

How to fix your entire life in 1 day

do this before 2026



DAN KOE

Dec 24, 2025

You're probably going to quit your new years resolution.

And that's okay. Most people do (studies show 80–90% failure rates) because most people don't actually want to change on a deep, internal level. That is, they go about changing their life in the completely wrong way. They create a new years resolution because everyone else does — humans want to impress others more than they want to impress themselves... we create a superficial meaning out of status games — but they don't meet the requirements for true change, which goes a lot deeper than convincing yourself you're going to be more disciplined or productive this year.

I'm not here to talk down on you. I've quit 10 times more goals than I've set. I think that should be the case for most people. But the fact that people try to change their lives and utterly fail almost every time holds true. So much so that it's a meme for the gym to be crowded during January and return back to normal in February.

However, as much as I think new years resolutions are stupid, it's always wise to reflect on the life you hate so you can launch yourself toward something that much better, as we will discuss.

Human nature is a b*tch, and the worst feeling is when you make a promise to yourself and can't help but break it. You start to feel helpless, and if you don't know what you're doing, you may continue the cycle for years on end: always wanting to change, but never being able to.

So whether you want to start the business, transform your body, or take the risk toward a more meaningful life without quitting after 2 weeks, I want to share 7 ideas you probably haven't heard before on behavior change, psychology, and productivity so you can do just that in 2026.

This will be comprehensive.

This isn't one of those letters that you read through and forget about.

This is something you will want to bookmark, take notes on, and set aside time to think about.

如何在1天内彻底改变你的人生

在2026年之前完成这件事



DAN KOE

2025年12月24日

你很可能会放弃你的新年决心。

这没关系。大多数人都会如此（研究表明失败率高达80%至90%），因为大多数人并未在内心深处真正渴望改变。也就是说，他们改变人生的方式完全错误。他们制定新年决心只是因为别人都这么做——人类更想取悦他人，而非自己.....我们通过地位游戏构建出一种表面的意义，但这并不满足真正改变所需的前提条件，而真正的改变远比说服自己“今年要更加自律或高效”要深刻得多。

我并不是来贬低你的。我放弃的目标数量，是我设定目标的十倍之多。我认为对大多数人来说，情况都差不多。但事实是，人们几乎每次尝试改变生活时都会彻底失败。这种情况如此普遍，以至于一月健身房人满为患、二月又恢复如常，都成了一个网络梗。

然而，尽管我认为新年决心很愚蠢，但反思自己厌恶的生活始终是明智之举，这样你才能如我们接下来要讨论的那样，朝着更美好的方向全力进发。

人性真是个混蛋，而最糟糕的感觉莫过于对自己许下承诺却无法避免地违背它。你会开始感到无助，如果你不清楚自己在做什么，这种循环可能会持续多年：总是渴望改变，却始终无法实现。

因此，无论你是想创业、重塑身材，还是在不予两周后就放弃的前提下，勇敢迈向更有意义的生活，我都想分享7个你可能从未听过的关于行为改变、心理学和生产力的见解，助你在2026年真正实现这些目标。

这将是一份全面详尽的内容。

这不是那种你读完就忘的信件。

这是你值得收藏、做笔记并专门留出时间思考的内容。

The protocol at the end — to dig deep into your psyche and uncover what you truly want in life — will take about a full day to complete, with effects that last far longer than that.

All I ask is that you dedicate your full attention to this. If you get bored skip to the next section and go back to fill in the blanks if you need to.

Let's begin.

(I also turned this letter into a video if you would rather watch it)

I — You aren't where you want to be because you aren't the person who would be there

When it comes to New Year's resolutions, people only focus on one of the two requirements for success:

1. Changing your actions to make progress toward the goal (least important, second order)
2. Changing who you are so that your behavior naturally follows (most important, first order)

Most people set a surface-level goal, hype themselves up to remain disciplined for the first few weeks, then go back to their old ways without much struggle, because they were trying to build a great life on a rotting foundation.

If this doesn't make sense, let's run through an example.

Think of somebody successful. It can be a bodybuilder with a great physique, a founder/CEO worth hundreds of millions, or a charismatic dude who can chat up a group without a shred of anxiety entering his mind space.

Do you think the bodybuilder has to “grind” to eat healthy? Does the CEO have to discipline themselves to show up and lead the team? To you, it may seem like that on the surface, but the truth is that *they can't see themselves living any other way*. The bodybuilder has to grind to eat **unhealthily**. The CEO has to force themself to lie in bed past their alarm clock, and they hate every second of it.

To some people, my own lifestyle seems a bit extreme and disciplined. To me, it's natural, and I don't say that to contrast it with any other kind of lifestyle. I simply enjoy living this way. When my mom tells me that I should take a break, go out, and have some fun... I hold my tongue from telling her, “If I weren't having fun, why would I be doing what I'm doing?”

Do not take this next sentence lightly.

If you want a specific outcome in life, you must have the *lifestyle* that creates that outcome long before you reach it.

文末的这套流程——深入探索你的心理，揭示你真正想要的生活——大约需要一整天来完成，但其效果将持续远超这一天。

我只希望你全神贯注地投入其中。如果你感到无聊，可以跳到下一部分，之后再回过头来填补遗漏的内容（如果需要的话）。

让我们开始吧。

（我也把这封信制作成了视频，如果你更愿意观看的话）

一、你之所以没达到理想的位置，是因为你尚未成为那个能身处其中的人

谈到新年决心时，人们往往只关注成功所需的两个要素之一：

1. 改变你的行动以向目标取得进展（最不重要，属于次级因素）
2. 改变你自身的本质，使你的行为自然而然地随之改变（最重要，属于第一性原则）

大多数人设定一个表面层次的目标，鼓足干劲坚持自律几周，然后便毫不费力地回到旧习惯，因为他们试图在腐朽的基础上建造美好的生活。

如果这还不太清楚，我们来举个例子。

想想某个成功人士。可以是一位拥有完美体格的健美运动员，一位身家数亿美元的创始人/首席执行官，或是一位能轻松与一群人聊天、内心毫无焦虑的有魅力的家伙。

你认为那位健美运动员需要“咬牙坚持”才能吃得健康吗？那位首席执行官需要靠自律才能每天出现并带领团队吗？在你看来，表面上或许如此，但事实上，他们根本无法想象自己以其他方式生活。对健美运动员来说，吃不健康的食物才需要咬牙坚持；对首席执行官而言，强迫自己在闹钟响后赖在床上才是难事，而且每一秒都令他们痛苦不堪。

对某些人来说，我的生活方式似乎有点极端且自律。但对我来说，这很自然，我这样说并非为了与其他任何生活方式形成对比。我只是享受这样生活。当妈妈告诉我应该休息一下、出去玩玩、找点乐子时.....我忍住没告诉她：‘如果我不觉得开心，又怎么会做现在正在做的事呢？’

请不要轻视接下来这句话。

如果你想在生活中获得特定的结果，就必须在达成目标之前，早早拥有能够创造这一结果的生活方式。

If someone says they want to lose 30 pounds, I often don't believe them. Not because I don't think they are capable, but because there are too many times when that same person says "they can't wait until they're done losing weight so they can start to enjoy life again." I hate to break it to you, but if you don't adopt the lifestyle that led to you losing the weight, for life, and find a *reason with a higher gravitational pull* than the one tying you to your previous ways, then you will go straight back to where you started, and you can unhappily say that you wasted the resource you will never get back: time.

When you truly change yourself, all of your habits that don't move the needle toward your goal become disgusting, because you have a deep and profound awareness of what kind of life those actions compound into. You are okay with your current standards because you are not fully aware of what they are or what they lead to. We will discuss how to uncover this, but we need to build up to that.

