

Your Future Is Not a Debate

Instead of pressuring yourself to discover and defend new dogmas, focus on exploring and experimenting with new mental models.

Self-improvement is an adventure, not a religion.

There's no need to meet a belief-requirement, recite a creed, or pledge lifelong allegiance to a particular school of philosophy in order to better yourself.

Just choose to do more of what works for you and less of what doesn't.

It's that simple.

Don't debate your future. Create your future.