INVERSE RESULT TO WHAT REALITY IS.

HOW TO ADULT		PAGE	3.7.	
CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β	
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS			
CONTENT	VERSUS CHART			
<p>To the right we have a graphical representation of what a spectrum is visually.</p> <p>Below it is a written interpretation of how conceptual theories behave with each other on a spectrum. Some of these ideas can be different ends in multiple spectrums; the purpose of these is to provide a base line on how to interpreter ideas on a spectrum. the 3 critical factors are both ends and the path that is traveled between them, so if you have one end and the path, you can find the other end... if yo have both ends, you can find the path. These can be limitless.</p>		<p><u>GRAPHICAL PRESENTATION OF A SPECTRUM</u></p>		
<p><u>SAMPLE IDEAS ON A SPECTRUM</u></p>				
<p><u>IDEAS</u></p>		<p><u>SUMMARY OF INTERACTION</u></p>		
<p>CONFLICT BIAS</p> <p>VS.</p> <p>CONFLICTING INFORMATION</p>		<p>your perspective give you a bias that you are unaware of, it also gives you different information. so it is critical to understand that conflict could come from the information itself or from the perspective. so 2 people can see the same thing very differently.</p>		
<p>PRIDE</p> <p>VS.</p> <p>KNOWLEDGE, SUCCESS OR LACK THERE OFF.</p>		<p>when you come in thru that door, hang your pride on the rack and come in, otherwise, don't come in at all.</p> <p>some are too proud or too dumb to try to learn something.</p>		
<p>CONTINUITY</p> <p>VS.</p> <p>SENSE OF REALITY</p>		<p>when you come form a culture that has certain rules that other cultures do not have, assumptions of reality can be incorrect, hence continuity, which can lead to culture shock which is a sense of reality.</p>		
<p>PROACTIVE</p> <p>VS.</p> <p>REACTIVE</p>		<p>when you are in charge of making decisions, being responsive/reactive allows you to be flexile but reduces your efficient; as such being proactive allows you to set the pace for others to follow.</p>		
<p>IN A VACUUM</p> <p>VS.</p> <p>IN CONTEXT</p>		<p>when you analyze an idea devoid of reality, for example communism, it looks great on paper, but in practice it does not account for the environment. similarly, capitalism leads to survival of the fittest, which can generate civil unrest do to inequalities.</p>		

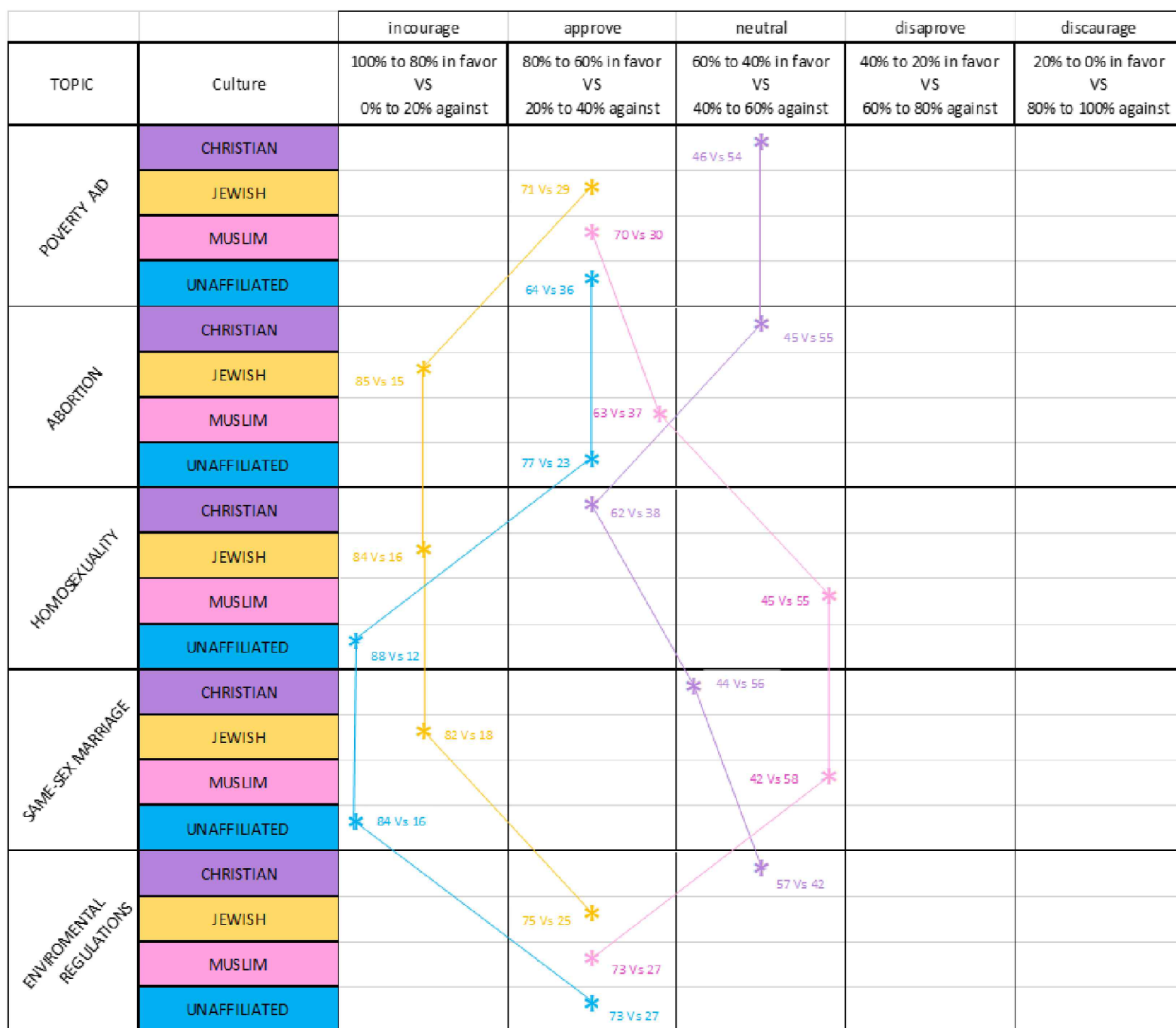
HOW TO ADULT		PAGE	3.8.	
CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β	
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS			
CONTENT	BLEEDING DIAGRAM - INTRODUCTION			
<p>THIS IS THE INSTRUCTION TO THE BLEEDING DIAGRAM. THIS NAME WAS CHOSEN FOR MULTIPLE REASONS, THE MUST IMPORTANCE WOULD BE THE GRAPHICAL IMAGERY THAT WILL BE GENERATED IN THE MINDS EYE WHEN THAT NAME IS SPOKEN. THIS DIAGRAM IS A GRAPHICAL REPRESENTATION OF THE IMAGINARY NUMBER SIDE OF THE EQUATION IDENTIFIED IN THE BOOKS MAIN PROBLEM.</p> <p>IN SCIENCE WE LEARN TO MEASURE THE DETERMINATE SIDE OF THE EQUATION, HOWEVER, THE INDETERMINATE SIDE OF THE EQUATION IS WHERE THE MAJORITY OF THE WORK THAT IS LEFT TO BE DONE IS. WE CAN QUANTIFY THE IMPACTS POLICIES ON THE REAL WORLD, HOWEVER, DO TO THE TRIBALISTIC TENDENCIES OF POWER, IT IS IMPORTANT TO UNDERSTAND THAT IT IS EASY TO OBSERVE TRIBALISM WHEN YOU KNOW HOW DIFFERENT TYPES OF CULTURES SHARE MANY POINTS IN THE MAP OF IDEAS.</p> <p>THE KEY OF THE GRAPH IS THAT EACH CULTURE HAS ITS OWN COLOR THAT IS WOVEN ON A MAP THAT MEASURES AN IDEA AND WETHER SAID CULTURE PROMOTES IT OR IS AGAINST IT. ONCE DIFFERENT COLORS ARE ASSIGNED TO DIFFERENT CULTURES IT WILL BECOME APPARENT WHERE CULTURES ARE DIFFERENT AND WHERE THE ARE SIMILAR.</p> <p>WHEN PREPARING TO WORK WITH COUNTERPARTS THAT ARE HUMAN OR HUMAN ADJACENT, PREPARATION OF THE KNOWLEDGE OF THE CULTURE WILL HELP IMPROVE THE CHANCES OF FINDING A PATH THAT IS SHARED, AND ALSO FINDING HOW BOTH ENTITIES CAN GET ON THAT PATH WITHOUT DIVERGING FROM THEIR ORIGINAL PATH.</p>				



CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	BLEEDING DIAGRAM		

this is the bleeding diagram. this is a graphical representation of how both simultaneously similar different cultural groups make their stands on various issues.

this is an analysis that needs to be done at each geopolitical region, cultural region, and point in time as these change from place to place and over time. the one shown in this work for the sake of brevity and availability of information is the United States on our about May 15 2015; see source.



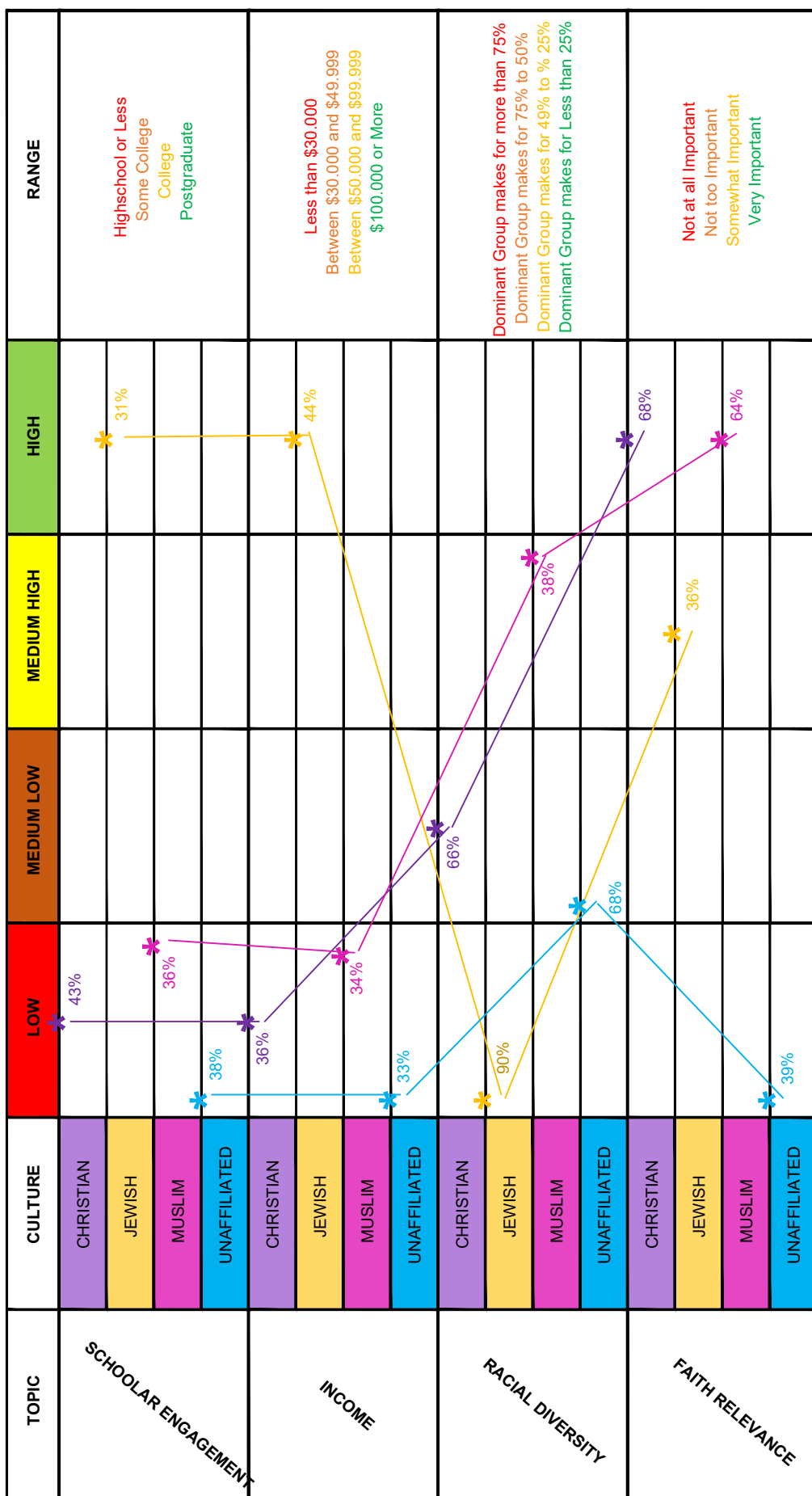
source: Pew Research Center; The Religious Landscape Study,

May 12, 2015

<https://www.pewforum.org/religious-landscape-study/>



CHAPTER	3 - PRECISION VS. MOMENTUM	VERSION	12-31-2020 - β
DESCRIPTION	TRANSFORM WHAT YOU KNOW ABOUT YOURSELF TO KNOW OTHERS		
CONTENT	BLEEDING DIAGRAM		

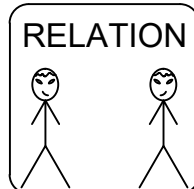


this is a continuation of the bleeding diagram;

source: Pew Research Center; The Religious Landscape Study, May 12, 2015
<https://www.pewforum.org/religious-landscape-study/>

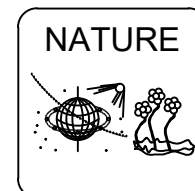
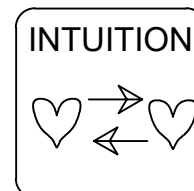
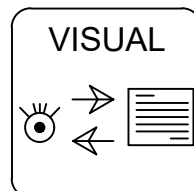
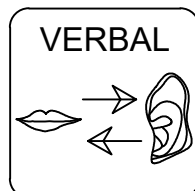
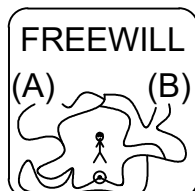


1. Description: getting along
2. link to topic: how to build the team
3. Examples: Partners / associates
4. growth cycle: unity & synergy
5. use: Coalition