You say you want to change. You say you want to "become financially free" and "get healthy," but your actions show otherwise for a reason. And it goes a lot deeper than you think.

II — You aren't where you want to be because you don't *want* to be there

Trust only movement. Life happens at the level of events, not of words. Trust movement.

— Alfred Adler

If you want to change who you are, you must understand *how the mind works* so that you can start to reprogram it.

The first step to understanding the mind is to understand that all behavior is goal-oriented. When you think about it, this is kinda obvious, but when we dig into it, most people don't want to hear it.

You take a step forward because you want to reach a certain location.

You scratch your nose because you want to make the itch go away.

Those ones are clear, but most of the time, your goals are unconscious. You may not realize that when you sit on the couch in the middle of the day, you are trying to burn time before your next responsibility, as one simple example.

On an even more unconscious and complex level, you pursue goals that can harm you, but you justify your actions in a way that is socially acceptable and doesn't make you seem like a loser.

As an example, if you can't stop procrastinating your work, you may justify it with the fact that you "lack discipline," but in reality, you are attempting to achieve a goal like

当有人说自己想减掉30磅时，我常常并不相信他们。这并非因为我怀疑他们的能力，而是因为太多时候，同一个人会说：“我迫不及待想等减完肥后重新享受生活。”很抱歉要告诉你这个现实：如果你不能终生坚持让你成功减重的那种生活方式，并且找不到一个比你过去习惯更具吸引力的理由，那么你就会很快回到原点，只能懊悔地承认自己浪费了再也无法挽回的资源：时间。

当你真正改变自己时，所有那些无法推动你向目标前进的习惯都会变得令人厌恶，因为你已深刻而清晰地意识到，这些行为日积月累会造就怎样的人生。你之所以能接受自己目前的标准，是因为你尚未完全认清这些标准究竟是什么，以及它们将导向何方。我们稍后会讨论如何揭示这一点，但在此之前，我们需要先做好铺垫。

你说你想改变，你说你想“实现财务自由”和“变得健康”，但你的行动却恰恰相反，这背后自有原因——而且比你想象的要深刻得多。

第二部分——你之所以没达到理想状态，是因为你其实并不真正想达到那里

只相信行动。生命发生在事件的层面，而非言语的层面。相信行动。

——阿尔弗雷德·阿德勒

如果你想改变自己，就必须理解大脑的运作方式，从而开始重新编程它。

理解心智的第一步，是认识到所有行为都是以目标为导向的。仔细想想，这一点其实显而易见，但当我们深入探讨时，大多数人却不愿接受这个事实。

你向前迈一步，是因为你想到达某个特定的位置。

你挠鼻子，是因为你想让痒感消失。

这些例子很清晰，但大多数时候，你的目标是无意识的。举个简单的例子，你可能并未意识到，当你在一天中途坐在沙发上时，其实是在试图消磨时间，直到下一项责任来临。

在更深层次且更复杂的无意识层面，你会追求一些可能伤害自己的目标，但你会以一种社会可接受的方式为自己的行为辩解，以免显得自己是个失败者。

举个例子，如果你无法停止拖延工作，你可能会用“缺乏自律”来为自己辩解，但实际上，你是在试图实现一个目标，比如

you always are. In this case, that goal could be to *protect yourself from the judgment that comes from finishing and sharing your work.*

If you say you want to quit your dead-end job, but stay in it without any real reason, you may start to think you don't have enough courage, or that you were never really a "risk taker," but the truth is that you are pursuing the goal of safety, predictability, and an excuse to not look like a failure to everyone else in your life who also works a dead-end job.

The lesson here is that real change requires changing your goals.

I don't mean *setting* some surface level goal *because the act of doing that serves an unconscious goal that is actually harming you.* That's been ran through enough in the productivity space. I mean changing your *point of view.* Because that's what a goal is. A goal is a projection into the future that acts as a lens of perception which allows you to notice information, ideas, and resources that aid in you achieving that goal.

Now let's dig a bit deeper, because if you don't understand this, it only becomes more difficult to get out.

III – You aren't where you want to be because you're afraid to be there

The important thing for you to remember is that it does not matter in the least how you got the idea or where it came from. You may never have met a professional hypnotist. You may never have been formally hypnotized. But if you have accepted an idea – from yourself, your teachers, your parents, friends, advertisements, from any other source – and further, if you are firmly convinced that idea is true, it has the same power over you as the hypnotist's words have over the hypnotized subject.

— Maxwell Maltz

Here's how you've become who you are today, and how you will become who you will be tomorrow. This is the anatomy of identity:

1. You want to achieve a goal
2. You perceive reality through the lens of that goal
3. You only notice "important" information and ideas that allows you to achieve that goal (learning)
4. You act toward that goal and receive feedback that you are progressing toward it
5. You repeat that behavior until it becomes automatic and unconscious (conditioning)

你始终如此。在这种情况下，这个目标可能是保护自己免受完成并分享作品后所招致的评判。

如果你说自己想辞掉那份毫无前途的工作，却没有任何真正理由地继续留在其中，你可能会开始觉得自己缺乏勇气，或者自己从来就不是个“敢于冒险的人”。但真相是，你其实正在追求安全感、可预测性，以及一个借口，好让自己在那些同样从事毫无前途工作的人眼中不显得像个失败者。

这里的教训是：真正的改变需要改变你的目标。

我指的并不是设定某种表面层次的目标，因为这种行为实际上服务于某个无意识的目标，而这个目标正在伤害你。这一点在生产领域已经被反复讨论得够多了。我指的是改变你的观点，因为目标本质上就是如此。目标是对未来的投射，它会成为一种感知透镜，让你注意到有助于实现该目标的信息、想法和资源。

现在让我们再深入一点，因为如果你不理解这一点，只会越来越难摆脱困境。

III – 你之所以没达到自己想要的位置，是因为你害怕身处其中

你需要记住的关键一点是，这个想法是如何产生的、源自何处，完全无关紧要。你可能从未见过专业催眠师，也可能从未接受过正式催眠。但只要你接受了某个想法——无论它来自你自己、老师、父母、朋友、广告，还是其他任何来源——并且进一步确信这个想法是真实的，那么它对你的影响力，就与催眠师的话语对被催眠者所产生的力量一样强大。

——马克斯韦尔·莫尔茨

以下就是你如何成为今天的自己，以及你将如何成为明天的自己。这就是身份认同的构成：

1. 你想要实现一个目标
2. 你透过该目标的视角来感知现实
3. 你只会注意到那些能帮助你实现目标（学习）的“重要”信息和想法
4. 你会朝着该目标采取行动，并获得反馈，表明自己正在向目标前进
5. 你重复该行为，直到它变得自动化且无意识（条件反射）

6. That behavior becomes a part of who you think you are (“I am the type of person who...”)
7. You defend your identity to maintain psychological consistency
8. Your identity shapes new goals, restarting the cycle, and if that identity is disadvantageous toward a good life, this gets bad very quick

The unfortunate reality is that you must break the cycle between steps 6 and 7, but this process starts when you are a child.

You have the goal of survival.

You are dependent on your parents to teach you how to survive. You had to conform. And since the way most people teach is through reward and punishment, unless you adopt their beliefs and values, you will be punished. You don't actually think for yourself until you see through this.

But your parents have also gone through this process throughout their entire lives. That's where it can get dangerous. Your parents, unless they broke the pattern themselves, were conditioned by the culturally accepted ideas of success from the Industrial age. They also carry the best and worst conditioning from their parents and their parents' parents.

To take it a layer deeper, once you fulfill your physical survival needs (which is quite easy to do in today's world, you're practically born into safety), you start to survive on the conceptual or ideological level. You may not try to protect and reproduce your body, but you absolutely protect and reproduce your mind. It's not difficult to see the war of ideas on the internet, and the participants are individual and group identities.

