

Mind is smart, Brain is dumb

**Mind is not brain
Outsource your brain**

Reduce friction

**Minimise decisions
Create structure**

Time does not exist

**Beware of Now/Not-now
Make the invisible visible**

Be you, be unique

**Focus on what really matters
Change the rules**

Plan for wrogn

**Prompts, prods, & reminders
If it's not written down, it doesn't exist**

Important is not interesting

**Change the focus: What, How, Why, Who, Style
Multitasking is a fairy story (minimise distractions)**

Healthy life, healthy mind

**Good sleep, balanced diet, regular exercise
Emotions matter**