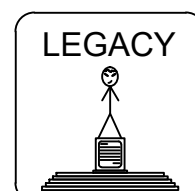
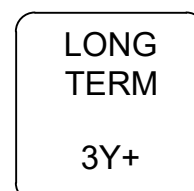
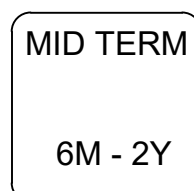
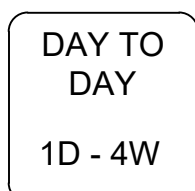
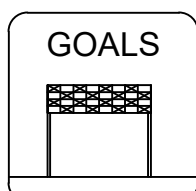
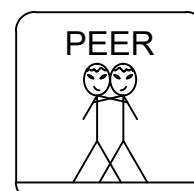
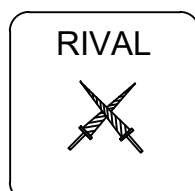
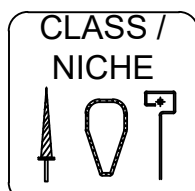
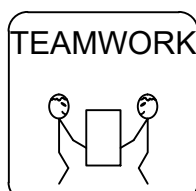
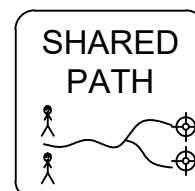
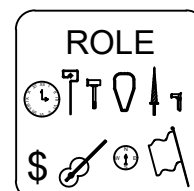
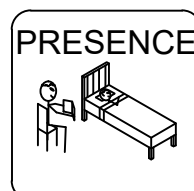
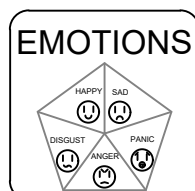
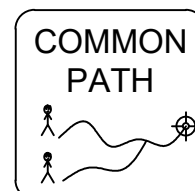
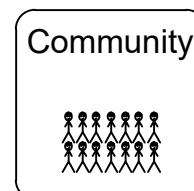
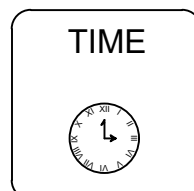
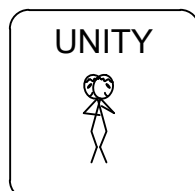
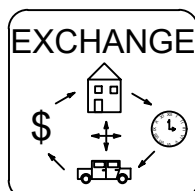
**SKILL TREE:**

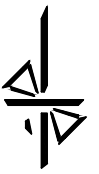
THIS IS A REPRESENTATION OF WHAT HOW YOU CAN BUILD A TEAM ON TO SYNERGIES WHIT YOUR CHARACTER.

sections



factors





CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	INTRODUCTION		

THIS CHAPTER IS USED TO GENERATE THE RELATIONSHIPS THAT ARE NEEDED TO ACHIEVE YOUR GOALS.

YOUR GOAL, FOR THIS CHAPTER SHOULD BE FIRST, UNDERSTAND THE RELATIONSHIPS YOU ALREADY HAVE FROM AN OBJECTIVE POINT OF VIEW. SEE A RELATIONSHIP FOR WHAT IT IS, FIGURE OUT WHERE EACH MEMBER IS AND WHERE THEY ARE COMING FROM, THEN IF ALL OF THIS IS FIGURED OUT, YOU CAN TRY TO SEE IF THERE IS A FUTURE IN WHICH ALL PARTIES BENEFIT FROM THE INTERACTION. IF BOTH PARTIES DO NOT BENEFIT, THEN IT IS A ONE WAY RELATIONSHIP THAT IS NOT SUSTAINABLE, AND BEST COURSE OF ACTION FOR THESE RELATIONSHIP IS TO ALLOW THEM TO DIVERGE WHILE MAINTAINING MUTUAL RESPECT.

ALL OF THESE FACTORS ARE A RELATIONSHIP BETWEEN YOU AND ANOTHER ENTITY. AS SUCH THESE FACTORS CAN ONLY BE GROWN AND WORKED ON IN THE PRESENCE OF OTHERS, THE ENVIRONMENT, OR YOU AT FULL DIVERSIFIED CONSCIENCE LEVEL. .

AS YOU READ THIS CHAPTER, PAY ATTENTION TO THE ORDER OF THE SECTIONS. YOU WILL NEED TO BUILD RELATIONSHIP IN THAT PARTICULAR ORDER. IF YOU COMMUNICATE CLEARLY, AIM TO ENSURE ALL PARITIES ARE TAKEN CARE OF, AND EXPECTATIONS ARE MET ON BOTH SHORT TERM AND LONG TERM, YOU WILL BE CREATING A SUSTAINABLE RELATIONSHIP.

REMEMBER THAT YOU HAVE A RELATIONSHIP WITH YOURSELF. YOU NEED TO BE ABLE TO TALK TO YOURSELF AND COME UP WITH SOLUTIONS THAT FIT YOUR NEEDS. IF YOU CAN SEPARATE YOURSELF INTO MULTIPLE PARTS OF THE SAME SELF, YOU CAN HAVE CONVERSATIONS FROM DIFFERENT PERSPECTIVES THAT ARE ALL YOURS.

YOU WILL ALSO NEED TO UNDERSTAND THERE ARE RELATIONSHIPS THAT DO NOT CONTAIN 1 OF THE SECTIONS AND ARE SUSTAINABLE; SUCH AS AN INDIVIDUALS RELATIONSHIP WITH CULTURE... IT IS IMPOSSIBLE TO COMMUNICATE WITH EVERYONE SIMULTANEOUSLY. SOCIAL MEDIA WHILE IT SERVES AS A VEHICLE FOR A COMMUNITY TO REMAIN CONNECTED, IT GENERATES SIGNIFICANT FRICTION DUE TO THE ABUNDANCE OF PARTICIPATION, THIS CAN BE COMPARED TO A SHOUTING MATCH UNLESS PROPER MODERATION IS PUT IN PLACE. IF MODERATION IS ADDED, THEN WE ARE ADDING EXTRA LAYERS THAT CAN LEAD TO MORE FRICTION AS THE NEXT QUESTION THAT COMES UP IS WHO "SHOULD" MODERATE.

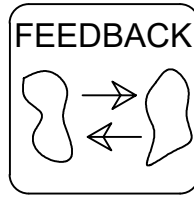
IT IS ALSO THE CASE THAT THERE ARE SOME ONE WAY RELATIONSHIPS THAT ARE SUSTAINABLE, SUCH AS YOUR RELATIONSHIP TO THE MEANS OF EXCHANGE; NO ONE PERSON IS SO BIG THAT EVERYONE ELSE MUST FOLLOW THEM, HOWEVER IT IS POSSIBLE TO MAKE TRENDS... FOR THIS RELATIONSHIP, YOU MUST GO TO WHERE THE MEANS OF EXCHANGE EXIST.

IT IS ALSO THE CASE THAT REGARDLESS OF HAVING ALL OF THE FIRST 4 SECTIONS FULLY INTEGRATED INTO A RELATIONSHIP, BUT SECTION 5 IS MISSING, IT DOES NOT WORK IN THE LONG RUN AS THERE WILL BE A NEED FOR COMPROMISE, WHICH DOES NOT HELP ANY PARTY. THINK OF THE MANY FAILED PARTNERSHIPS WHERE ONE PERSON WANTED TO TRAVEL FREELY AND THE OTHER WANTED TO CREATE A NEST IN A FIXED COMMUNITY. THESE ARE DIFFERENCES ARE VERY DIFFICULT TO RECONCILE AND WILL END UP HURTING BOTH PARTIES. AS ALWAYS, WE ADVISE TO EXERCISE CRITICAL THINKING AS YOU NAVIGATE THRU THIS IDEA.

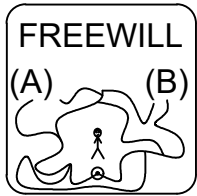


CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	COMMUNICATION - FEEDBACK		

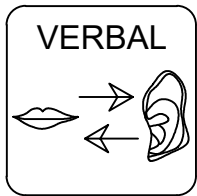
1. Description: Communication
2. link to topic: Root of relationships
3. Examples: Show and Tell
4. growth cycle: Collaboration
5. use: Coordination



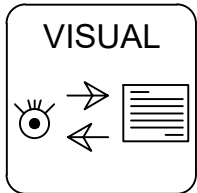
- precision: Explain conditions
momentum: Lead outcomes
Floor: Explain conditions
Ceiling: Lead outcomes



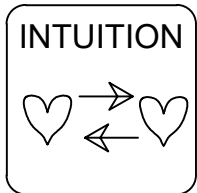
1. Description: this is what is called choice, your choice end where the choices of others start, this is why it is a problem to impose your will on those that are not willing. Many seek to control this by force and/or illusion; imposed decisions are not freewill.
2. Examples: you choice to read this book or to keep going or to quit reading it.
3. Floor: the choices you make make you who you are and what others see of you.
4. Ceiling: affect others with your decisions.
5. Growth Cycle: increased responsibilities lead to impactful options, or reduced responsibilities lead to more types of options; your choices lead to other choice trees.



1. Description: This form of communication is requires both sound and reception.
2. Examples: talking, screaming, phone calls, radio, ect.
3. Floor: Simplest form of direct communication.
4. Ceiling: negotiate great deals.
5. Growth Cycle: increased vocabulary, and understanding how to differentiate with emotional charged words. understand that you cant reason someone out of a feeling, nor can you reason someone into a feeling. learning about different cultures can help in this and all other forms of communication.



1. Description: This form of communication is used to increase the efficiency of complex agreements; visuals can often explain things faster than verbal.
2. Examples: art is good at explaining feelings and graphs are great at explaining data.
3. Floor: understand how to read ideas, words, and other media.
4. Ceiling: can implore key feelings on your counterpart or just communicate complex ideas simply.
5. Growth Cycle: learn about different visual tools, such as graphs, art, sculptures, diagrams, installation & manufacturing directives, and when to use them optimally.



1. Description: This is when you let your feelings guide, internalized knowledge.
2. Examples: typically described as a gut feeling, or just feelings that you cant explain in general. Gut feelings, inherent knowledge, and internalized knowledge.
3. Floor: react to information without thinking about it.
4. Ceiling: identify deceiving/misleading information before it can make its effect.
5. Growth Cycle: learn about all the inputs and outputs of the way things work for the particular subject of interest. given that this is internally different to everyone, it is up to you to understand how to grow your intuition.

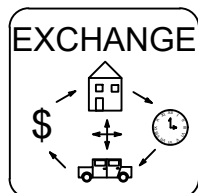


1. Description: This is the form of communication that comes form the environment.
2. Examples: extreme weather events, political spectrum shifts (other humans), or social trends. if you remove the wolfs in the forest, the plants die because of herbivore overpopulation; similar effect if you remove the bees, pollination ends.
3. Floor: you can identify this form of unworded obscure communication.
4. Ceiling: you can determine the underlying cause for these changes.
5. Growth Cycle: learn about large scale systems such as the water cycle, the carbon cycle, tectonic shift plate movement, importance of biodiversity within systems, ect.

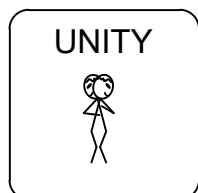


CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	TANGIBLE CARE -		

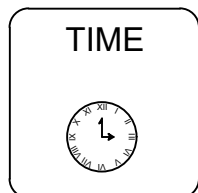
- | | | | | |
|--------------------------|---------------------------|--|-------------------|-----------------------------|
| 1. <u>Description:</u> | physical responsibility | | <u>precision:</u> | stable day to day. |
| 2. <u>link to topic:</u> | Care of each party | | <u>momentum:</u> | years build up. |
| 3. <u>Examples:</u> | Trade | | | |
| 4. <u>growth cycle:</u> | Be responsible | | <u>Floor:</u> | learn your responsibility |
| 5. <u>use:</u> | to build the relationship | | <u>Ceiling:</u> | other is responsible to you |



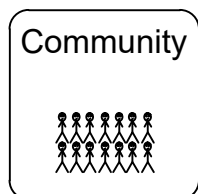
- Description: sharing abundant resources in order to attain resources that are scarce for you. these movements from abundance to scarcity improve society.
- Examples: Food is valuable to someone that is hungry, but not that valuable to someone who is full.
- Floor: understand that everyone/everything is valuable in their own way.
- Ceiling: make a greater targeted impact with scarce resources.
- Growth Cycle: build a factor from this book, a service, or an expertise; and then share/exchange it; abusing this will lead to inequality which becomes unsustainable.



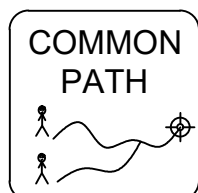
- Description: teamwork is the key to success.
- Examples: it takes a male and a female reproductive cell to generate an offspring.
- Floor: humans are social and curious animals by nature. this factor feeds one of your necessities.
- Ceiling: the comfort this creates will supplement other factors, such as rest, trust, and risk mitigation. Don't get too comfortable, as you could get complacent.
- Growth Cycle: it's a balance of allowing yourself to get comfortable while still being active.



- Description: the choice to spend your time with someone.
- Examples: being present.
- Floor: understand that it's possible for both to spend too little or too much time.
- Ceiling: know the correct amount of time to spend on each subject.
- Growth Cycle: as more time is spent together, the quality should be increased whenever possible, otherwise the relationship will feel stagnant.



- Description: these are made up of many individuals, communities share goals and/or culture and typically assist each other in times of need. our participation in the smaller bonds we make could end up being part of an ever growing bigger bond.
- Examples: the gaming community, the Jewish community, the Catholic community, the European community, the American community.... these exist in real space.
- Floor: understand that you can belong to and build on multiple communities.
- Ceiling: have the capacity to lead a community.
- Growth Cycle: be an active member of the community you care about.



- Description: your paths intersect to a common goal.
- Examples: each entity is an individual, then they choose to walk the same path and become a new entity. the key is that they remain in the same path together while being true to oneself.
- Floor: having a team on your path reduces the burden of each member.
- Ceiling: you can take risk because you know your counterpart will support you.
- Growth Cycle: the relationship is the one that grows.



CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	EMOTIONAL CARE -		

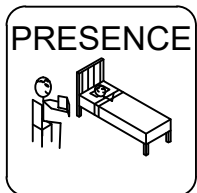
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| <ol style="list-style-type: none"> <u>Description:</u> non-physical responsibility <u>link to topic:</u> Care of each party <u>Examples:</u> Presence & understanding <u>growth cycle:</u> Be responsible <u>use:</u> build trust | | <p><u>precision:</u> stable day to day.</p> <p><u>momentum:</u> years build up.</p> <p><u>Floor:</u> learn your responsibility</p> <p><u>Ceiling:</u> others are responsible to you</p> |
|--|--|---|



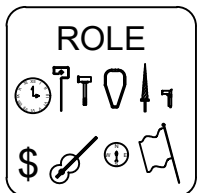
- Description: the combination of Chapter 1 "VESSEL" factors with the same factors of your counterpart is a factor within itself.
- Examples: allowing feelings to exist will lead to a bond that is beyond the material; a hug will create a bond, a shared meal will be a meeting of cultures, movie/show will create mutual experience that is shared.
- Floor: understand the bonds that are created by sharing an experience.
- Ceiling: generate the correct type of bond using the correct type of experience.
- Growth Cycle: expand your horizons while preserving; feelings will degrade with age.



- Description: the combination of Chapter 1 "HEART" factors with the same factors of your counterpart is factor within itself.
- Examples: allowing these to go to their extremes typically yields problems; anger leads to destruction, sadness leads to depression, happiness leads to carelessness, disgust leads to repulsion, and panic leads to restlessness.
- Floor: being a functioning group of society; empathy.
- Ceiling: being in constant state of peace allows for good decision to be made.
- Growth Cycle: expand the area in which emotions can be at peace.



- Description: being physically present is not the same as being emotionally receptive.
- Examples: being in the same room while each is doing something different.
- Floor: understand the importance of shared mutual impendence and reliance.
- Ceiling: increase productivity.
- Growth Cycle: learn to get comfortable with being alone together and together alone. emotional care requires creativity and inspiration, but there is a lot of space between when those manifest themselves, hence the presence in between those moments.



- Description: each member has their weakness and strengths. playing to your strength
- Examples: one cooks while the other sets the table; one design while the other builds; one entertains while the other leads. different capabilities complement each other.
- Floor: the team is efficient.
- Ceiling: the team is greater than the sum of its parts.
- Growth Cycle: specialization combined with synergy.



- Description: your paths are near each other but with different ends.
- Examples: many times domestic partners do not have the same employment but help each other with their goals.
- Floor: you and your counterpart help build momentum for each others independent goals.
- Ceiling: many different achievements can be made simultaneously.
- Growth Cycle: the relationship is the one that grows.

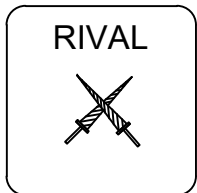


CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	TEAM WORK		

- | | | |
|---|--|---|
| <ol style="list-style-type: none"> 1. <u>Description:</u> what we do for each other 2. <u>link to topic:</u> activities of the relationship 3. <u>Examples:</u> carry heavy objects 4. <u>growth cycle:</u> Build Trust 5. <u>use:</u> build teams | | <p><u>precision:</u> specialization of labor</p> <p><u>momentum:</u> achieve common goals</p> <p><u>Floor:</u> 1+1>1</p> <p><u>Ceiling:</u> 1+1>2</p> |
|---|--|---|



1. Description: typically teams of people need everyone to do a different task.
2. Examples: a typical business has the Admin team, the Management team, the sales team, and the team that generates the product that is sold.
3. Floor: sum of the whole allow for the task to be accomplished.
4. Ceiling: sum of the whole is greater than the sum of the parts.
5. Growth Cycle: know how our role affects the team, try doing the roles of other team members so that you can prepare your results to line up with their processes.



1. Description: competition breeds creativity in all parts of the organization.
2. Examples: car companies are forced to innovate to stay relevant.
3. Floor: you help push each other to be better.
4. Ceiling: you help push each other to make things better for all of society.
5. Growth Cycle: reach the point where you are competing with yourself; you will be in a league of your own.



1. Description: as a species, we must rely on the coming generation to push forward; we must set them up for success so that they start ahead of where we started.
2. Examples: schools; on the job training; active parenting ; ect.
3. Floor: skip primitive technology, you don't have to discover fire, or microelectronics.
4. Ceiling: skip all current technology to create new technologies.
5. Growth Cycle: learn different teaching styles so that you can be more effective with the different types of students that are your responsibility.



1. Description: as a species, you will have people that share the same path; these are the people that conduct the same task but at different locations in the same moment.
2. Examples: sports team members, the students in a classroom, police officers, etc.
3. Floor: increased broad band; increase flow of work being accomplished.
4. Ceiling: sum of the whole is greater than sum of the parts plus redundancy .
5. Growth Cycle: redundancy creates stability, stability leads to a great economy.

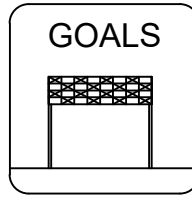


1. Description: to be a leader is to provide motivation, directive, and goals for your team at the lower tiers of responsibility of the organization; giving orders is not what makes a leader; seek further knowledge on this subject outside of this text.
2. Examples: parents to children, bosses to employees, teachers to students, ect.
3. Floor: the wrong leader can run a company or community to the ground.
4. Ceiling: the right leader can generate prosperity to all of its community.
5. Growth Cycle: read, stay informed at the macro and at the micro level; learn the different leadership styles and apply them when effective/needed.



CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS		
CONTENT	GOALS		

1. Description: Communication
2. link to topic: Root of relationships
3. Examples: Show and Tell
4. growth cycle: Collaboration
5. use: Coordination



- precision: the targets in your life.
momentum: the new targets that can appear.
- Floor: feel accomplished
Ceiling: feel fulfilled.

DAY TO
DAY
1D - 4W

1. Description: the things you want to accomplish from day to day.
2. Examples: sharing meals, proper sleep, good diverse balanced schedules, ect.
3. Floor: reduce the wasted time.
4. Ceiling: change your life for the better; create habits that improve and maintain your mental and physical health so that you can do the next steps for the larger sized goals.
5. Growth Cycle: this is where small changes generate the real growth cycle for must factors.

SHORT
TERM
1M - 5M

1. Description: the benchmarks that you set for yourself to meet the bigger goals. This is where you start to see the foot steps to your legacy.
2. Examples: medium sized equipment procurement such as a car, or some tools.
3. Floor: steps to the bigger goals.
4. Ceiling: learn to pivot the day to day goals using the data gathered from measuring these goals.
5. Growth Cycle: this is where the growth cycle start to show its first results.

MID TERM
6M - 2Y

1. Description: these are life changing goals.
2. Examples: moving far from where you live, changing careers, getting married, etc.
3. Floor: get to establish long lasting goals that are accomplished by multiple entities.
4. Ceiling: get to establish goals with multiple communities/entities with separate legacies.
5. Growth Cycle: this is where we measure the short term community goals.


LONG
TERM
3Y+

1. Description: these feel like nothing changed by the time you got to them because by the time its accomplished a mountain has been climbed.
2. Examples: becoming a certified professional, graduating from school, becoming a leader in your profession.
3. Floor: get a sense of fulfillment and truly see the changes in other factors.
4. Ceiling: establish trust with your community or participating entities.
5. Growth Cycle: these are the midterm goals for legacy and for communities. Achieving Goals impacts society.

LEGACY



1. Description: the idea that gives your life meaning. where you want to leave your mark on this world. The goal carries itself while you are at rest.
2. Examples: a war hero, a revolutionary, an industry leader, ect.
3. Floor: you help the next generation set up for the next part of this Goal.
4. Ceiling: you accomplish your goals and get to see them grow beyond your person.
5. Growth Cycle: the idea is what grows, you grow within it by the impact and inspiration you have in your goals.

HOW TO ADULT		PAGE	4.6.	
CHAPTER	4 - RELATIONSHIPS	VERSION	12-31-2020 - β	
DESCRIPTION	UNDERSTAND THE FUNDAMENTALS OF RELATIONSHIPS			
CONTENT	SUMMARY			

HUMANS ARE ANIMALS OF COMPANIONSHIP BY NATURE. IT TAKES A FEMALE AND A MALE TO PRODUCE AN OFFSPRING. THIS DOES NOT MEAN THAT IT IS NECESSARY FOR THE MENTORS TO BE JUST THOSE TWO, OR THAT SPECIFIC COMBINATION; TO MAKE A CHILD, IT TAKES TWO, BUT TO PROPERLY RAISE AN ADEQUATE ADULT IT TAKES A VILLAGE TO DO IT RIGHT. THERE IS AN ALMOST LIMITLESS NUMBER OF EXPERIENCES THAT ARE NECESSARY FOR YOUTH TO UNDERSTAND THE IMPORTANCE OF HARD EARNED KNOWLEDGE. REMEMBER THAT, FOR THIS CONCEPT, THE SELF IS NOT THE INDIVIDUAL, IT IS THE SPECIES.

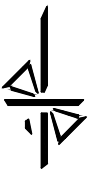
THIS CHAPTER NEEDS TO BE LIKE A SECOND LANGUAGE TO YOU. YOU MUST KNOW THIS CHAPTER FORWARDS, BACKWARDS, AND SIDEWAYS IN ORDER TO BE EFFICIENT IN YOUR PROGRESS FOR BUILDING YOUR TEAM. IF YOU CAN'T BUILD LONG LASTING RELATIONSHIPS, YOU WILL SEE HOW SMALL THE VAST WORLD CAN BE. THE FIRST FORMATIVE YEARS YOU WILL EXPERIENCE MANY DIFFERENT INDIVIDUALS THAT ARE AS LOST AS YOU ARE, YOU WILL SOMETIMES SPEND MORE TIME WITH THEM THAN YOU DO WITH THOSE WHO ARE IN CHARGE OF YOU. IT WILL BE SAD WHEN YOUR PATHS GO IN DIFFERENT DIRECTIONS LATER, BUT THIS WILL BECOME WHAT IS "NORMAL" WHEN YOU BECOME AN ADULT, YOU BUILD RELATIONSHIPS THAT SEEM TEMPORARY, BUT YOU ACTUALLY KEEP THEM FOR MANY YEARS, AS THEY JUST LACK PRESENCE.

GOOD COMMUNICATION DOES NOT NEED TO BE COMPLICATED, IT NEEDS TO BE SIMPLE AND EASY TO DIGEST. RESPONSIBILITY SHOULD BE MUTUAL, ONE-WAY RESPONSIBILITY IS NOT SUSTAINABLE AND WILL CREATE FRICTION IN THE FUTURE. TEAMWORK IS HOW WE AS HUMANS ARE ABLE TO PROGRESS AS A SPECIES, IF OUR ANCESTORS DID NOT WRITE DOWN COMPLEX IDEAS DOWN TO PASS THEM ON TO THE INCOMING GENERATIONS, THEY WOULD HAVE WASTED MANY YEARS MAKING THE SAME MISTAKES THAT WERE MADE IN THE PAST, KNOWLEDGE IS WHAT ALLOWS THE NEW GENERATIONS TO SURPASS THE OLD ONE, AND THIS IS THE PATH WE ALL SHARE.

CREATING LONG LASTING RELATIONSHIPS IS VERY SIMILAR TO A SPIDERS WEB. YOU START WITH JUST 3 OR MORE STRINGG THAT ARE THE FOUNDATION, THEN YOU SLOWLY START FROM THE INTERSECTION AND START CREATING CONNECTION POINTS THAT ATTACH TO EACH OTHER IN SOMEWAY OR ANOTHER; THERE ARE SOME POINTS THAT NEVER INTERSECT WITH ONE ANOTHER, BUT THAT DOES NOT MEAN THAT EACH ONE IS ANY LESS IMPORTANT. FOR A SPIDER, ITS WEB IS ITS FORM OF SUBSTANCE, AND FOR HUMANS OUR WEB OF CONTACTS ENDS UP BEING OUR SUBSTANCE WHEN WE CONTRIBUTE TO EACH OTHER.

IF YOU ARE WILLING TO CONTRIBUTE TO THE NEEDS OF SOCIETY, IT WILL TYPICALLY PROVIDE SUBSTANCE. IF YOU ARE NOT WILLING TO TAKE PERSONAL RISK AND BUILD YOUR OWN WEB, YOU WILL TYPICALLY BE LEFT WITH LITTLE RESOURCES; SIMILARLY IF YOU AS THE MASTER WEAVER DO NOT TAKE GOOD CARE OF THE WEB ITSELF, THEN THE SUBSTANCE WILL ESCAPE THRU THE GAPS.

WE ARE ALL RESPONSIBLE TO EACH OTHER, AND WE SHOULD STRIVE TO DO OUR BEST IN BOTH DIRECTIONS TO RESPECT THE ONES THAT ARE PART OF THE WEB AS MUCH AS RESPECT THOSE WHO HAVE ASSUMED THE RISK.