When your body feels threatened, you go into fight or flight.

When your identity feels threatened, the same thing happens.

If you are heavily identified with a political ideology (by the process we talked about just before), you will feel threatened when someone challenges your beliefs. You literally feel the stress. You feel, emotionally, like you were just slapped in the face. Since most people don't analyze their emotions for truth, you tend to get stuck in echo chambers and double down on claims that harm yourself and others.

If you were raised in a religious household, and did not think for yourself, you will fight and attack others who threaten your psychological safety within that little bubble.

The same thing happens when you unconsciously see yourself as a lawyer, a gamer, or somebody else who would not take the actions to achieve a better life.

IV — The life you want lies within a specific level of mind

6. 该行为会成为你自我认知的一部分 (“我是那种会.....的人”)

7. 你为了维持心理一致性而捍卫自己的身份认同

8. 你的身份认同会塑造新的目标，从而重启这一循环；如果这种身份认同不利于过上美好的生活，情况就会迅速恶化

不幸的现实是，你必须在第6步和第7步之间打破这个循环，而这一过程从你孩童时期就开始了。

你拥有生存这一目标。

你依赖父母来教你如何生存。你不得不顺从。由于大多数人通过奖励和惩罚来教导，除非你接受他们的信念和价值观，否则就会受到惩罚。在看透这一点之前，你其实并没有真正独立思考。

但你的父母也终其一生经历了这一过程。这正是危险所在。除非他们自己打破了这一模式，否则他们已被工业时代文化所接受的成功观念所条件反射式地塑造。他们还承载着来自其父母乃至祖父母那一代最优秀与最糟糕的条件反射。

更深入一层来看，一旦你满足了生理生存需求（在当今世界这相当容易做到，你几乎一出生就处于安全状态），你便开始在概念或意识形态层面上求生存。你或许不再努力保护和繁衍自己的身体，但你绝对会保护并延续自己的思想。互联网上思想之战显而易见，参与者正是个体与群体的身份认同。

当你的身体感到威胁时，你会进入战斗或逃跑反应。

当你的身份认同感到威胁时，同样会发生这种情况。

如果你强烈认同某种政治意识形态（通过我们刚刚谈到的过程），当有人挑战你的信念时，你会感到受威胁。你确实会感受到压力，在情绪上仿佛被人狠狠扇了一记耳光。由于大多数人不会分析自己的情绪是否真实，你往往会陷入回音室，并加倍坚持那些伤害自己和他人的主张。

如果你在一个宗教家庭中长大，且从未独立思考，你就会为了维护那个小泡泡内的心理安全感而与他人争斗甚至攻击他们。

当你无意地将自己视为一名律师、一名玩家，或某个不会采取行动去实现更好生活的人时，同样的情况也会发生。

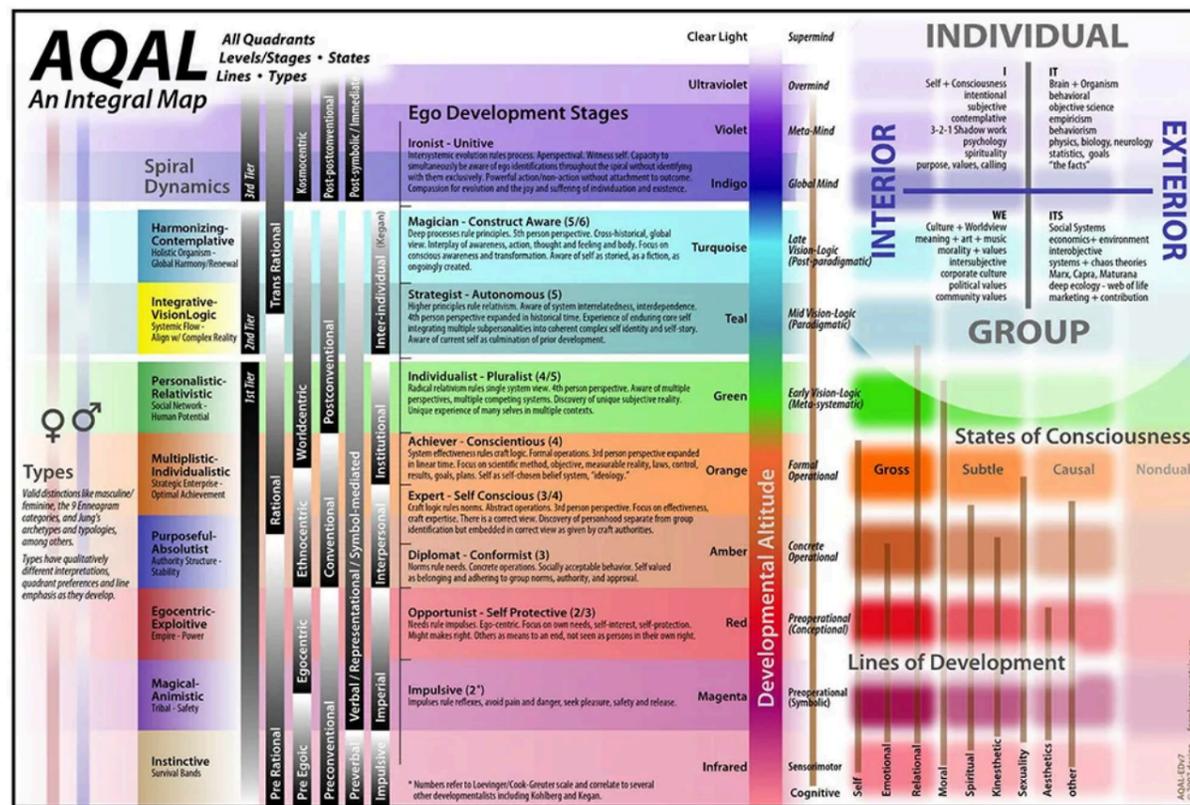
第四章——你想要的生活，存在于特定的心智层次之中

The mind evolves through predictable stages over time.

When you're born, you're like a little survival sponge that absorbs whatever beliefs you can (which are heavily dictated by your culture) so that you can feel safe and secure. And if you don't be careful, your mind may crystalize and it may make it difficult to live a meaningful life.

This has been documented enough in models like Maslow's Hierarchy, Greuter's stages of ego development, and Spiral Dynamics, each building off of one another, but it's also not difficult to observe in society.

I've talked about these many times, and synthesized them into my own [Human 3.0 model](#), but here's the 80/20 of the 9 stages of ego development as a refresher (because repetition helps reveal things you didn't notice before, and there are new people reading these letters):

