

Manual for Human Life

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1 Do

1. Recommend something to somebody
2. Explain something to somebody
3. Relieve somebody from something
4. Encourage somebody to do something

2 Daily habits

1. Maintain your I Did list
 - (a) Maintain your Stop Doing list
2. Stimulate your mind to explore new areas
 - (a) Come up with ten ideas/questions every day
3. Follow your ideas/questions
 - (a) Apply, write down, and share what you learn
4. Hang out with people who are more capable than you
 - (a) Talk to someone (unattainable, random) you find interesting
5. Embrace exciting experiences, enjoy life
 - (a) Do something scary or stupid, don't try to be smart

3 Questions to ask everybody

1. What keeps you busy?
2. What was the best thing that happened to you (today)?
3. If you did not have to work for a living, what would you do?
4. What is the most important thing you ever learned?
5. What's the best piece of advice you've ever received?
6. What's the most unbelievable thing that's ever happened to you?
7. What's the most out-of-character thing you've ever done?
8. What makes you feel special?
9. What is the most unusual fear you have?
10. What's the most ridiculous thing you have bought?
11. What's incredibly cheap, and you would pay way more for?
12. What do you wish people would stop asking you?
13. What do you think you do better than 90% of people?
14. What fact are you really surprised that more people don't know about?
15. What's something that all your friends agree on?
16. What's wrong but sounds right?
17. What's right but sounds wrong?
18. What is increasingly becoming socially (un-)acceptable?
19. What was cool when you were young, but isn't cool now?
20. What's legal now, but probably won't be in 25 years?
21. Robocalypse. Overrated or underrated?
22. If you had a giraffe that you needed to hide, where would you hide it?

4 Boost your creativity

1. Do nothing: really nothing, if infeasible sleep, if infeasible relax
2. Do something boring
 - (a) Exercise: walk, hike, run, gym, swim, cycle, ...
 - (b) Meditate: train attention, awareness, bla bla
3. Do something you love
 - (a) Be playful: choose a complex but exciting game (also sport)
 - (b) Be artistic: play instrument, draw painting, write poem, ...
 - (c) Be expressive: learn a new language
4. Mechanically manipulate things around you
 - (a) Influence your mood by music, fresh air, light, whatever
 - (b) Change your environment/scenery (also marginally, but often)
5. Be persistent in trying something new
 - (a) Practice regularly to get a glimpse at an unfamiliar (preferably very hot or very very cold) topic
 - (b) Play the devil's advocate, practice to take the contrarian position
 - (c) Analyze a terrible, crazy, impossible, fanciful, or surreal idea (play through its consequences, convince somebody to realize it)
6. Elaborate on your ideas
 - (a) Use Edward de Bono's six hat decomposition technique:
 - i. white (information, collect facts)
 - ii. red (emotions, state gut feelings)
 - iii. black (judgment, identify obstacles)
 - iv. yellow (positive view, identify opportunities)
 - v. green (creativity, be provocative)
 - vi. blue (thinking about thinking, distinguish local optima from global optimum)

- (b) Impose artificial restriction(s)
 - i. Subtract to simplify
 - ii. Fall in love with the delete button
- (c) Present your ideas to others to ask for feedback or advice
- (d) Create psychological distance
 - i. Pretend that you are creative on behalf of someone else
 - ii. Totally abstain from your project to break through a creative block

5 Boost your productivity

1. Start early, just start, now, 5-4-3-2-1, let's go
2. Prioritize your (as-short-as-possible) to-do list (get organized)
 - (a) Plan two to three to-dos for the next day
 - i. before quitting time
 - ii. before going to bed
 - (b) Tackle your major task first thing each morning ('eat the frog')
 - (c) Do it right away, if it can be done within the 'two-minute rule'
 - (d) Don't try to multi-task, focus on single task(s)
3. Execute efficiently
 - (a) Get/set the right equipment/environment (marginally)
 - (b) Set self-imposed (optimistic) deadlines
 - (c) Take regular short breaks, work in $90 \pm x$ minute intervals
 - (d) Eliminate distractions
 - (e) Avoid meetings, prefer standing meetings
4. Stop early, give up on the illusion of perfection
 - (a) Enjoy your reward after reaching a milestone
 - (b) Unwind

6 How to lose friends and un-affect people

6.1 Make people hate you

1. Criticize, condemn, and complain
2. Avoid honest and sincere appreciation
3. Quash in the other person an eager want
4. Stay genuinely uninterested in other people
5. Beware smiling
6. Forget a person's name
7. Be a lousy listener, discourage others from talking about themselves
8. Neglect to speak in terms of the other person's interest
9. Make the other person feel unimportant

6.2 Stay a follower

1. Skip praise and honest appreciation
2. Call attention to people's mistakes directly
3. Never talk about your own mistakes before criticizing the other person
4. Give direct orders instead of asking questions
5. Don't allow the other person to save face
6. Don't praise every improvement
7. Give the other person a bad reputation to live up to
8. Use discouragement, make the fault seem difficult to correct
9. Make the other person unhappy about doing what you suggest

6.3 Lose people to your way of thinking

1. Begin in an unfriendly way
2. Start with questions to which the other person will answer no
3. Look for arguments
4. Let the other person feel the idea is yours
5. Don't let the other person do a great deal of the talking
6. Refrain from seeing things from the other person's point of view
7. Be unsympathetic with the other person's ideas and desires
8. Show disrespect for the other person's opinions, just say 'You're wrong'
9. If you're wrong, never admit it quickly and emphatically

7 Bucket list inspiration

1. Be happy
2. Defeat death
3. Donate total wealth
4. Start a serious Rap beef
5. Golden shower before going out
6. Get a six-pack and give it away to kids
7. Start a turmoil after going all-in on put options
8. Date Nicki Minaj and talk her out of Weightwatchers
9. Cheat on your sugar mama and get caught with her daughter
10. Invent a 'human' torture technique, but reject the Nobel Peace Prize
11. Screw your bucket list
12. Just be kind

8 Call it a romantic day

1. Get breakfast in bed
2. Take a bubble bath
3. Spend time together
4. Reminisce over old photos
5. Hide little presents or notes to be found
6. Go out for a dance class
7. Hold hands in public
8. Picnic in the park, or shisha near the river
9. Become criminal for your mate
10. Rob the florist's, take the flowers
11. Write an old fashioned (love) letter
12. Bail out your partner (after receiving the letter)
13. Tell your boo: 'I missed you so much, baby!'
14. Go for a hot air balloon ride to watch the sunset
15. Land at a top-tier rooftop fondue restaurant
16. Have a candlelit dinner
17. Lit a bonfire
18. Cuddle by the fire
19. Lit some auxiliary candles
20. Watch fireworks
21. Booze together
22. Stargaze