CHAPTER 5 - POWER

VERSION 12-31-2020 - β

DESCRIPTION THIS CHAPTER PUSHES YOU TO YOUR GOAL

CONTENT THE MANIFESTATIONS OF POWER IN THE HUMAN CONDITION

1. Description: make an event happen
2. link to topic: how to build momentum
3. Examples: factors can be combined
4. growth cycle: education on factor
5. use: to achieve goals

POWER

**SKILL TREE:**

THIS IS A REPRESENTATION OF WHAT YOU CAN BUILD ON TO INCREASE YOUR ABILITIES.

sections

factors

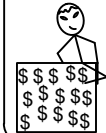
MONEY



STOCKS



SAVINGS



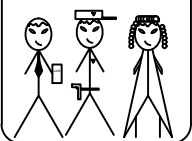
TOOLS



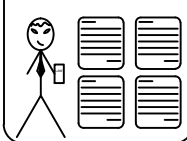
Knowledge

INFRA-
STRUCTURE

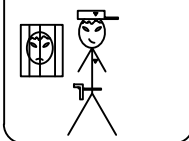
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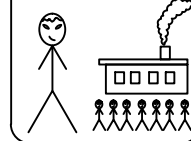
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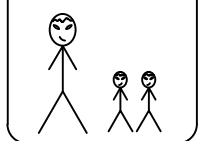
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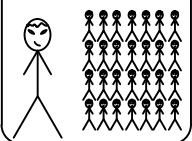
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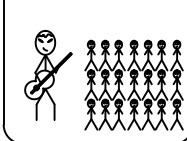
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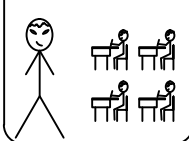
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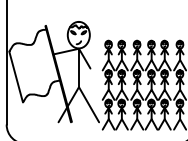
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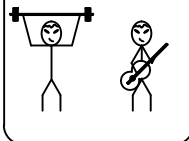
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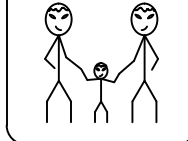
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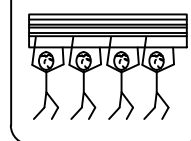
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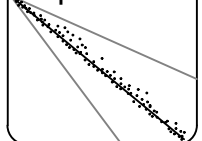
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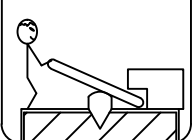
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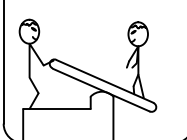
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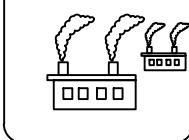
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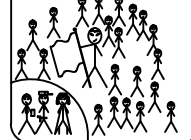
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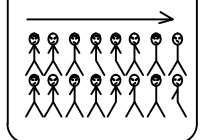
LEVERAGE



REVOLT



DECAY





CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	INTRODUCTION		

THIS CHAPTER IS USED TO GENERATE THE MOMENTUM YOU NEED TO ACHIEVE YOUR GOALS.

UNDERSTANDING WHAT EACH POWER IS WILL HELP YOU TRANSFORM ONE FOR ANOTHER. FOLLOWING THE LAWS OF NATURE, POWER/MASS IS NEITHER CREATED NOT DESTROYED, IT IS TRANSFORMED.

DURING THE TRANSFORMATION SOME OF THE MASS IS "LOST" AS HEAT OR SOUND. THIS INFORMS US THAT IN THE PROCESS OF THE TRANSFORMATION, THERE ARE MINIMAL TO MAJOR LOSSES.

NOTE THAT THESE ARE THE BASIC FORMS OF POWER. IN REAL LIFE YOU WILL RUN INTO COMBINATIONS OF THESE FACTORS. IT WILL BE UP TO YOU TO BREAK THEM DOWN IN ORDER TO UNDERSTAND THEM.

BE WEARY OF WOLFS IN SHEEP'S CLOTHING; FOR THESE ARE THE MOST DANGEROUS OF ALL CREATURES. KNOW THAT THE BIGGEST FAILURE IN ANY PLAN IS ASSUMING YOU KNOW MORE THAN YOUR COUNTERPART. AS SUCH NEVER ASSUME YOU KNOW MORE, AND ALWAYS RECOGNIZE YOUR COUNTERPART FOR WHAT IT'S TRUE NATURE IS. THIS WILL ALLOW YOU TO NAVIGATE THE SITUATIONS CORRECTLY.

LIFE IS A GIANT OCEAN OF SHARKS AND FISHES. SOME ARE MEANT TO BE EATEN, AND SOME ARE MEANT TO DO THE EATING; ULTIMATELY IT IS AN ECO SYSTEM IN WHICH NEITHER CAN BE THOUGHT OF AS EVIL, JUST AS TRYING TO SURVIVE IN AN INDIFFERENT ENVIRONMENT. KNOW THAT NONE IS OUT TO GET YOU, THE WORLD IS JUST INDIFFERENT AND IF YOU ARE DISTRACTED YOU CAN FALL INTO THE TRAP OF THOSE WHO TRY TO SURVIVE.

KNOW THAT IF SOMEONE WANTS TO BRING HARM ON TO YOU, THERE IS NOTHING YOU CAN DO TO STOP IT YOURSELF, YOU WILL NEED A SUPPORT NETWORK IN ORDER TO MITIGATE AND PREVENT THESE ATTEMPTS AT YOUR PERSON.

IT IS ALSO TRUE THAT NO MATTER HOW STRONG YOU ARE, THERE ARE FIGHTS THAT CANNOT BE WON BY PURE STRENGTH, THERE ARE SOME FIGHTS THAT CAN ONLY BE WON WITH NUMBERS. IF YOU ARE THE LEADER MAKE SURE THAT YOU BOTH STAY STRONG AND KEEP THOSE IN YOUR CHARGE AS STRONG AS YOU CAN KEEP THEM; YOU WILL SAVE THEM FORM THE LARGE PREDATORS, WHILE THE WILL SAVE YOU FROM THOSE WHO ATTEMPT TO HARM YOU AT YOUR MOST VULNERABLE STATE.

AS YOU ATTEMPT TO GROW YOUR PERSONAL POWER, YOU WILL UNDERSTAND THESE TRUTHS, YOU MUST NOW NAVIGATE LIFE WITH THESE KEY IDEAS AND DO YOUR BEST TO UNITE YOUR COMMUNITY. BE THE LEADER YOU WANT TO SEE.



CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	HOW TO USE MONEY		

1. Description: Means of Exchange
2. link to topic: Acquisitive Power
3. Examples: Dollars
4. growth cycle: Investments
5. use: Goods & Services

MONEY

\$

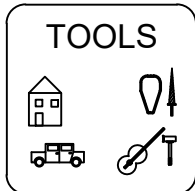
- Precision: necessities & entertainment
Momentum: investments
Floor: Cover your necessities
Ceiling: Buy other peoples time



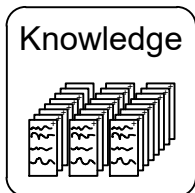
1. Description: these are small parts of a whole company or entity that can gain value over time and provide small or large amounts of money on a periodic basis.
2. Examples: stock markets will sell you a part of a company you are interested.
3. Floor: investments provide losses.
4. Ceiling: receive money for doing nothing beyond that first investment.
5. Growth Cycle: invest more.



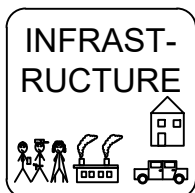
1. Description: these is money that you earned that you did not spend.
2. Examples: typically 50% or more when you start making money is a good start, it goes down to 10% or less as your responsibilities increase.
3. Floor: you have the ability to cover small problem(s).
4. Ceiling: you have the ability to make investments or cover a large problem.
5. Growth Cycle: save more, spend less, and/or invest.



1. Description: this is money transformed into equipment like a computer or a car to increase efficiency or create the opportunity for tasks to be accomplished.
2. Examples: a business suit for an office environment or hand tools for a construction environment.
3. Floor: you can participate in an environment.
4. Ceiling: your tools do your work for you, say a program on a computer, a large machine, or Artificial Intelligence.
5. Growth Cycle: better tools generate more efficiency.



1. Description: information that can assist your decision making process.
2. Examples: people pay for advertising (understanding humans), engineering (understanding science), and schooling (understanding basic concepts).
3. Floor: you can make an informed decisions.
4. Ceiling: you can predict behaviors and protect from disinformation.
5. Growth Cycle: better mental filters.



1. Description: typically a collective of tools or static objects that serve a social purpose.
2. Examples: roads, hospitals, parks, government buildings, factories, servers, fleet of cars, electrical plants, desalination plants, ect... things that help maintain a society's comforts and necessities. These require massive quantities of money to maintain.
3. Floor: a society.
4. Ceiling: very efficient society.
5. Growth Cycle: thru community collective resources common welfare can be improved.



CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	WHAT IS AUTHORITY AND HOW TO GROW IN IT		

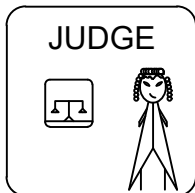
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|--|--|--|
| <ol style="list-style-type: none"> 1. <u>Description:</u> Power given by others 2. <u>link to topic:</u> Governmental power 3. <u>Examples:</u> Politicians, Police, & Judge 4. <u>growth cycle:</u> Campaigning 5. <u>use:</u> govern the masses | | <p><u>precision:</u> Guide others to follow norms.</p> <p><u>momentum:</u> Guide society.</p> <p><u>Floor:</u> Presence to others</p> <p><u>Ceiling:</u> Govern a region or entity</p> |
|--|--|--|



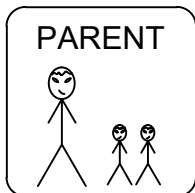
1. Description: these are created by politicians. depending on your perspective the floor and ceiling can be inverted.
2. Examples: don't steal, don't murder, freedom of speech, taxes, rights, ect.
3. Floor: keep people safe or keep people down / prevent them from coming up.
4. Ceiling: help people who need help or help the rich stay rich.
5. Growth Cycle: if you do a good job people will give you higher levels of responsibility/authority. note that in a toxic environment, laws get written to suppress or profile the group(s) that is/are not in power.



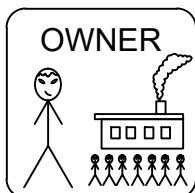
1. Description: police officers enforce the laws on the ground.
2. Examples: traffic stops, check points, patrols, raids, temporary detention, ect.
3. Floor: up hold the law, or bend the law.
4. Ceiling: keep the innocent safe, or suppressed.
5. Growth Cycle: if you do a good job people will give you higher levels of responsibility/authority. Note that in a toxic environment the people give you higher levels of this type of authority are typically corrupt and want the masses suppressed or profiling.



1. Description: Courts for parts of government have these judges who impose the law.
2. Examples: search warrants, gag orders, subpoenas, final ruling on law suits, etc.
3. Floor: impose your judgement on parts of society.
4. Ceiling: make example/president that shape the future of society.
5. Growth Cycle: if you do a good job people will give you higher levels of responsibility/authority. Note that in a toxic environment the people that give you a higher levels are typically corrupt and want the masses suppressed, as such you will need to be hypocritical to succeed. Capitalist prosecute communist and vice versa.



1. Description: having children makes you responsible for them. this responsibility gives you authority to tell them what to do. Be careful, as your leadership in proportion to the their aptitude will yield the adult society gets later.
2. Examples: having children.
3. Floor: the offspring survives. outcomes beyond that will vary.
4. Ceiling: the offspring will be great contributor to society.
5. Growth Cycle: be an active teacher to children. it takes 2 to make a child, it takes a village to raise them.



1. Description: the person responsible for an entity.
2. Examples: Henry Ford, Thomas Edison, John D Rockefeller, Walt Disney, ect.
3. Floor: have others give you their time for money to help you make more money or reduce your burdens.
4. Ceiling: impact society with important products.
5. Growth Cycle: if your industry grows, you will have more people helping you bring in more people for you to be in charge of.

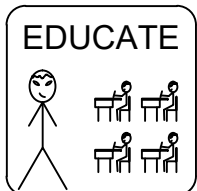


CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	WHAT IS INFLUENCE AND HOW TO GROW IN IT.		

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|---|--|--|
| <ol style="list-style-type: none"> 1. <u>Description:</u> Power to guide others 2. <u>link to topic:</u> Power given 3. <u>Examples:</u> Religion 4. <u>growth cycle:</u> Society approves of you 5. <u>use:</u> limitless | | <p><u>precision:</u> other line their goals to yours.</p> <p><u>momentum:</u> literally change the world</p> <p><u>Floor:</u> ask and get a small donation</p> <p><u>Ceiling:</u> dictate what year it is (AD)</p> |
|---|--|--|



1. Description: the ability to capture someone's wonder.
2. Examples: singing, story telling, playing an instrument, comedy, .
3. Floor: move those close to you.
4. Ceiling: move an entire society.
5. Growth Cycle: it depends on the form of your choice, typically spend more time practicing it and get better at it; specialization helps with penetration and diversification helps increase the base that you can affect.



1. Description: The ability to build someone's capacity.
2. Examples: classes, meetings, supervision, mentor, setting the example, ect.
3. Floor: help individuals grow beyond their limits.
4. Ceiling: help communities to grow beyond their limits.
5. Growth Cycle: learn about the community you will be trying to teach before you get to it, relating and helping them understand why this knowledge will empower them will greatly improve the receptivity of what you are doing.



1. Description: the ability to provide someone with purpose motivation, and direction.
2. Examples: supervisors, religion, elected officials, anyone with heart, ect.
3. Floor: set goals for your community.
4. Ceiling: depends on the idea you are leading, the industrial world adopted catholic church's calendar you can change the world.
5. Growth Cycle: learn about leadership, put yourself in positions of leadership early so that you can make mistakes when they wont be to impact on society... once you are at higher levels, a mistake can cost one or more lives.



1. Description: the ability to distribute to someone your hard earned experience.
2. Examples: mentorship, seniority, consult, good Samaritan, ect.
3. Floor: help someone to take the next step in their life.
4. Ceiling: create a community that trust you to get them to the next step.
5. Growth Cycle: it happens naturally if you choose to pay attention to the life of others. as you start a path you will request it from others, and once you are far into that path, you guide/show it to others, who are typically less experienced. selfishness 100% of the time would be in conflict with this.



1. Description: the ability to motivate beyond rational limits; people can accomplished things they could never believe they could do with the proper motivation.
2. Examples: fairy tales have monsters to show us they can be defeated.
3. Floor: affect yourself with this factor.
4. Ceiling: push your team to push themselves beyond what they believe they are capable of.
5. Growth Cycle: know your audience and earn their respect.

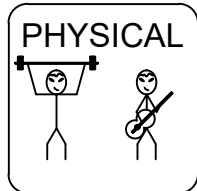


CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	GRAPHICAL REPRESENTATION OF FLOOR AND CEILING		

1. <u>Description:</u>	what you can do		<u>precision:</u>	choose your strength.
2. <u>link to topic:</u>	Your brain and vessel		<u>momentum:</u>	build on your strength.
3. <u>Examples:</u>	your mind and body			
4. <u>growth cycle:</u>	School & Gym		<u>Floor:</u>	one person cant do much
5. <u>use:</u>	Everything		<u>Ceiling:</u>	right place/time/preparation can change everything.