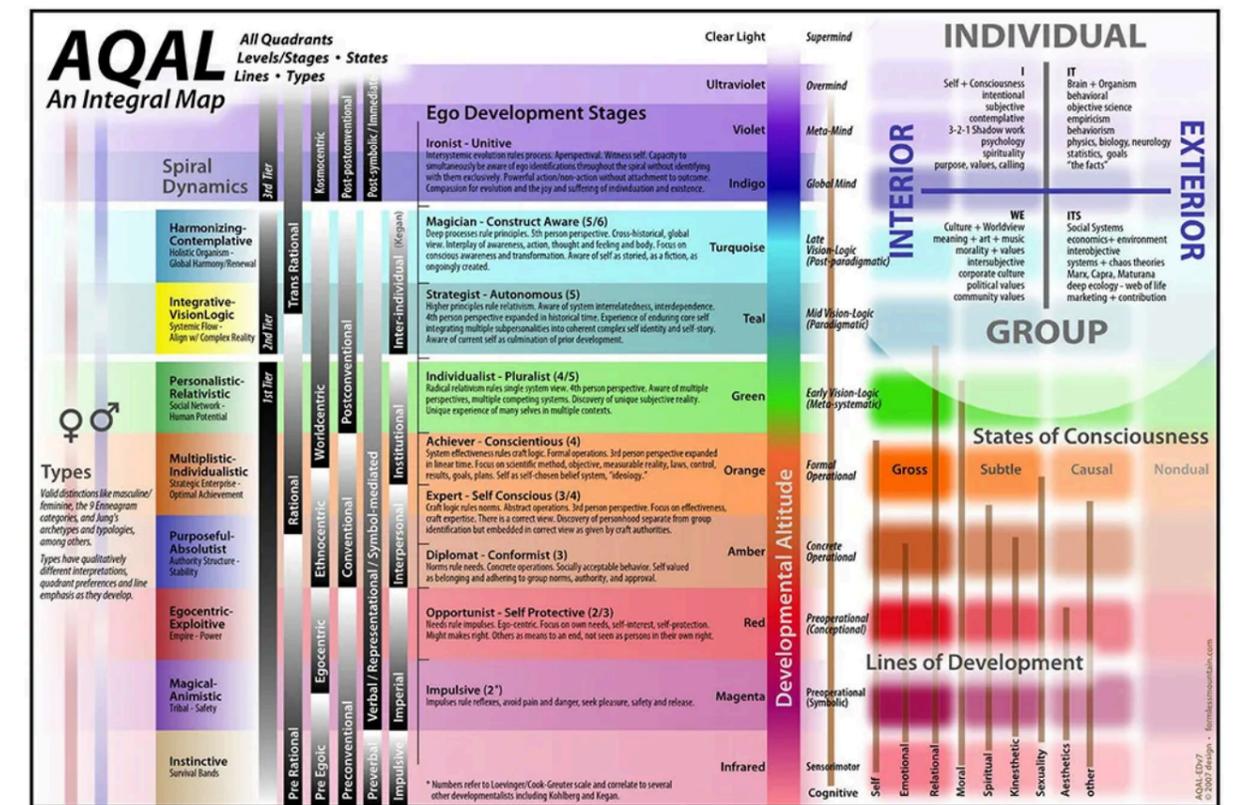


心智会随着时间推移，经历可预测的阶段逐步发展。

当你出生时，就像一块小小的生存海绵，会吸收一切可获得的信念（这些信念在很大程度上由你的文化所决定），以便获得安全感和稳定感。如果你不加以注意，你的思维可能会固化，从而难以过上有意义的生活。

这一点在马斯洛需求层次理论、格罗伊特自我发展阶段理论和螺旋动力学等模型中已有充分记载，这些模型彼此相互借鉴，而且在社会中也并不难观察到。

我已多次谈论过这些理论，并将它们整合成了我自己的[人类3.0模型](#)，但这里'是自我发展的九个阶段的二八法则摘要，作为一次温习（因为重复有助于揭示你之前未曾注意到的内容，而且有新读者正在阅读这些信件）：



1. **Impulsive** — No separation between impulse and action. Black and white thinking. *i.e.* A toddler hits when angry because the feeling and the behavior are the same thing.
2. **Self-Protective** — The world is dangerous and you learn to look out for yourself. *i.e.* A kid learns to hide report cards, lie about chores, and figure out what adults want to hear.
3. **Conformist** — You are your group and its rules feel like reality itself. *i.e.* Someone who genuinely cannot fathom why anyone would vote differently than their family or group.

1. 冲动型 —— 冲动与行动之间没有分离。非黑即白的思维。例如，幼儿生气时会打人，因为感受和行为是同一件事。
2. 自我保护型 —— 世界充满危险，你学会为自己着想。例如，一个孩子会藏起成绩单、对家务撒谎，并琢磨出大人想听的话。
3. 顺从型 —— 你与所属群体融为一体，其规则对你而言就如同现实本身。例如，有些人真心无法理解，为何有人会投出与自己家人或群体不同的选票。

4. **Self-Aware** — You notice you have an inner life that doesn't match the exterior. *I.e. Sitting in church and realizing you're not sure you believe what everyone around you seems to believe, but not knowing what to do with that feeling yet.*
5. **Conscientious** — You build your own system of principles and hold yourself accountable to them. *I.e. Leaving your family's religion after careful study and adopting a personal philosophy you can defend, or building a career plan with clear milestones because you believe the right effort yields the right results.*
6. **Individualist** — You see that your principles were shaped by context and start holding them more loosely. *I.e. Realizing your political views have more to do with where you grew up than objective truth, or noticing that your ambitious career goals were really about earning your father's approval.*
7. **Strategist** — You work with systems while aware of your own involvement in them. *I.e. Leading an organization while actively questioning your own blind spots, or engaging in politics knowing your perspective is partial and shaped by bias you can't fully see.*
8. **Construct-Aware** — You see all frameworks, including your identity, as useful fictions. *I.e. Holding your spiritual beliefs with metaphorically not literally, knowing the map is not the territory, or watching yourself play the role of "founder" or "thought leader" with a kind of gentle amusement.*
9. **Unitive** — Separation between self and life dissolves. *I.e. Work, rest, and play feel like the same thing. There's no one left who needs to become something, just presence responding to what arises.*

For most people reading this, I would assume you hover between 4 and 8, which is a huge gap. Those closer to 8 are reading this are doing so to either learn something or pass time. Those closer to 4 are really looking for a change. You feel like you are meant for more, but you can't make sense of everything yet, because there's obviously a lot at play.

The good thing is, it doesn't really matter what stage you are in, because moving through any of them follows a pattern.

V — Intelligence is the ability to get what you want out of life

The only real test of intelligence is if you get what you want out of life.

— Naval Ravikant

There is a formula for success.

One ingredient is **agency**.

4. 自我觉察——你意识到自己拥有一个与外在表现不一致的内心世界。例如，坐在教堂里，突然发现自己并不确定是否相信周围人似乎都笃信的东西，但还不知道该如何处理这种感受。

5. 有原则的 — 你构建自己的原则体系，并对自己负责。例如，在深入研究后离开原生家庭的宗教，转而采用一种你能为之辩护的个人哲学；或因相信正确的努力会带来正确的结果，而制定包含清晰里程碑的职业规划。

6. 个体主义者 — 你意识到自己的原则受所处环境塑造，因而开始更灵活地看待它们。例如，意识到你的政治观点更多源于成长环境，而非客观真理；或发现你雄心勃勃的职业目标其实是为了赢得父亲的认可。

7. 策略家 — 你在系统中运作，同时清楚自己也参与其中。例如，在领导一个组织的同时，主动审视自己的盲点；或在参与政治时明白自己的视角是片面的，且受到自身无法完全察觉的偏见所影响。

8. 建构觉察 — 你将所有框架（包括自己的身份认同）视为有用的虚构。例如，以隐喻而非字面意义持有你的精神信念，深知地图并非疆域本身；或带着温和的自嘲，观察自己扮演“创始人”或“思想领袖”的角色。

9. 合一的——自我与生活的界限消融。也就是说，工作、休息和娱乐感觉如同一体。不再有需要成为某种样子的人，只有临在对当下所生起之事的回应。

对于大多数正在阅读本文的人来说，我推测你大致处于4到8之间，而这一区间跨度极大。更接近8的人读此文，要么是为了学习一些东西，要么是为了消磨时间。而更接近4的人则真正渴望改变。你感觉自己注定要成就更多，但尚未能理清一切，因为显然其中牵涉甚多。

好消息是，你目前处于哪个阶段其实并不重要，因为跨越这些阶段都遵循一种模式。

V – 智力是获得你想要的人生的能力

智力的唯一真正检验标准，是你能否从人生中获得自己想要的东西。

– 纳瓦尔·拉维坎特

成功是有公式的。

其中一个要素是能动性。

One ingredient is **opportunity** (which many people like to mistake as “privilege” – because they the other ingredients).

