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Key Takeaways

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[icon]—what you love, what the world needs, what you can be paid for, what you are good at—[icon]optimize[icon]monetize[icon]newsletter[icon]TikTok[icon]

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[icon]Radical Acceptance / DBT[icon]

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[icon]Stoicism[icon]Dichotomy of Control[icon]

[icon]Epictetus[icon]—[icon]—[icon]

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[icon]Setting Boundaries[icon]

[icon]Nedra Glover Tawwab[icon]Set Boundaries, Find Peace[icon]—[icon]

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[icon]Gray Rock Method[icon]—[icon]—[icon]

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[icon] vs. [icon]

[icon]Big Law[icon]—[icon]partner[icon]—[icon]

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[icon]boutique firm[icon]—[icon]

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2024[icon]—[icon]VP[icon]

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[icon] | [icon] | [icon]Radical Openness[icon] | [icon]

[icon] | [icon]—[icon] | [icon] vs. [icon]Instrumental vs. Intrinsic Value[icon] | [icon]—[icon]

[icon] | [icon] | [icon]Setting Boundaries[icon]Gray Rock Method[icon] | [icon]

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[icon] | [icon] | [icon]Energy Management[icon]: Seth Godin[icon] | [icon]—[icon]Tesla CyberTruck[icon]

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[icon]Key Takeaways[icon]

[icon]——[icon]mental cache[icon] [icon]silent retreat[icon]——[icon]

[icon]identity[icon] [icon]rental car[icon]——[icon]founder[icon]PM[icon]

[icon]career advice[icon] [icon]——[icon]——[icon]

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[icon]TV[icon]reality TV[icon]real[icon]#authentic[icon]LinkedIn[icon]

[icon]——[icon]wellness retreat[icon]——[icon]——[icon]——[icon]

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[icon]——[icon]——[icon] [icon]——[icon]——[icon]mentor[icon]coach[icon]support group[icon]

[icon]——[icon]——[icon]biohacking data[icon]sleep score[icon]——[icon]MBA[icon]critical thinking[icon]
]——[icon]——[icon]psychedelic trip[icon] [icon]

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[icon] [icon]——[icon]——[icon]mindful eating[icon]——[icon]——[icon]——[icon]

[icon] [icon]inspirational quote[icon]

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origin[icon]toxic boss[icon]capitalist system[icon]——[icon]

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[icon]Self-Efficacy[icon] [icon]Albert Bandura[icon]1977[icon]self-efficacy[icon]——[icon]——[icon]maste
ry experience[icon]mastermind course[icon]——[icon]guru[icon]——[icon]certification[icon]

[icon]Internal vs External Locus of Control[icon] [icon]Julian Rotter[icon]1954[icon]——[icon]——[icon]—
—[icon]——[icon]

[icon]Guru Culture[icon]Spiritual Bypassing[icon] [icon]——[icon]yoga retreat[icon]the power of now[icon]
]——[icon]certified breathwork facilitator[icon]——[icon]ayahuasca[icon]Vipassanā[icon]tantra workshop
[icon]——[icon]

[icon]Paradox of Choice[icon] [icon]Barry Schwartz[icon]——[icon]——[icon]——[icon]morning routine[ic
on]attachment style[icon]date[icon]

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[icon]Michael[icon]Wall Street[icon]trader[icon]——[icon]Rishikesh[icon]breathwork retreat[icon]Berkele
y Mindfulness Center[icon]MBSR[icon]online course[icon]coaching program[icon]

[icon]I feel like I've collected so many tools, but I still don't know how to be okay.[icon]

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[icon] | [icon] | [icon]certificate[icon] | [icon]

[icon] | [icon] | [icon]Codependency[icon] | [icon] vs. [icon]Detachment vs. Attachment[icon]

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[icon]Key Takeaways[icon]

[icon]self-improvement project[icon] [icon]—[icon]self-harassing[icon]

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[icon]Peak[icon] — [icon]deliberate practice[icon]

[icon]—[icon] **— [icon]growth mindset[icon]**

[icon]DBT® [icon] — [icon]radical acceptance[icon]

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