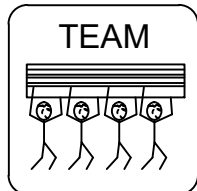
1. Description: this is what your brain can do.
2. Examples: math, language, art, ideas, ect.
3. Floor: function semi autonomously at worst case.
4. Ceiling: anticipate events from deductions.
5. Growth Cycle: learn and retain more.



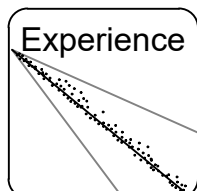
1. Description: this is what your body can do.
2. Examples: mayor motor skills (weight lifting), fine motor skills (play a guitar), and a combination of them (play a guitar concert).
3. Floor: function semi autonomously at worst case.
4. Ceiling: scale mountains, play instruments, reading brail, sculpting, compete in the Olympics, ect.
5. Growth Cycle: push yourself beyond your current limits, keep your body well fed, rest and repeat. careful not to break yourself in the process.



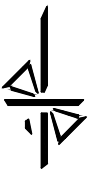
1. Description: this is how we all survive past our deaths.
2. Examples: it may not be your child that carries your legacy, but someone's child will.
3. Floor: reduced effectivity due to lack of training.
4. Ceiling: improved effectivity due to diverse training and new design.
5. Growth Cycle: it depends.. less children increase the resources given to the one, but this one will not develop good social skills. more children will increase diversification but will reduce the resources allocated to each. Each path requires significant analysis to understand the differences.



1. Description: this is the cooperation between individuals.
2. Examples: moving large objects, building companies, changing laws, ect.
3. Floor: accomplish things that cant be done by one person alone.
4. Ceiling: the result of the whole is greater than the sum of its parts.
5. Growth Cycle: increase comradery with your peers; provide your resources towards a common cause.



1. Description: this is what we call the information that you gained in the past.
2. Examples: being able to remember to make better decisions in the future.
3. Floor: at some point you learn form your mistakes or successes.
4. Ceiling: you learn to gain and correlate from other peoples mistakes or successes.
5. Growth Cycle: this is another part of what is the growth cycle of al the other factors.

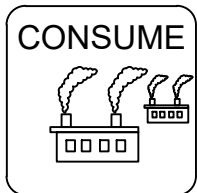


CHAPTER	5 - POWER	VERSION	12-31-2020 - β
DESCRIPTION	THIS CHAPTER PUSHES YOU TO YOUR GOAL		
CONTENT	GRAPHICAL REPRESENTATION OF FLOOR AND CEILING		

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| <ol style="list-style-type: none"> 1. <u>Description:</u> Consume resources 2. <u>link to topic:</u> Power taken 3. <u>Examples:</u> Blackmail 4. <u>growth cycle:</u> there is none. 5. <u>use:</u> large impact for little effort | | <p><u>precision:</u> large impact and consequences.</p> <p><u>momentum:</u> this build negative momentum.</p> <p><u>Floor:</u> skip work and make it happen</p> <p><u>Ceiling:</u> skip work and make it happen</p> |
|--|--|---|



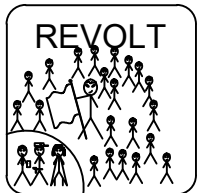
1. Description: use information that is compromising or resource denial to get your goals accomplished.
2. Examples: learn of someone's wrong doing and making them do things for you or you will divulge what you know.
3. Floor: get something of value for little up front effort.
4. Ceiling: get something of great value for little up front effort.
5. Growth Cycle: there is none. hatred from those you blackmail is what grows.



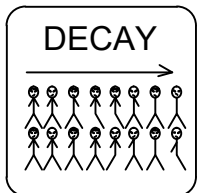
1. Description: take in resources to generate something else, or make something happen; these also generate waste in material or energy; directly or indirectly.
2. Examples: a combustion engine takes dinosaur juice and creates CO2 emissions.
3. Floor: create something of value with maximum waste of resources.
4. Ceiling: create many things of value with minimal waste of resources.
5. Growth Cycle: impact to the environment creates larger extremes on local climate due to the new extremes balancing themselves. profits grow... and then those get used to make industry grow infrastructure, which nature then destroys.



1. Description: use others resources for your own gain.
2. Examples: the difference between this and providing opportunity is relative to the necessities, environment, and the willingness of the leveraged party.
3. Floor: create low impact/quantity wealth by using others skills and time.
4. Ceiling: create high impact/quantity wealth by using others skills and time.
5. Growth Cycle: the hatred from those you leveraged is what you gain; be careful when navigating providing opportunities that you do not abuse of those in your charge.



1. Description: use a common idea to overthrow the existing one.
2. Examples: United States 1765, Venezuela 1797, China 1946, Cuba 1959, industrial revolution, Etc... seems like everyone at some point...
3. Floor: shape the future of the ones who revolt.
4. Ceiling: shape the future of the ones who revolt and change the course of history.
5. Growth Cycle: Hopefully after the even ends things get better, but they rarely do when it comes form violence. What does grow is the power of the ones that lead the revolt, unless they are selfless... see human History.



1. Description: over time, objects or entities lose parts or mass until they serve different functions or are not functional.
2. Examples: half life of atoms, as you get older, your organs get weaker, old cars break down and need repairs, etc.
3. Floor: dismantle entities on step at at time.
4. Ceiling: dismantle entities with minimum number of steps.
5. Growth Cycle: what does grow is the rate in which things die. see Bacterial Growth; this is natural or imposed by poor maintenance.



THESE TOOLS ARE WHAT YOU WILL USE TO ACTUALLY CREATE PROGRESS IN YOUR GOAL. AS DESCRIBED, THESE ARE THE TOOLS IN THEIR SIMPLEST FORM, THESE CAN AND SHOULD BE MIXED TO CREATE MORE COMPLEX SYSTEMS THAT GENERATE RESULTS WITHOUT YOUR CONSTANT INPUT. FOR EXAMPLE, WRITING THIS BOOK ALLOWS THE AUTHOR TO CREATE A COLLECTIVE IDEA THAT CAN BE USED AS A REFERENCE TO HAVE MAXIMUM IMPACT ON SOCIETY WITH THE LIMITED AMOUNT OF TIME AND REACH AS ANYONE ELSE.

REMEMBER THAT TO ACHIEVE YOUR GOALS YOU MUST BE ABLE TO SURVIVE ALONG THE WAY, SO AS YOU DEVELOP THE SKILLS NECESSARY FOR LONG TERM GOALS, YOU MUST ALSO DEVELOP THE SKILLS OF SURVIVAL AND SUBSTANCE.

A TYPICAL SUSTAINABLE SYSTEM IS TO FIRST BUILD UP YOUR PERSONAL POWER, THEN WITH TIME AND EFFORT YOU CAN PROVIDE SUBSTANCE FOR YOURSELF WITH SOME LEFTOVER, THIS CAN BE USED TO BUILD A FAMILY OR BUILD AN ECONOMIC ASSET. THIS IS THE TYPICAL PATH THAT IS FOLLOWED BY THOSE WHO START WITH NOTHING OR A LITTLE BIT. THESE ARE THE PATHS THAT BUILD TRUE POWER BEYOND WEALTH.

SOME ARE BORN INTO DIFFERENT OPPORTUNITIES WHERE THE ASSETS OF THE PARENT ARE TRANSFERRED AND ALL THAT IS REQUIRED IS MINIMAL OVERSIGHT. IT IS WHEN THE OVERSIGHT IS OF A PARTICULAR SKILL SET THAT THOSE WHO ARE COMPLACENT LOSE THIS GENERATIONAL WEALTH TO THE INDIFFERENT ENVIRONMENT THAT SURROUNDS US ALL. THE PATHS OF COMPLACENCY IS THAT PATH THAT DECAYS POWER OVERTIME.

IT IS CRITICAL THAT YOU UNDERSTAND THE CYCLICAL NATURE OF SUSTAINABLE POWER, AND THAT POWER ITSELF DOES NOT ALLOW VACUUMS TO EXIST. IN ORDER TO MAINTAIN SUSTAINABLE POWER YOU MUST UNDERSTAND THAT STABILITY IS THE KEY TO THE SUCCESS OF ANY ECONOMIC MODEL; POLITICAL UNCERTAINTY OR POLITICAL UNREST DUE TO WHATEVER REASON CAN CREATE VACUUMS AND UNPREDICTABILITY, IN OTHER WORDS CHAOS.

IN THIS CHAPTER WE TOUCHED ON THE CONCEPT OF TOXIC ENVIRONMENTS; THIS TAKES MANY DIFFERENT SHAPES AND FORMS, BUT THESE ARE BASICALLY THE COMMUNITIES IN WHICH THE RULES ARE APPLICABLE TO AN OPPRESSED CLASS OF PEOPLE ONLY. IN THE UNITED STATES, IF YOU ARE POOR, YOU CAN BE INTIMIDATED WITH THE LEGAL SYSTEM IF YOU STEP OUT OF LINE, BUT THE RICH PEOPLE CAN DO ALMOST WHATEVER THEY WANT BECAUSE THEY CAN JUST PAY LAWYERS; IN VENEZUELA IN THE SOCIALIST REVOLUTION OF CHAVEZ, THE OPPOSITION PARTIES WERE SUBJUGATED AND LEGISLATED OUT OF RELEVANCE WHILE THE PUBLIC WAS OPPRESSED BY LOCAL MILITIA. IN CHINA IF YOU ARE FOR DEMOCRACY, THEN YOU ARE OPPRESSED BY THE GOVERNMENT. GIVEN WHAT THE USA DID TO RUSSIA AFTER WORLD WAR II, THEY HAVE GOOD REASONS TO DISTRUST DEMOCRACY.

THERE ARE NO GOOD GUYS, THERE ARE NO BAD GUYS, THERE IS JUST A WHOLE BUNCH OF HUMANS TRYING TO DO THE BEST THEY CAN WITH WHAT THEY GOT. HUMANS GONNA HUMAN. YOU NEED TO LEARN ABOUT HISTORY TO SEE THAT IT HAS ALWAYS BEEN THE VICTOR WHO WRITES IT, SO TEMPER YOUR JUDGEMENT.

TO EXPAND ON THIS CHAPTER, THE AUTHOR RECOMMENDS THE ART OF WAR BY SUN TZU.



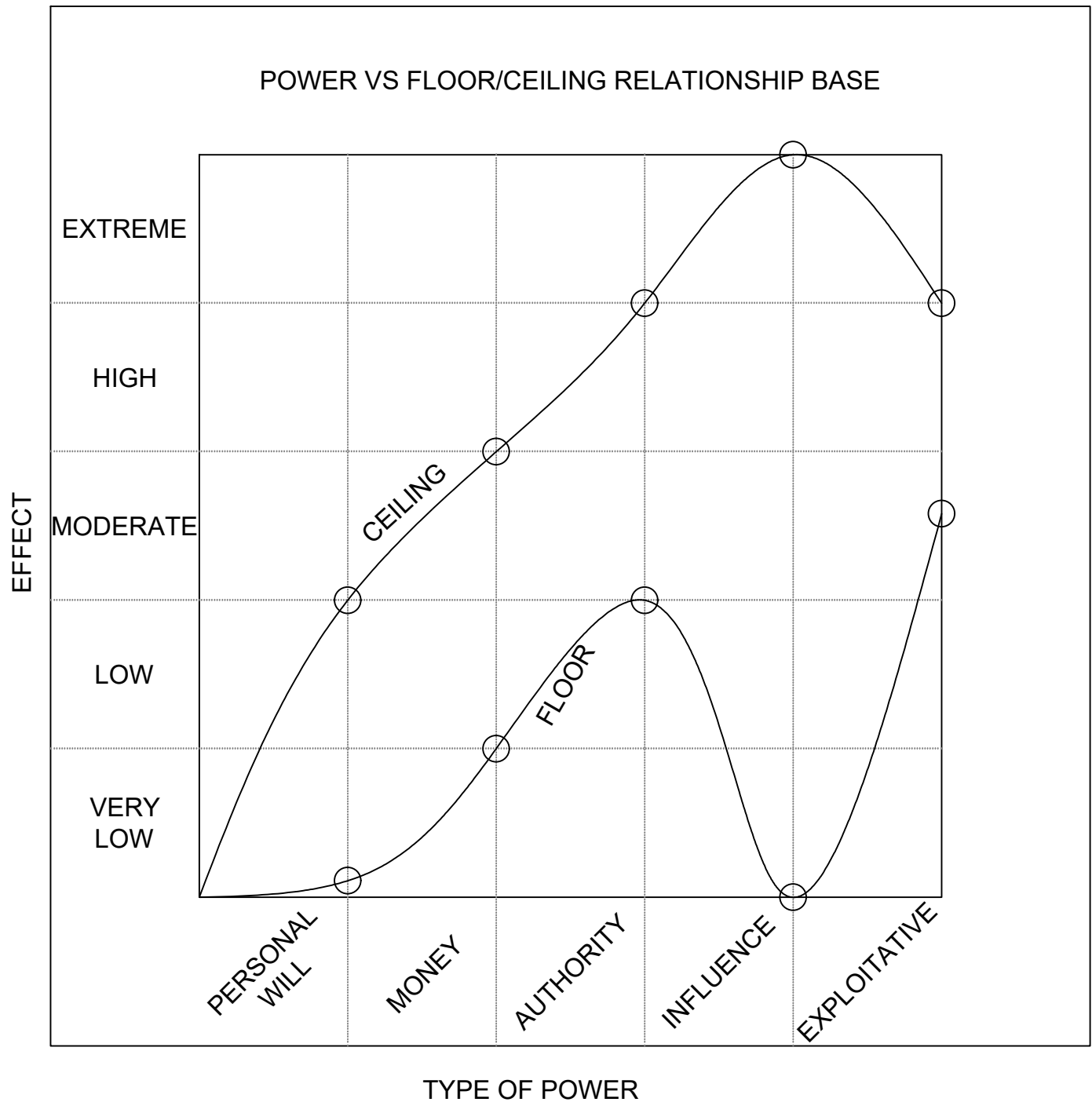
CHAPTER 5 - POWER


VERSION 12-31-2020 - β

DESCRIPTION THIS CHAPTER PUSHES YOU TO YOUR GOAL

CONTENT GRAPHICAL REPRESENTATION OF FLOOR AND CEILING

- the following graph is a visual representation of effort proportional to a power with the expected effect.
- the space between the points shows the range of expected results on the extremes of what the power can accomplish. as such for each unit of effort applied to the power you can expect a certain degree of result. these trend can be used as the base for any decisions making analysis.
- These trends do not account for capacity, knowledge, and environment; once these are taken into account the trend lines should be similar but with different scaling.