The last ingredient is **intelligence**.

If you have high agency but low opportunity, it doesn't matter how likely you are to act toward a goal, because it isn't a goal that will bear much fruit.

If you have opportunity and agency but low intelligence, then you will never be fully able to benefit from that opportunity.

First, we've talked about agency before here. In terms of opportunity, I can't tell you to change your physical location, but if you don't see the abundance of digital opportunity right in front of you, I don't know what to tell you.

With that said, I want to focus on *what intelligence is* in the context of these two other ingredients and this letter.

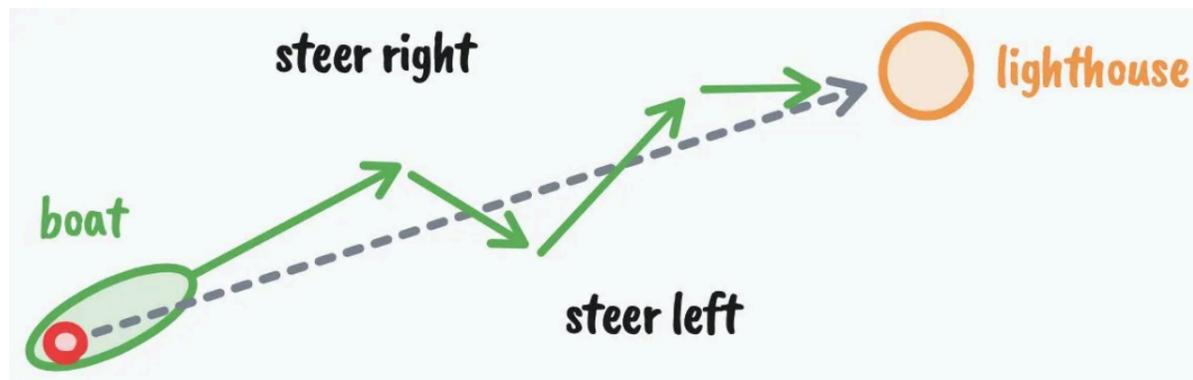
Cybernetics comes from the greek word kybernetikos which means “to steer” or “good at steering.”

It's also known as “the art of getting what you want.”

So, if Naval's definition of intelligence is getting what you want out of life, understanding cybernetics helps you do that much faster.

Cybernetics illustrates the properties of intelligent systems.

- To have a goal.
- Act toward that goal.
- Sense where you are.
- Compare it to the goal.
- And act again based on that feedback.



You can judge intelligence based on the system's ability to iterate and persist with trial and error.

其中一个要素是机会（许多人喜欢将其误认为“特权”——因为他们忽略了其他要素）。

最后一个要素是智力。

如果你拥有高能动性但缺乏机会，那么无论你多么有可能朝着目标行动，都无济于事，因为这个目标不会带来多少成果。

如果你拥有机会和能动性，但智力较低，那么你将永远无法充分地该机会中获益。

首先，我们之前在这里已经讨论过能动性。至于机会，我无法告诉你去改变你的物理位置，但如果你看不到眼前丰富的数字机会，那我真不知道该说什么了。

话虽如此，我想聚焦于在另外两个要素及本信的语境下，智力究竟意味着什么。

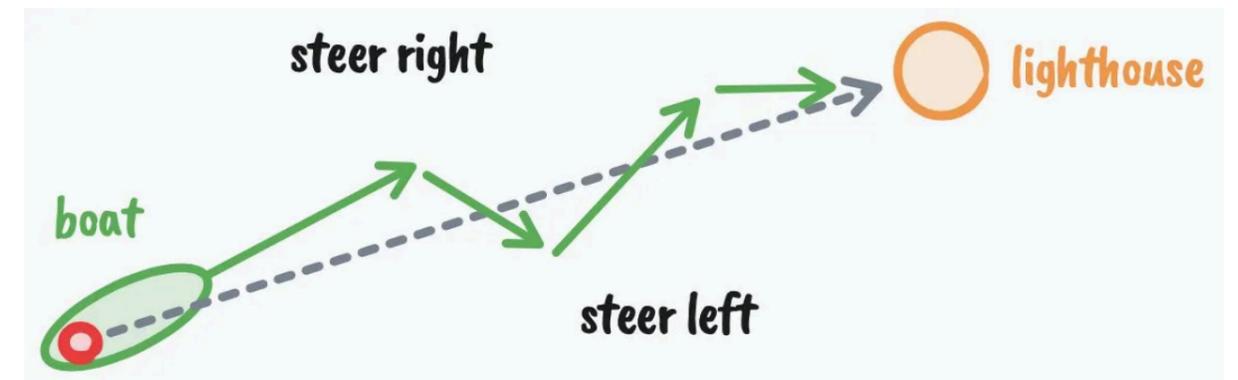
控制论（Cybernetics）一词源于希腊语“kybernetikos”，意为“掌舵”或“善于掌舵”。

它也被称为“获取你想要之物的艺术”。

因此，如果Naval对智力的定义是获得你想要的人生，那么理解控制论能帮助你更快地实现这一点。

控制论阐明了智能系统的特性。

- 设定一个目标，朝着该目标行动，感知自己当前所处的位置，将其与目标进行比较，并根据这一反馈再次行动。
-
-
-



你可以根据系统通过试错不断迭代和坚持的能力来判断其智力。

A ship blown off course that corrects toward its destination. A thermostat sensing a change in heat and turning on. The pancreas excreting insulin after blood glucose spikes.

What does this have to do with getting what you want out of life?

Everything.

Acting, sensing, comparing, and understanding the system from a meta–perspective is fundamental to high intelligence.

High intelligence is the ability to iterate, persist, and understand the big picture. **The mark of low intelligence is the inability to learn from your mistakes.**

Low–intelligence people get stuck on problems rather than solving them. They hit a roadblock and quit. Like a writer who fails to build a readership and quits because they lack the ability to try new things, experiment, and figure out a process that works for them (to think that there isn’t an effective process you can create is verifiably false, no matter your limiting beliefs, hence being low intelligence.)

High intelligence is realizing any problem can be solved on a large enough timescale. The reality is that you can achieve any goal you set your mind to. This isn’t something that can be disproven within reason.

Intelligence is realizing that *there is* a series of choices you can make which lead to achieving the goal you want. You understand that ideas are hierarchical and that you can’t go from papyrus to Google docs in one fell swoop. Even if that goal is impossible right now, you simply don’t have the resources — which may be invented over the next few years — to achieve that thing.

When I talk about “goals,” and as I will continue repeating, I am not speaking from the typical lens of self–help, although that’s a helpful lens to adopt at times.

I am speaking from the lens of *teleology* or the Greek *kosmos* — that everything serves a *purpose*. That everything is a part of a greater whole.

Goals determine how you see the world.

Goals determine what you consider “success” or “failure.”

You can try to “enjoy the journey,” but if you pursue the wrong goal, you will not enjoy it.

Your mind is the operating system for reality.

That system is composed of goals.

For most people, those goals are assigned to them. Programmed like lines of code in your psyche.

