

Clear Thinking

"An indispensable guide to making smarter decisions each day."

James Clear, Author of *Atomic Habits*

SHANE PARRISH

Founder of Farnam Street



CLEAR THINKING

**Turning Ordinary Moments
into Extraordinary Results**

Our desire to fit in with the group today is due to our history.

The world we live in today is very different from the one we evolved from and so we look to others for cues on how to behave

When doing an undifferentiated work. the only way to outperform is to work harder than everyone else

SUCCESS requires shamelessness and so does

FAILURE

Doing something undifferentiated means you might underperform but it also means you might change the game entirely

If you do what everyone else is doing, you will be the same as them

**Doing something undifferentiated means
you might underperform but it also means
you might change the game entirely**

Best practices aren't the best.
They are simply AVERAGE

Change happens only when you're willing to think differently and when you do what nobody else is doing and risk looking like a fool because of it

BEWARE!

The Social Default is in charge if

You are exerting energy to fit in with the crowd

You are fearful of being an outsider

You are afraid to disappoint others

Once our minds are set in a direction, they continue to act in that direction unless an external force affects us

The cognitive inertia is why changing our minds are so hard

Many of the algorithms you're running have been programmed into you by evolution, culture, ritual, or even family

Some programs help you move closer to your goal while some take you far away from it

Joining groups whose default behavior is your desired behavior, is an effective way to create an intentional environment.

If you want to read a book [join a book club](#)

If you want to exercise more, [hire a trainer](#)

Your CHOSEN environment + willpower nudge you towards your goals.

Establishing rituals is the key to creating a positive inertia.

Rituals focus the mind on something other than the moment.

It can be simply pausing before responding to someone's contention at work.

The 4 Strengths You Need

Self Accountability

Self Confidence

Self Knowledge

Self Control

Self Accountability

**Hold yourself accountable for learning
and growing, for manding your
inabilities and using reason to govern
your actions**

Self Confidence

Trust in your abilities and your value to others

Self Knowledge

Know your strengths and weaknesses

Self Control

Master your fears, desires and emotions

Complaining doesn't change the
present situation you are in

**Always focus on the next move, the
one that gets you closer or farther
away from your goal**

**Failing to accept how the world works
makes you put your time and energy into
proving yourself right.**

**You focus on your ego and not the
outcome**

**If the desired result does not materialize,
it gets easier for you to blame the
circumstances**

**The author calls it the “Wrong Side of
Right”**

When you focus on the next move rather than how you got into a situation, you put the outcome above your ego and this opens you to a lot of possibilities

The effective question before you act is

“Will this action make the future easier or harder?”

**There is always something you can do to
make the future easier and the moment you
stop complaining is the moment you start
finding the solution**

You Are Not A Victim

The most important story is the one you tell yourself

**While telling yourself a good story doesn't have a
positive, a negative story does have a bad one**

Self Accountability is the strength of realizing that even you can't control everything, you can control how you respond to everything

Self-knowledge is introspecting how many times you uttered the phrase “I Don't Know”.

If you haven't said that phrase, you're dismissing the things that may surprise you

When you play games where other people have the aptitude and you don't, you are going to lose.

You need to figure out what gives you the edge and stick to it

Self-control is about creating space for reason and not just instincts.

It's about being able to view your emotions and feelings as inanimate objects- things that do not have the power to determine anything unless you allow them to do so

Self-confidence is needed for you to think independently and stand firm in the face of pressure, ego, inertia, or emotions.

You need to understand that not all results are immediate and you need to focus on doing what it takes to earn them eventually

Confidence VS Ego

Self-confidence helps you in executing difficult decisions and develop self-knowledge

Confident people focus on the task at hand even if they have to rely on other people to do so

Confidence VS Ego

Self Confidence is the strength to focus on what's right rather than who's right

It's the strength to face reality, admit mistakes, and to change your mind and the strength to be on the right side of the right

Margin Of Safety

A margin of safety is a buffer between expected and actual events

Never say YES to something important without thinking about it for a day

When failure is expensive, it's better to invest in large margins of safety

The Process Principle

It is the first Principle to consider while evaluating a decision.

While making a decision, focus on the process you used to make the decision and not the outcome

The Transparency Principle

Make your decision-making process as visible and open to scrutiny as possible

Safeguard

Keep a record of your thoughts at the time you make a decision. Don't just rely on your memory

A written record provides information about your thought process at the time of making a decision

Safeguard

The second benefit of writing is that you often realize that you haven't understood it as well as you thought you did.

It's better and cheaper to realize this before making the decision instead of after

Good Decision Making is of 2 things

Knowing how to get what you want

Knowing what's worth wanting

The quality of WHAT you pursue determines the quality of your life

Disclaimer

**This is just a summary. For a better understanding,
reading the book is highly recommended**

This summary is as per my interpretation and learning

Please excuse any errors

Thank You For Reading

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