HOW TO ADULT		PAGE	0.0.	
CHAPTER	BLANK PAGE	VERSION	12-31-2020 - β	
DESCRIPTION	BLANK PAGE			
CONTENT	BLANK PAGE			

1. Description: help you be your best self
2. link to topic: visualize how to use this
3. Examples: below can be combined
4. growth cycle: find your way
5. use: as you wish

PEACE

POWER

DIRECTION

DUALITY

RELATION

SCIENCE

ENGINEERING

SPECTRUM

FEEDBACK

TANGIBLE CARE

EMOTIONAL CARE

TEAMWORK

GOALS

MONEY

AUTHORITY

INFLUENCE

PERSONAL

EXPLOIT

VESSEL

HEART

MIND

SOUL

VISION

JOURNEY

PURPOSE

GEOMETRY

STATISTIC

METHOD

PHYSICAL

BIOLOGIC

MOLECULE

ASTRAL

Engineering

Structure

Technology

Mechanical

Biological

Social

COACH & DISCIPLINE

NEAR & FAR SIGHT

NATURE

INTUITION

COMMON PATH

Community

TIME

UNITY

EXCHANGE

FEELINGS

EMOTIONS

PRESENCE

ROLE

SHARED PATH

LEADER

PEER

TRAINER

RIVAL

CLASS / NICHE

LONG TERM 3Y+

MID TERM 6M - 2Y

SHORT TERM 1M - 5M

DAY TO DAY 1D - 4W

STOCKS

SAVINGS

TOOLS

KNOWLEDGE

INFRASTRUCTURE

JUDGE

LEGISLATE

ENFORCE

OWNER

INSPIRE

LEAD

ENTERTAIN

HELP

PHYSICAL

MENTAL

CONSUME

BLACKMAIL

REBOLT

LEVERAGE

DECAY

EXPERIENCE

TEAM

EXPLOIT

SMELL

TOUCH

HEARING

TASTE

SIGHT

SCALE

LAYERED

PROCESS

INPUT / OUTPUT A-B

NODES & LINKS

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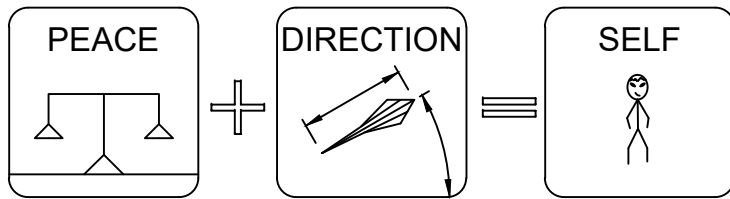
TEAM

EXPLOIT

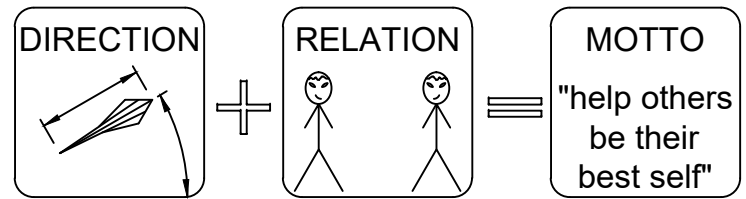
SMELL

AUTHOR: Carlos Melchor, P.E.

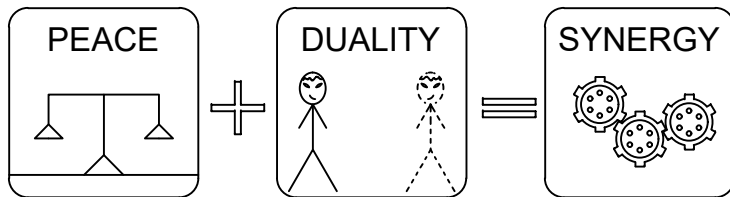
HOW TO ADULT		PAGE	6.0.1	
CHAPTER	6 - PRACTICAL USE	VERSION	12-31-2020 - β	
DESCRIPTION	PROVIDES SOME TOOLS THAT HELP USE THE KNOWLEDGE GAINED			
CONTENT	LAST WORDS			
<p>WHILE THE STORY OF THE AUTHORS LIFE COULD BE MADE INTO A FAIRLY ENTERTAINING BOOK, IT IS BEST TO KEEP A BIT OF PRIVACY, DESPITE THE FACT THAT THIS BOOK IS BASICALLY THE INTERNAL WORKINGS OF THE AUTHOR'S NEURAL NETWORK.</p> <p>THE AUTHOR OF THIS BOOK STARTED ON A LEADERSHIP PATH WHEN HE BECAME OF REASON, APPROXIMATELY 14 YEARS OF AGE, THEN MOVED TO AN "ARCHITECTURAL ENGINEER" PATH ONCE HE COULD TRANSLATE HIS FIRST SKILLS INTO SOMETHING THAT IS TANGIBLE, THIS LEAD TO "STRUCTURAL ENGINEERING". IN THE COURSE OF STUDIES FOR THIS HIGHER TIER CLASS, SALES IN RETAIL WAS USED FOR SUBSTANCE, THEN DRAFTING SERVICES COMBINED WITH CONSTRUCTION KNOWLEDGE THAT WAS PROCURED DURING AN UP BRINGING WITH A FATHER FIGURE THAT WORKED CONSTRUCTION. ALL OF THESE SKILL LEAD TO THE ULTIMATE GENERATION OF AN INDIVIDUAL THAT IS VERTICALLY INTEGRATED INTO THE ABILITY TO START TO RUN A STRUCTURAL ENGINEERING FIRM, APPROXIMATELY 32 YEARS OF AGE. WHILE THERE IS A MUCH LONGER STORY TO TELL ABOUT THIS JOURNEY, THIS BRIEF SUMMARY HELPS KEEPS THE IDEA TO THE POINT. A NEW STORY STARTED AT THAT POINT.</p> <p>THE DESCRIPTION OF THIS ROAD IS INCLUDED SO THAT THE YOU CAN UNDERSTAND WHAT A PATH THAT IS SUSTAINABLE LOOKS LIKE IN A REGULAR (NONE-TOXIC) ENVIRONMENT, UNITED STATES FLORIDA 1990's THRU 2010's. THE ABILITY TO DEVELOP THE BOOK WAS AN ULTIMATE GOAL OF TEACHING AT THE RETIREMENT AGE, HOWEVER IF YOU ARE WAITING UNTIL YOUR LAST YEARS OF YOUR JOURNEY TO ACHIVE YOUR LEGACY, IT WILL COME TO LATE. AS SUCH WHILE A SUSTAINABLE LIFE STILE WAS DEVELOPED, AN ADDITIONAL PATH WAS BEING WALKED AT A SLOWER SPEED. THIS IS BECAUSE ULTIMATELY YOU CANNOT TRULY HELP OTHERS IF YOU CANNOT HELP YOURSELF.</p> <p>THE AUTHOR ULTIMATELY ASK FOR YOUR TRUST IN THE WORDS WRITTEN HERE, THESE WORDS ARE HARD EARNED; NOT ONLY BY THE AUTHOR, BUT BY HIS MANY MENTORS.</p> <p>THIS CHAPTER IS NOT THE MAIN PART OF THE BOOK, BUT IT IS A HELPING GUIDE ON HOW YOU CAN PUT THE CHAPTERS TOGETHER TO CREATE LARGER OVERARCHING CONCEPTS, BUT ITS ONLY WHEN ALL THE CHAPTERS ARE IN HARMONY AS ONE THAT EACH OF THOSE NEW CONCEPTS CAN EXIST AS ONE IN HARMONY.</p> <p>THE COMBINATIONS IN THESE CHAPTER HELP SHOW THE SYNERGY THAT EXIST WHEN COMBINING THE LEARNING OF EACH CHAPTER TOGETHER. THESE ARE NOT EXCLUSIVE AND DIFFERENT INTERPRETATIONS CAN BE FOUND, THE ONES SHOWN ARE THE ONES THAT CAME TO THE MIND OF THE AUTHOR WHEN DEVELOPING THIS CHAPTER.</p> <p>FURTHER WORK CAN BE DONE TO SHOW THE SYNERGY BETWEEN THE FACTORS AS WELL, BUT THIS TASK WOULD REQUIRE RESOURCES THAT ARE OUTSIDE OF THE SCOPE OF THE FIRST PUBLICATION. ALSO, THIS IS WHERE YOU CAN GET CREATIVE AND SEE WHAT YOU FIND, YOU NEVER KNOW WHAT HAPPENS WHEN GOOD SYNERGY COMES TOGETHER.</p>				



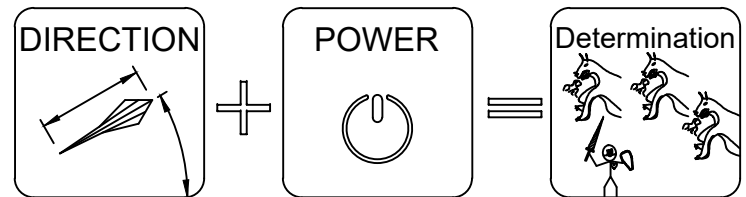
This is the first half of the Book, this is all about understanding yourself.



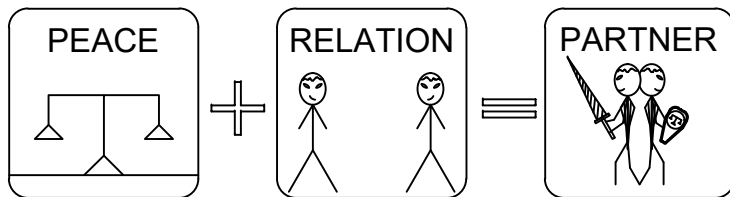
The spiritual goal that a group follows.



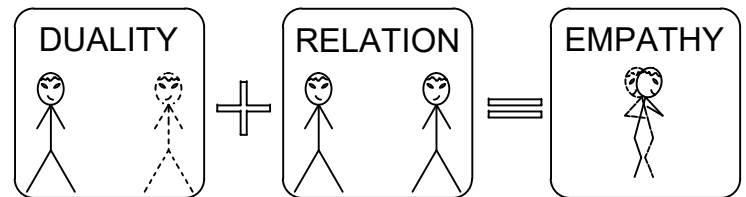
the self is aware and is connected with understanding how its multiple roles coexist with each other.



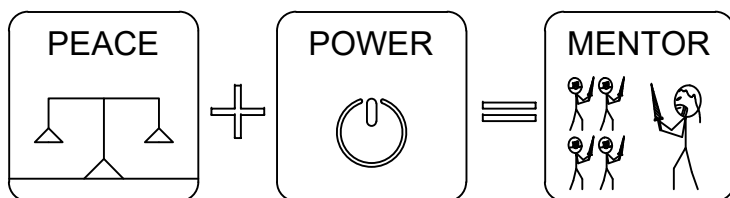
This is the personal direction combined with chapter that provides velocity for the direction; said velocity being how the community actually moves.



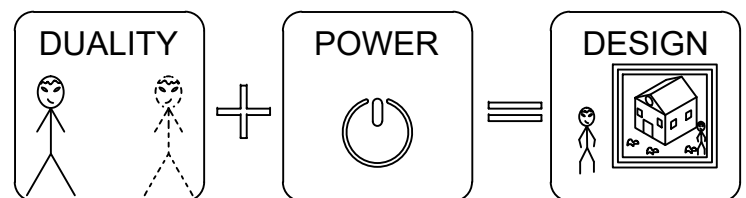
This is your immediate circle team. these make up part of your peace. these are the component that make up precision in the self and in the community.



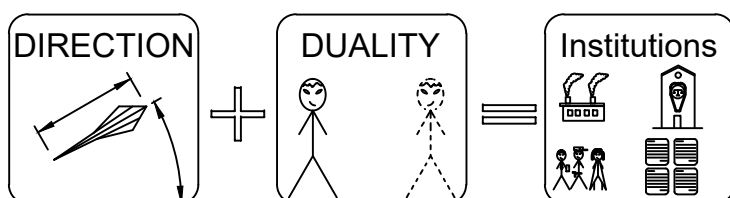
in order to feel the things other are feeling, you must be able to remove yourself from the equation.



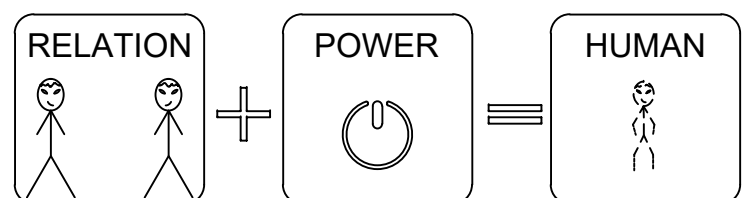
have these 2 is the state of being fully self sufficient, but not necessarily knowing where to go.



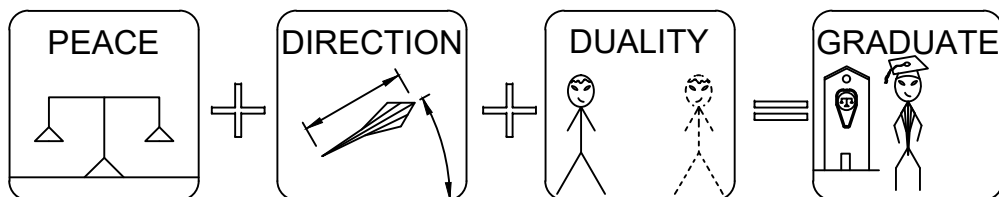
Creativity is not just your physical ability, but the understanding of how your abstract thoughts and feelings are part of the real world.