一艘偏离航线的船重新调整航向驶向目的地；一个恒温器感知到温度变化后启动；胰腺在血糖飙升后分泌胰岛素。

这与你从生活中获得想要的东西有何关系？

一切都有关系。

从元视角出发，对系统进行行动、感知、比较和理解，是高智力的根本所在。

高智力体现为能够不断迭代、坚持不懈并理解全局。低智力的标志则是无法从错误中吸取教训。

低智力的人会困在问题中，而非解决问题。他们遇到障碍就放弃。例如，一位作者因未能建立读者群而放弃，因为他们缺乏尝试新事物、实验并找到适合自己的有效方法的能力（认为自己无法创造出有效的方法，这种想法无论受何种限制性信念影响，都是可证伪的，因此属于低智力。）

高智力意味着认识到，只要时间尺度足够大，任何问题都能被解决。现实是，只要你下定决心，就能实现任何目标。这一点在合理范围内是无法被证伪的。

智力在于认识到，你可以做出一系列选择，从而实现自己想要的目标。你明白观念具有层级性，无法一步从纸莎草纸跨越到Google Docs。即使这个目标目前看似不可能实现——因为你尚不具备所需的资源，而这些资源或许会在未来几年内被发明出来——你也清楚这一点。

当我谈到“目标”时——并且我会不断重申这一点——我并非从典型的自助视角出发，尽管那种视角有时确实有所帮助。

我是从目的论或希腊宇宙观的视角出发的——即万物皆有其目的，万物都是更大整体的一部分。

目标决定了你如何看待世界。

目标决定了你如何界定“成功”或“失败”。

你可以尝试“享受过程”，但如果你追求的是错误的目标，你就不会真正享受它。

你的思维是现实的操作系统。

该系统由目标组成。

对大多数人来说，这些目标是被他人设定的，就像代码一样被植入你的心理。

Go to school. Get the job. Get offended. Play victim. Retire at 65.

A known path that doesn't work.

To become more intelligent, you must:

- Reject the known path
- Dive into the unknown
- Set new, higher goals to expand your mind
- Embrace the chaos and allow for growth
- Study the generalized principles of nature
- Become a deep generalist

That leads us into the next section perfectly.

VI — How to launch into a completely new life (in 1 day)

The best periods of my life always came after a period of getting absolutely fed up with the lack of progress I was making.

How do you dig into your mind?

How do you become aware of your conditioning?

How do you reach profound insights and truths that change the trajectory of your life?

Through the simple, but often painful act of *questioning*.

Something that so few people do, and you can tell by how they speak or give their thoughts on a specific topic. Questioning is thinking, and very few people do it.

I want to give you a comprehensive protocol that you can use every year to reset your life and launch into a season of intense progress. This protocol helps you ask the right questions.

These questions will cover the macro to the micro: where you want to be, what you need to do to get there, and what you can do immediately to start moving the needle toward that reality.

This will require one full day to complete, so I recommend you follow along with the exact protocol. You will need a pen, paper, and an open mind.

When I observe patterns in people who successfully flip their identity, it happens fast after a build up of tension. Specifically, I've noticed 3 phases that people then to go

去上学。找份工作。感到被冒犯。扮演受害者。65岁退休。

一条已知却行不通的路。

要变得更聪明，你必须：

- 拒绝已知路径投身未知领域设定新的、更高的目标以拓展思维拥抱混乱，允许成长发生
- 研习自然的普遍原理成为深度通才
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-

这恰好完美地引出了下一节。

VI – 如何在一天内开启全新人生

我人生中最好的阶段，总是在我对自身缺乏进展感到彻底厌倦之后到来。

你如何深入探索自己的内心？

你如何觉察到自己的条件反射？

你如何获得那些能改变人生轨迹的深刻洞见与真理？

通过一种简单却往往令人痛苦的行为——提问。

很少有人这样做，从他们谈论某个话题时的言辞或表达方式中就能看出。提问就是思考，而真正这么做的人寥寥无几。

我想为你提供一套全面的方案，让你每年都能用它来重置人生，并开启一段高强度进步的时期。这套方案能帮助你提出正确的问题。

这些问题将涵盖从宏观到微观的层面：你想达到什么目标，需要做些什么才能实现它，以及你可以立即采取哪些行动来推动自己朝着那个现实迈进。

这需要一整天的时间来完成，因此我建议你严格按照以下流程进行。你需要准备一支笔、一张纸，以及一个开放的心态。

当我观察那些成功转变身份认同的人所呈现的模式时，发现这种转变往往在紧张感积累到一定程度后迅速发生。具体而言，我注意到人们通常会经历三个阶段：

through.

1. **Dissonance** — They feel like they don't belong in their current life, and become sufficiently fed up with their lack of progress.
2. **Uncertainty** — They don't know what comes next, so they either experiment or get lost and feel worse.
3. **Discovery** — They discover what they want to pursue and make 6 years of progress in 6 months.

So, our goal with this protocol is to help you reach the point of dissonance, navigate through uncertainty, and discover what it truly is that you want to achieve, so much so that the clarity is overwhelming and distractions no longer hold their weight.

This protocol is structured so that it can be completed in one day. In the morning, you do a psychological excavation to uncover your own hidden motives. During the day, you prompt yourself with interrupts to keep you out of autopilot and contemplate your life. At night, you synthesize the insights into a direction you will start to move in tomorrow.

I cannot guarantee that this will work for everyone, because I cannot guarantee that everyone reading this is in the right chapter of their own story that would make these points impactful. You can't place the climax at the start of the book and expect it to be interesting.

Part 1) Morning — Psychological Excavation — Vision & Anti-Vision

First we must create a new frame, or lens of perception, for your mind to operate from.

This is like creating a new shell, leaving your old one, and slowly growing into it over time. It won't feel like it fits at first. That's a good thing.

Set aside 15–30 minutes (the length of one YouTube video... you can do it) to think about and answer these questions. Do not attempt to outsource this contemplation to AI. I want you to break past the limiter that is on your mind. If you can't answer these immediately, come back to them later.

1. What is the dull and persistent dissatisfaction you've learned to live with? Not the deep suffering but what you've learned to tolerate. (If you don't hate it, you will tolerate it)
2. What do you complain about repeatedly but never actually change? Write down the three complaints you've voiced most often in the past year.
3. For each complaint: What would someone who watched your behavior (not your words) conclude that you actually want?

这三个阶段。

1. 认知失调——他们感觉自己与当前的生活格格不入，并对自身缺乏进展感到极度不满。
2. 不确定性——他们不知道接下来该做什么，因此要么尝试各种可能性，要么迷失方向，感觉更加糟糕。
3. 发现——他们找到了自己真正想追求的目标，并在6个月内取得了相当于6年的进展。

因此，本方案的目标是帮助你达到认知失调的状态，穿越不确定性，并最终发现你真正想要实现的目标，使这种清晰感如此强烈，以至于干扰再也无法动摇你的决心。

本方案的结构设计使其可在一天内完成。早晨，你进行心理挖掘，以揭示自己隐藏的动机；白天，你通过设置打断提示，让自己脱离自动驾驶状态，深入思考自己的人生；到了晚上，你将这些洞见整合成一个明确的方向，并从明天开始付诸行动。

我无法保证这对每个人都有效，因为我无法保证每位读者都正处于自己人生故事中适合接受这些观点的章节。你不能把高潮放在书的开头，还指望它引人入胜。

第一部分) 早晨——心理挖掘——愿景与反愿景

首先，我们必须为你的思维创建一个新的框架或感知透镜，以此作为你心智运作的基础。

这就像创造一个新外壳，脱去旧壳，并随着时间的推移慢慢适应它。起初，它不会让你感觉合身，而这恰恰是件好事。

请预留15到30分钟（相当于看一个YouTube视频的时间.....你能做到的），认真思考并回答以下问题。不要试图将这种沉思外包给AI。我希望你突破自己思维上的限制器。如果你无法立即回答这些问题，稍后再回来看它们。

1. 你已学会与之共存的那种沉闷而持续的不满是什么？不是深重的痛苦，而是你已学会容忍的东西。（如果你不憎恨它，你就会容忍它）
2. 你反复抱怨却从未真正改变的是什么？写下过去一年中你最常提到的三个抱怨。
3. 针对每一条抱怨：一个观察你行为（而非听你言语）的人，会得出什么结论，认为你真正想要的是什么？

4. What truth about your current life would be unbearable to admit to someone you deeply respect?

Those questions are meant to make you aware of the pain in your current life. Now, we need to turn those into what I call an “anti-vision,” which is a brutal awareness of the life you do not want to live. That way, you can use that negative energy to aim your efforts in a positive direction and act from a place of intrinsic motivation.