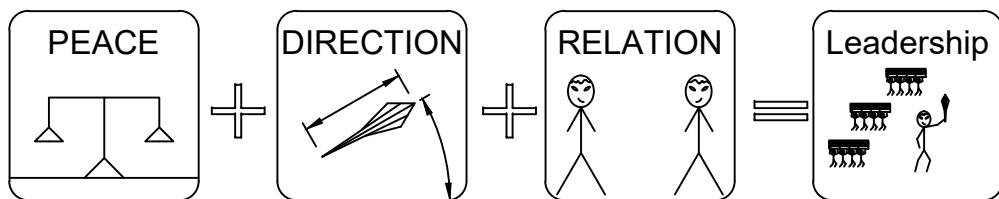
direction set forth with understanding despite the human resource, these are the background noise of life. frictionless and adaptive.



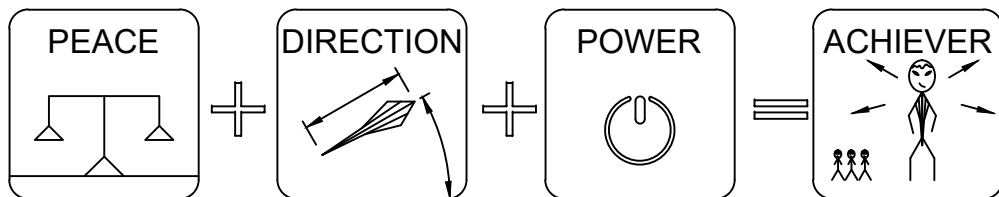
This is the second half of the book, this is all about understanding the environment; the human condition.



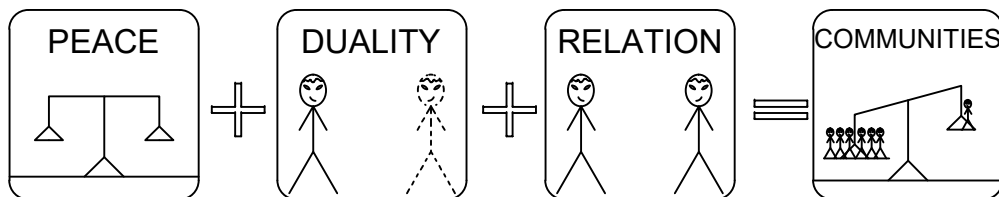
Being centered, knowing what you want, and having understanding of duality is what we considered someone with a high level of education on something they enjoy but a lack of ability to do much with it. there are many different roles that need high levels of understanding, the key is finding a way in which your communities are going to benefit from this higher level of education.



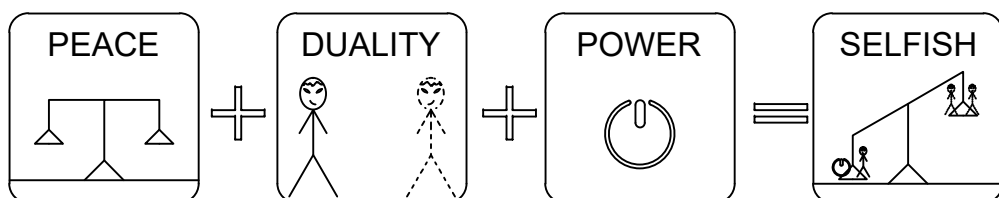
Being centered, knowing what your goals are and being able to have maintain relationships are the bear minimum you need to be a leader. the leader does not need to be the strongest person in the team, just the person that can provide direction, motivation, and proper directive. of all the communities we are each a part of, you will typically be the leader for only one or two of them.... learn to follow in the ones you are not.



knowing yourself, where you are going, and having the ability to do something about is what we call an over achiever. These individuals seem like they can take on any challenge that steps in front of them, and must of the time, the are successful, but be warned, there are challenges that cannot be overcome with strength and ability alone, a well rounded team is needed to achieve any goal.



knowing yourself, others, and how we relate is what begins to establish the term concept of community. We all belong to various communities, and while the good of the collective outweighs the good of the individual, this helps elevate the individual. the dynamics of responsibilities fade as the community assist and infrastructure increases allowing the individual to have vision.



knowing yourself, understanding duality, and being able to make things happen. this is a condition that is very typical of those who are hyper focused on themselves without a sense of community or finality. while it is important to be selfish to ensure that your needs and wants are meet, this is not sustainable.

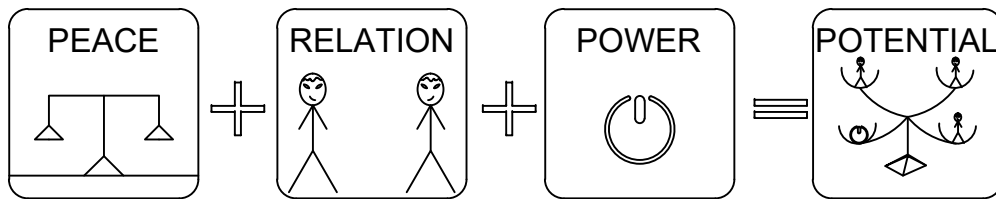


CHAPTER 6 - PRACTICAL USE

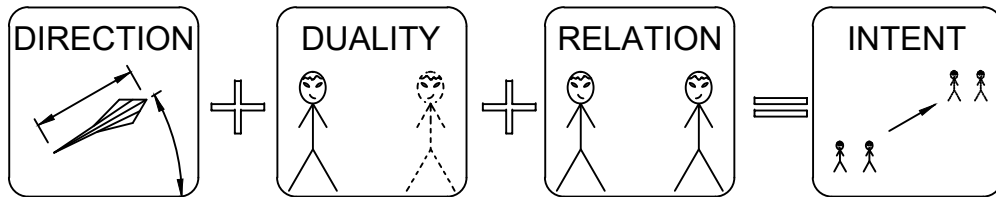
VERSION 12-31-2020 - β

DESCRIPTION ALL THE CHAPTERS, SECTIONS AND FACTOR

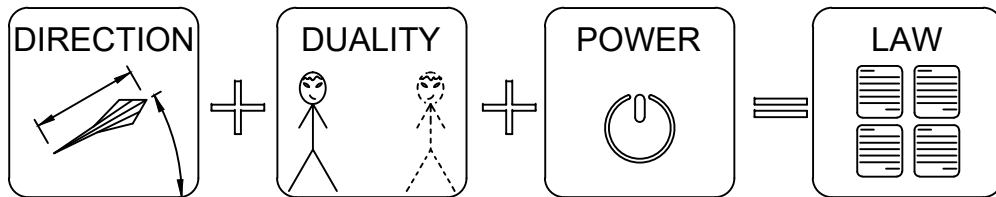
CONTENT COMPLEX COMBINATIONS



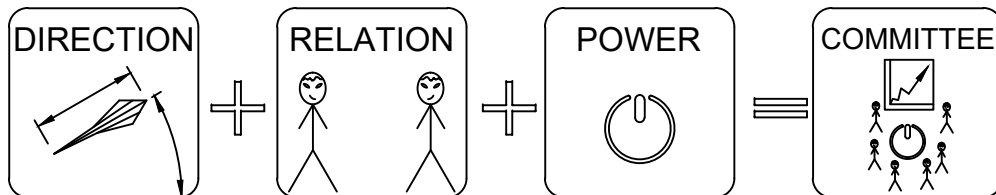
being centered, being sociable and having resources at your disposal is the peak of potential energy within the human condition. the absence of duality and direction are critical as potential is just in a position to get things done but with out direction and understanding this is doomed to just remain in place. potential energy can be turned into great consequence, it just missing a good understanding of direction.



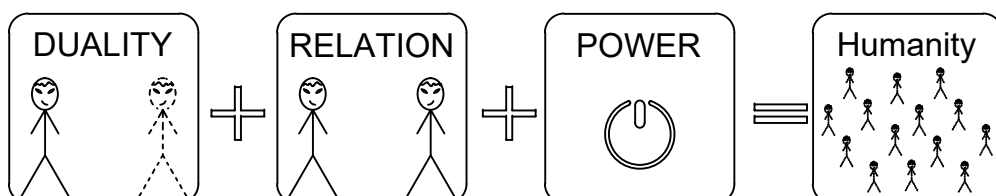
having goals, understanding, and social abilities is the web that forms a good plan on paper. knowing the right people that can understandably achieve a goal is only a portion of an actually executed plan. without the individual to wield the power needed to move method/project forward, an intent remains an aspiration.



having goals, understanding, and the power are what laws ultimately are; they lack will unless they are enforced by the individuals that make up our societies. these are basically the rules of the land, with time individuals learn to circumvent them and use them as an advantage. these can both be very usefully or detrimental to the prosperity of the society that is governed by them.



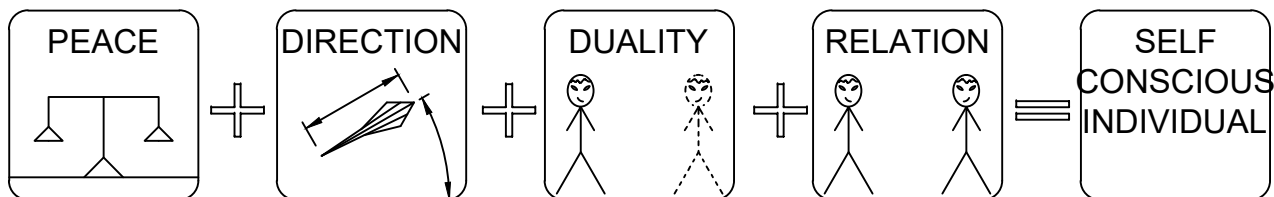
having a goal, a group of people, and the ability to do something to that effect is a specialized group. these can often help steer multiple communities towards a common goal, but the lack of individuality that must be present in order for these to be successfully generates an internal struggle that can create unintended consequences at a personal level.



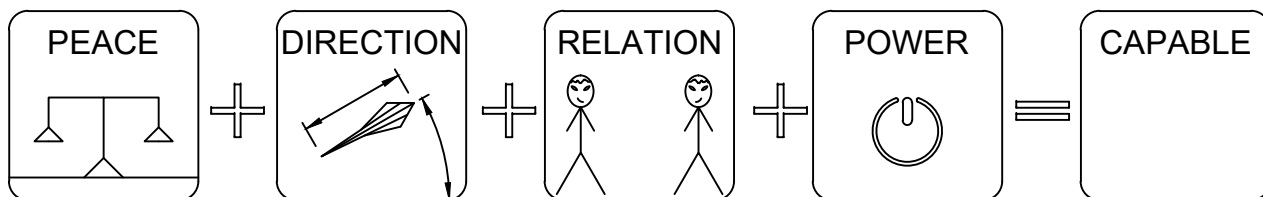
understanding, social skills, and the power are the parts that fall outside of the self. this is where everything else lies; this is what we are all trying to be a part of, yet the fact that self is lost shows how with our personal interactions with the rest the species, things seem impersonal. This is the proof that "no one is out to get you, everyone is just out for themselves."



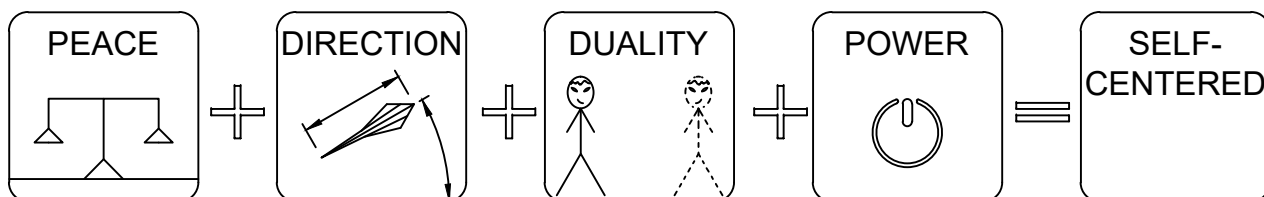
CHAPTER	6 - PRACTICAL USE	VERSION	12-31-2020 - β
DESCRIPTION	ALL THE CHAPTERS, SECTIONS AND FACTOR		
CONTENT	ABSENCE COMBINATIONS		



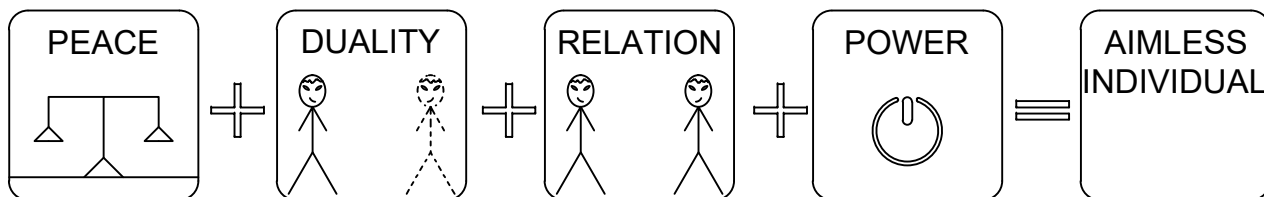
WITHOUT POWER, THE OVERALL GOALS HAVE VERY LITTLE ACCELERATION, THEY ARE GETTING WALKED, BUT LACK VELOCITY THAT IS BUILD UP OVER TIME.



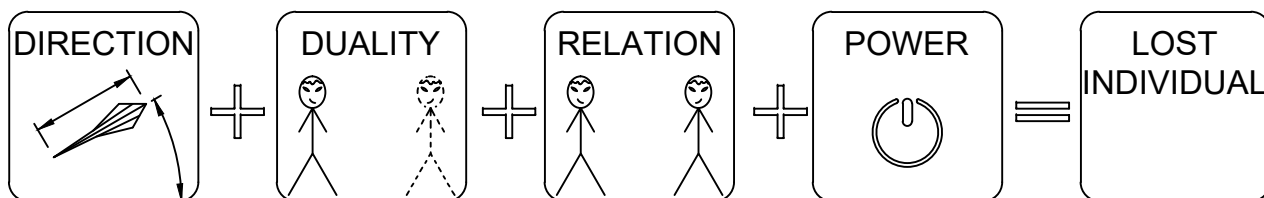
WITHOUT DUALITY, EVERYTHING APPEARS TO BE ADEQUATE, BUT IS VERY SUSCEPTIBLE TO F.U.D. AND OTHER HUMAN CONDITIONS THAT CAN CAUSE FRICTION.



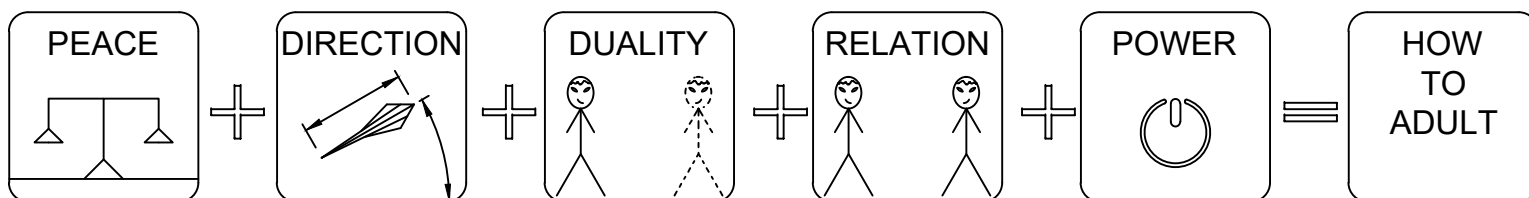
WITHOUT RELATIONS, THERE ARE BATTLES THAT CANNOT BE WON ALONE, REGARDLESS OF STRENGTH; IF YOU ARE STRONG YOU CAN.



WITHOUT DIRECTION, THINGS ARE GETTING DONE, BUT AN OVERARCHING GOAL IS NOT BEING WORKED ON.



WITHOUT PEACE WE LACK CENTER; THINGS ARE GETTING DONE, BUT THERE IS AN EERIE FEELING THAT THE SELF IS NOT BEING MADE WHOLE.



THIS IS WHERE YOU ARE READY TO MAKE OPTIMAL DECISIONS FOR YOURSELF AND ARE ABLE TO TACKLE ANYTHING THAT COMES YOUR WAY, AS YOU WILL BE AWARE OF YOUR LIMITS.

HOW TO ADULT		PAGE	6.5.	
CHAPTER	6 - PRACTICAL USE	VERSION	12-31-2020 - β	
DESCRIPTION	PROVIDES SOME TOOLS THAT HELP USE THE KNOWLEDGE GAINED			
CONTENT	CAPACITY VS RESPONSIBILITY			

Definitions:

Money = \$ = (the resource that is used for exchange)

Time = T = (the Clock Tics... does not stop)

sKills = K = (what you can do with your capacity)

Will = W = (Mental energy; Determination; awake)

Energy = E = (physical energy; muscular)

Effort = e = the use of Energy and will

Experience = k = (summed prior knowledge)

Creativity = c = you ability to design

Infrastructure = I = (Physical tools and/or Land)

Force = F = (applied load; ponds, Newton, Ect.)

Area = A = (a 2 dimensional space, square feet, square meters, ect.)

Stress = σ = (when you feel under pressure) = $F/A = R/C$

Capacity = C = (what you can handle)

Responsibility = R = (what you are expected to accomplish)

Change = Δ = (this is the symbol of change)

cyclical = Sin (x) = any event that happens on a periodic basis; say sun rise, meals, ect.

personal = x_i = subscript "i" is for personal

total = x_t = subscript "t" is for total

numeral = x_n = subscript "n" is for each separate instance of something that is being summed.

limit = x_{limit} = subscript "limit" explains the real world end of a spectrum.

Stress:

if $C < R \rightarrow \sigma \Delta+$; Stress increases when your capacity is less than your responsibility.

if $C > R \rightarrow \sigma \Delta-$; Stress decreases when your capacity is greater than your responsibility.

if $C = R \rightarrow \sigma$; Stress does not change when your capacity and your responsibility are balanced.

at σ_{max} = breaking point at σ_{min} = feeling worthless and/or a decay of capacity

σ_{max} & σ_{min} can both be moved from where the currently stand by consistently getting close to them;

so when working out, pushing beyond what you have done before is what increase your capacity, the same is true for knowledge; with respect to the minimum, being lazy is hard for someone that is driven, but if you allow your self to go to that limit everyday it just keeps getting lower. Movement of either σ_{max} or σ_{min} will cause the other one move up or down with the other. these act as a range in which the resting state lies somewhere where the population density normal distribution lies. as far as stress is concerned it should be kept balanced; going to high goes to your breaking point and going to low will decay your capacity.

stress over time increase your capacity: $\sigma * T = C \Delta+$; If you are under a lot of stress, you gain new abilities.

stress is typically caused by: $\sigma = R/(T * K + I)$; If you have little skills or little time, then stress is high regardless of how large the responsibility actually is. This is mitigated by infrastructure, as that by itself can handle the responsibility if you have no time to dedicate to it. when you start your journey, you don't have infrastructure unless your parents provide it for you. This is why people who struggle become very interesting; the go under so much stress that they have no other option to survive other than develop their skills, which in turn makes them interesting. so if you want to raise good adults, don't give your children the infrastructure you built, give them this book so that they learn to get the tools on their own, let them forge their own path; at the same time, give them enough so that they can at least not start from zero... as may readers know, it hard to see your parents struggling which forces you to start from zero.



CHAPTER	6 - PRACTICAL USE	VERSION	12-31-2020 - β
DESCRIPTION	PROVIDES SOME TOOLS THAT HELP USE THE KNOWLEDGE GAINED		
CONTENT	CAPACITY VS RESPONSIBILITY - cont.		

Responsibilities:

Your responsibilities are things that you are expected to do that will have impact on the community and will yield some type of benefit for yourself or for the community.

What are some typical responsibilities: pets, a job, school, friends, partners (Domestic or Commercial), work, children, food, shelter, commitments, your subordinates, your physical and mental health, your growth, your community, your skills, how you divide your time, Ect.

So from stress, we learned that; $\sigma = R(K*T+I)$, as such it follows that $R = \sigma/(K*T+I)$

At [rest-> E_{max} & W_{max}] at [E_{min} or W_{min} ->rest is needed] [$R\Delta = e*T = (W\Delta-) + (E\Delta-) + (C_{limit}\Delta+) + (\sigma\Delta-)$]

As you take care of responsibilities, your daily energy and will get used up, your capacity limit increases, and your stress decreases. however, if you use infrastructure to reduce stress, then that reduces the quantity of Money that you will have access to. if you use large amounts of time, then you wont have the ability to do anything else but you will learn from the experience.

Capacity:

your capacity is a function of your money, time, skills, will, energy, and infrastructure.

personal capacity = $C_i = T_i * K_i * (W * k * E)$ total capacity = $C_t = C_i + I$

infrastructure is a function of labor, money, physical tools, and land $\rightarrow I = \$ + K + \text{Tools} + A + T_L$

Time of Labor = $T_L = \sum T_n * K_n$ = the sum of each laborer time proportional to his/her skill

Determination = $D = W + E$ =

SKILL CEILING = K_i / K_{max} = Personal skill is limited by maximum possible skill.

This is the reason why once you are advanced enough in life, you should start to trade money to gain more time for yourself. but early in life you should seek to use your time to gain skills and money, so that once you are ready to make good decisions, you can start making them in the real world where the risk are very high. Note that the real world is when you have assumed all of your responsibilities... when you assume responsibility for yourself, this is the first real step to being an Adult... this is why it is possible to be an old person from a young age.

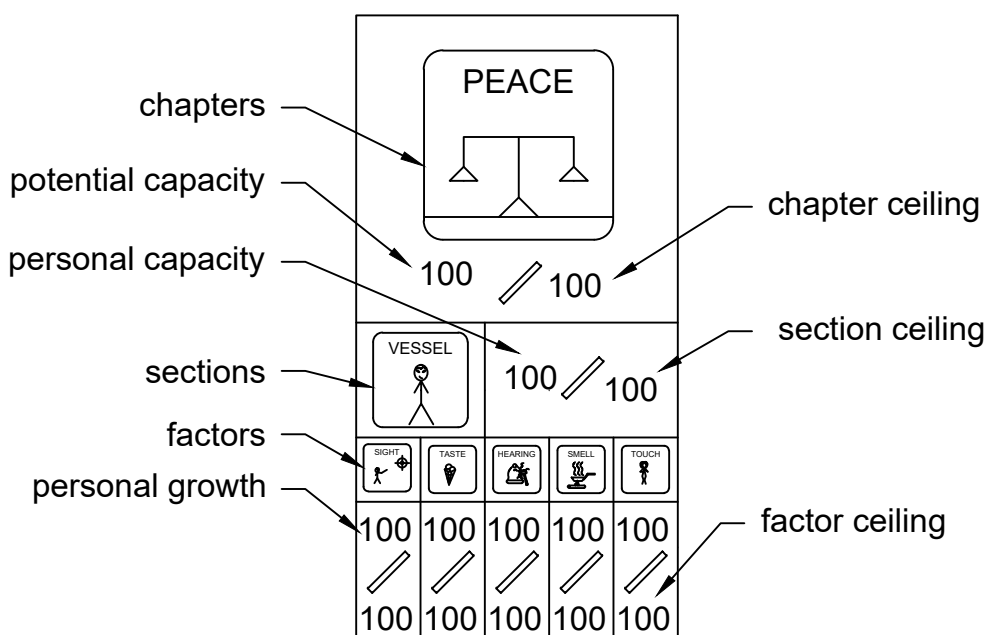
Summary:

in summary, if you don't have any responsibilities, you will not be interesting, if you have too may responsibilities, then you will not have a enough time for a break and reach a breaking point do to excess stress. This is why it is importance to maintain balance (Peace) on your daily activities; this balance is cyclical, mind your day to day and try to have good days at least 4 out of 7 days of the week, that means that in must developed countries as the working class, you need to be able to enjoy your work days, otherwise its going to be a miserable life with breaks occurring often.



CHAPTER	6 - PRACTICAL USE	VERSION	12-31-2020 - β
DESCRIPTION	INTRODUCTION TO CHARACTER SHEET		
CONTENT	INSTRUCTIONS FOR THE USE OF THE CHARACTER SHEET		

The following sheet is the actual character sheet where you can partially track your growth. the way it works is that for each factor, you can only get up to 100% each. The space beyond the 100% in which you see people excel, such as in the Olympics, are due to changes in the environment and/or other factors adding to the capacity in a tangential manner. for example, all factors in chapter 5 page 4; personal power severely affect every other factor of the individual; as such it is impossible to be 100% on this particular chapter, as it is physical impossible to have enough time for all of these factors to stay at 100% without decay being applicable. the close you are to 100% in any given factor, the stronger decay acts on it. so to be at 100% for experience, you need much participation, that which does not come at the same time of the typical humans peak physical aptitude, which is between the ages of 15 and 35. similarly, metal power is possible to get it to 100%, but that one helps at building other factors, this factor in itself is only an accelerator for all the other factors based on your neural network; this the reason why it is expected that all humans are different regardless of age, and even in the same age groups and cultural similarities, there is still major differences in capacity.





CHAPTER 6 - PRACTICAL USE

DESCRIPTION KEEP TRACK OF YOUR GROWTH HERE

CONTENT CHARACTER SHEET

VERSION 12-31-2020 - β

<div>PEACE</div>					<div>DIRECTION</div>					<div>DUALITY</div>					<div>RELATION</div>					<div>POWER</div>				
<div>VESSEL</div>					<div>VISION</div>					<div>GEOMETRY</div>					<div>FEEDBACK</div>					<div>MONEY</div>				
SIGHT	TASTE	HEARING	SMELL	TOUCH	NEAR	FAR	ADJACENT	OBSTRUCT	FOCUS	MATH	LINEAR	EXPONENT	CYCLICAL	TANGENT	FREEWILL	VERBAL	VISUAL	INTUITION	NATURE	STOCKS	SAVINGS	TOOLS	Knowledge	INFRASTRUCTURE
/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<div>NETWORK</div>					<div>JOURNEY</div>					<div>SCIENCE</div>					<div>TANGIBLE CARE</div>					<div>AUTHORITY</div>				
NODES & LINKS	INPUT / OUTPUT	PROCESS	LAYERED	SCALE	LOCATION	ROAD	REST	ADJUST	Experience	METHOD	PHYSICAL	BIOLOGIC	MOLECULE	ASTRAL	EXCHANGE	UNITY	TIME	Community	COMMON PATH	LEGISLATE	JUDGE	ENFORCE	OWNER	PARENT
/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<div>HEART</div>					<div>GRAVITY</div>					<div>STATISTIC</div>					<div>EMOTIONAL CARE</div>					<div>INFLUENCE</div>				
HAPPINESS	SADNESS	DISGUST	ANGER	PANIC	DEPTH	PITCH	FIELD	DENSITY	ORBIT	Data	Trend	Variance	Bias	Distribution	FEELINGS	EMOTIONS	PRESENCE	ROLE	SHARED PATH	ENTERTAIN	HELP	LEAD	EDUCATE	INSPIRE
/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<div>MIND</div>					<div>ANGLE</div>					<div>TEAMWORK</div>					<div>PERSONAL</div>									
CAPACITY	MEMORY	WILLPOWER	SOLVER	INSTINCTS	ROTATION	ELEVATION	SUPER POSITION	TURN	APPROACH	Structure	Technology	Mechanical	Biological	Social	CLASS NICHES	RIVAL	TRAINER	PEER	LEADER	MENTAL	PHYSICAL	FEELING	TEAM	Experience
/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<div>SOUL</div>					<div>PURPOSE</div>					<div>SPECTRUM</div>					<div>GOALS</div>					<div>EXPLOIT</div>				
FAITH	PART	HOPE / DREAM	CREATIVE IMAGINE	SPIRIT	PATHS	PASSION	HEDONISM	TEAMMATE	PROGRESS	AESTHETIC & FUNCTION	IMPULSE & REUSE	FEELINGS & EMOTIONS	COACH & DISCIPLINE	NEAR & FAR SIGHT	DAY TO DAY	SHORT TERM	MID TERM	LONG TERM	LEGACY	BLACKMAIL	CONSUME	LEVERAGE	REVEAL	DECAY
/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/