5. If absolutely nothing changes for the next five years, describe an average Tuesday. Where do you wake up? What does your body feel like? What’s the first thing you think about? Who’s around you? What do you do between 9am and 6pm? How do you feel at 10pm?
6. Now do it but for ten years. What have you missed? What opportunities closed? Who gave up on you? What do people say about you when you’re not in the room?
7. You’re at the end of your life. You lived the safe version. You never broke the pattern. What was the cost? What did you never let yourself feel, try, or become?
8. Who in your life is already living the future you just described? Someone five, ten, twenty years ahead on the same trajectory? What do you feel when you think about becoming them?
9. What identity would you have to give up to actually change? (“I am the type of person who...”) What would it cost you socially to no longer be that person?
10. What is the most embarrassing reason you haven’t changed? The one that makes you sound weak, scared, or lazy rather than reasonable?
11. If your current behavior is a form of self-protection, what exactly are you protecting? And what is that protection costing you?

If you answered those truthfully, and if you are in the right chapter of your life, you will feel a deep sense of dis-ease and possibly disgust for how you are currently living. Now, we need to orient that energy in a positive direction. We need to create a minimum viable vision, because your vision is like a product. It starts out unclear, but with time and experience, it grows stronger and more potent.

13. Forget practicality for a minute. If you could snap your fingers and be living a different life in three years, not what’s realistic, what you actually *want*? What does an average Tuesday look like? Same level of detail as question 5.
14. What would you have to believe about yourself for that life to feel natural rather than forced? Write the identity statement: “I am the type of person who...”

4. 关于你当前的生活，有什么真相是你无法向自己深深敬重的人坦白的？

这些问题旨在让你意识到当前生活中的痛苦。现在，我们需要将这些转化为我所说的“反愿景”，即对你不想过的生活所持有的清醒而残酷的认知。这样，你就能利用这种负面能量，将努力导向积极的方向，并从内在动机出发采取行动。

5. 如果未来五年一切毫无改变，请描述一个普通的星期二。你在哪里醒来？你的身体感觉如何？你想到的第一件事是什么？谁在你身边？上午9点到下午6点之间你做了什么？晚上10点时你感觉如何？
6. 现在再做一遍，但时间延长到十年后。你错过了什么？哪些机会已经关闭？谁对你放弃了希望？当你不在场时，人们会怎样谈论你？
7. 你已走到生命尽头。你过了一生安稳却平庸的日子，从未打破固有模式。代价是什么？你始终未曾允许自己去感受、尝试或成为什么样的人？
8. 你生活中谁已经在过你刚刚描述的那种未来生活？有没有人比你领先五年、十年甚至二十年，走在同一条轨迹上？当你想到自己会变成他们那样的人时，内心有何感受？
9. 为了真正做出改变，你必须放弃哪种身份认同？（“我是那种.....的人”）不再做那样的人，会在社交上让你付出什么代价？
10. 你尚未改变的最令人尴尬的原因是什么？就是那个让你听起来显得软弱、恐惧或懒惰，而非合情合理的理由？
11. 如果你当前的行为是一种自我保护，那你究竟在保护什么？而这种保护又让你付出了怎样的代价？

如果你诚实地回答了上述问题，并且正处于人生合适的阶段，你会对自己当前的生活方式产生一种深切的不安，甚至厌恶。现在，我们需要将这种能量引导到积极的方向上。我们需要创建一个最小可行愿景，因为你的愿景就像一件产品：它起初模糊不清，但随着时间推移和经验积累，会变得越来越清晰、强大而有力。

13. 暂时忘掉现实可行性。如果你打个响指，就能在三年后过上另一种生活——不是考虑什么现实不现实，而是你真正想要的生活——那会是什么样子？一个普通的星期二会如何度过？细节程度请与问题5保持一致。
14. 为了让你理想中的生活感觉自然而非勉强，你需要对自己抱持怎样的信念？写下你的身份认同陈述：“我是那种会.....的人。”

15. What is one thing you would do this week if you were already that person?

Answer all of those first thing in the morning tomorrow.

Part 2) Throughout The Day – Interrupting Autopilot – Breaking Unconscious Patterns

These journaling exercises are cute, but we want real change.

Frankly, that's not going to happen if you don't break the current unconscious patterns that are keeping you the same.

Throughout the day, I want you to contemplate on everything you journaled in part one. Beyond that, I don't want you to forget to contemplate. Please take this seriously. You aren't going to change by doing the same thing for the rest of your life. You need to consciously force a pattern break.

Take the time right now to create reminders or calendar events in your phone. Include the question in the reminder or event so that you can immediately start thinking about it.

The more random and non-conflicting with your schedule there are, the better.

- **11:00am:** What am I avoiding right now by doing what I'm doing?
- **1:30pm:** If someone filmed the last two hours, what would they conclude I want from my life?
- **3:15pm:** Am I moving toward the life I hate or the life I want?
- **5:00pm:** What's the most important thing I'm pretending isn't important?
- **7:30pm:** What did I do today out of identity protection rather than genuine desire? (Hint: it's most things you do)
- **9:00pm:** When did I feel most alive today? When did I feel most dead?

To add a bit more fuel to the fire, schedule these questions during times where you are either commuting, walking, or lying around.

- What would change if I stopped needing people to see me as [the identity you wrote in question 10]?
- Where in my life am I trading aliveness for safety?
- What's the smallest version of the person I want to become that I could be tomorrow?

Part 3) Evening – Synthesizing Insight – Entering A Season Of Progress

15. 如果你已经成为那样的人，本周你会做的一件事是什么？

明天一早醒来，先回答所有这些问题。

第二部分) 全天——打断自动驾驶——打破无意识模式

这些日记练习固然不错，但我们追求的是真正的改变。

坦白说，如果你不打破当前那些让你停滞不前的无意识模式，这种改变是不会发生的。

在这一天中，我希望你不断思考你在第一部分所写下的所有内容。除此之外，我更希望你不要忘记持续反思。请认真对待这件事。如果你余生都重复做同样的事，就不可能发生改变。你必须有意识地强制进行一次模式中断。

现在就花点时间，在手机上设置提醒或日历事件。在提醒或事件中包含相应的问题，这样你就能立刻开始思考它。

这些安排越随机、越不与你的日程冲突，效果就越好。

- 上午**11:00**：我现在做这件事，是在逃避什么？下午**1:30**：如果有人拍下过去两小时的我，他们会得出什么结论——我到底想要怎样的人生？下午**3:15**：我正在走向自己厌恶的生活，还是向往的生活？下午**5:00**：我假装不重要的事情中，哪一件其实最为重要？下午**7:30**：今天我做的哪些事是出于身份保护，而非真实渴望？（提示：你做的大多数事情都属于此类）晚上**9:00**：今天什么时候我感觉最有鲜活感？什么时候又感觉最麻木？
-
-
-

为了让这把火燃得更旺一些，请把这些问题安排在你通勤、步行或闲躺的时间段。

- 如果我不再需要别人把我看作[你在问题10]中写下的身份认同10]，我的生活会有什么改变？我在生活的哪些方面用鲜活感换取了安全感？明天，我能成为的那个理想自我的最小版本是什么？
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-

第三部分) 晚间 – 整合洞见 – 进入进步的季节

If you followed that process, I would be surprised if you didn't have at least *one* profound insight that could alter the course of your life. Now, we need to make those known, integrate them into who we are, and act on them to begin solidifying our journey to a new level of mind.

16. After today, what feels most true about why you've been stuck?
17. What is the actual enemy? Name it clearly. Not circumstances. Not other people. The internal pattern or belief that has been running the show.
18. Write a single sentence that captures what you refuse to let your life become. This is your anti-vision compressed. It should make you feel something when you read it.
19. Write a single sentence that captures what you're building toward, knowing it will evolve. This is your vision MVP.

Lastly, we need to create goals.

Again, these aren't goals that you set for the sake of achievement, because goals are just projections. They are unreliable and make you feel bound to something that will inevitably change. Instead, think of goals as a point of view. A lens that you can exchange to enter the right state of mind to perform the action that will lead away from the life you don't want. Do not worry about some kind of finish line, because as we will find, it doesn't exist. Enjoyment is found in progress.

20. **One-year lens:** What would have to be true in one year for you to know you've broken the old pattern? One concrete thing.
21. **One-month lens:** What would have to be true in one month for the one-year lens to remain possible?
22. **Daily lens:** What are 2-3 actions you can timeblock tomorrow that the person you're becoming would simply do?

That was a lot.

Hopefully it was helpful.

But we have one last piece to lock it all in.

Stick with me.

VII — Turn Your Life Into A Video Game

The optimal state of inner experience is one in which there is order in consciousness. This happens when psychic energy—or attention—is invested in realistic goals, and when skills match the opportunities for action. The pursuit of a goal brings order in awareness because a person must concentrate

如果你遵循了这一过程，我反而会惊讶于你竟然没有至少获得一个能改变人生轨迹的深刻洞见。现在，我们需要将这些洞见明确化，将其融入我们的本质，并付诸行动，从而开始巩固我们迈向全新思维境界的旅程。

16. 今天之后，关于你为何一直停滞不前，什么感觉最真实？
17. 真正的敌人是什么？清晰地指出来。不是环境，也不是他人，而是那个一直在幕后操控你的内在模式或信念。
18. 写下一句话，概括你绝不愿让自己的人生变成的样子。这就是你压缩后的反愿景。读到它时，应能激起你的情绪。
19. 写下一句话，概括你正在朝向的目标，同时明白它会不断演化。这就是你的愿景 MVP。

最后，我们需要设定目标。

再次强调，这些目标并非为了成就而设定，因为目标只是投射，既不可靠，又会让你感到被束缚于某种终将改变的事物。相反，请将目标视为一种视角、一副可随时更换的透镜，帮助你进入合适的心境，从而采取行动，远离你不想要的生活。不必担心所谓的终点线，因为正如我们将发现的那样，它并不存在。真正的享受在于进步本身。

20. 一年视角：一年后，必须发生什么具体的事情，你才能确信自己已经打破了旧有模式？
21. 一个月视角：一个月后，必须发生什么，才能确保一年视角的目标仍然可行？
22. 每日视角：明天你可以安排哪2-3项具体行动，让未来的自己会毫不犹豫地去做？

内容很多。

希望你有所帮助。

但我们还有一项最后的内容，来将所有这些牢牢锁定。

跟我一起坚持下去。

VII – 把你的生活变成一款视频游戏

内在体验的最优状态是一种意识中存在秩序的状态。当心理能量（即注意力）投入到现实目标中，且个人技能与行动机会相匹配时，这种状态便会出现。目标追求能为觉知带来秩序，因为人必须集中注意力

attention on the task at hand and momentarily forget everything else.

— Mihaly Csikszentmihalyi

You now have all of the components that lead to a good life.

Now, it may be helpful to organize all of your insights into one coherent plan. Pull out a new page and write down these 6 components:

- **Anti-vision** — What is the bane of my existence, or the life I never want to experience again?
- **Vision** — What is the ideal life that I think I want and can improve as I work toward it?
- **1 year goal** — What will my life look like in 1 year time, and is that closer to the life I want?
- **1 month project** — What do I need to learn? What skills do I need to acquire? What can I build that will move me closer to the one year goal?
- **Daily levers** — What are the priority, needle-moving tasks that bring my project closer to completion?
- **Constraints** — What am I not willing to sacrifice to achieve my vision from the ground up?

Why is this so powerful?

Because these components literally create your own little world. If you are meant to pursue this hierarchy of goals at this stage of your life, you will have no other option but to become obsessed. You will feel the pull to something greater. You will not see anything else as an option.

You turn your life into a video game.

Because games are the poster child for obsession, enjoyment, and flow states. They have all the components that lead to focus and clarity, so if we reverse engineer what those components are, we can live in a state of deeper enjoyment, less distractions, and more success.

Your vision is how you **win**. At least until the game evolves.

Your anti-vision is what's at **stake**. What happens if you lose or give up.

Your 1 year goal is the **mission**. This is your sole priority in life.

Your 1 month project is the **boss fight**. How you gain XP and acquire loot.

Your daily levers are the **quests**. The daily process that unlocks new opportunities.

于手头的任务，并暂时忘却其他一切。

——米哈里·契克森米哈赖

你现在已掌握了通往美好生活的所有要素。

现在，将你所有的洞见整合成一个连贯的计划或许会很有帮助。拿出一张新纸，写下以下6个要素：

- 反愿景——什么是我生命中的祸根，或我再也不想经历的生活？愿景——我理想中的生活是什么样子？这种生活在我为之努力的过程中还能不断优化吗？一年目标——我的生活在一年后会是什么样子？这是否更接近我想要的生活？一个月项目——我需要学习什么？我需要掌握哪些技能？我能构建什么来推动自己更接近一年目标？每日杠杆——哪些是优先级高、能显著推进项目进展的任务？约束——
- 为了从零开始实现我的愿景，有哪些东西是我绝不愿意牺牲的？

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为什么这种方法如此强大？

因为这些组成部分实实在在地构建了你自己的小世界。如果你的人生现阶段注定要追求这一目标层级，你将别无选择，只能为之痴迷。你会感受到一种对更伟大事物的强烈吸引，除此之外，你不会再把其他任何事情视为可行之选。

你把自己的生活变成一款视频游戏。

因为游戏正是痴迷、享受和心流状态的典范。它们具备所有能带来专注与清晰的要素，因此，如果我们逆向拆解这些要素，就能进入一种更深层次的愉悦状态，减少干扰，并取得更多成功。

你的愿景就是你获胜的方式——至少在游戏升级之前是如此。

你的反愿景就是你所面临的风险——如果你失败或放弃，将会发生什么。

你的一年目标就是你的使命。这是你人生中唯一优先事项。

Y我们的一个月项目就是最终Boss战。你将在此过程中获得经验值并获取装备 t.

你的每日任务追求就是任务。这一日常过程能解锁新的机遇。

Your constraints are the **rules**. The limitations that encourage creativity.

All of these act as a concentric set of circles, like a forcefield, that guard your mind from distractions and shiny objects.

The more you play the game, the stronger this force becomes, and soon enough it becomes who you are, and you wouldn't have it any other way.

— Dan

你的约束就是规则。这些限制能激发创造力。

所有这些都像一圈圈同心圆，如同一道力场，守护着你的头脑，使其免受干扰和光鲜事物的诱惑。

你玩得越多，这股力量就越强大，很快它就会成为你的一部分，而你也再不愿做任何改变。

— Dan