life hacking

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life:

no stress

stress:
world

world:
body
environment
people

world:
no mind
no self

mind:
ideas

ideas: **programs**

life program:
input →
processing →
output

processing:
goals
values

goals:
beauty

values:
love

steps

reduce:
no stress
no distractions

declutter:
digital
analog

declutter:
remove stress

remove stress:
understand ➞
plan ➞
do

learn: environment people

learn:
google
ask someone
just do it

learn:

programming
electronics
mechanics
...

learn:
cooking
sports
dancing
...

learn:
design
clothes
gardening
...

learn:

drawing

music

hacking

...

learn:
writing
travelling
teaching

...

learn:
doing

values:
love for people
love for planet

techniques

digital:
scripting
internet blocker
inbox zero
google

hacking:
C, C++
assembler
lisp
embedded

programs:
calendar
gtd
evernote
basecamp

devices:
notebook
smartphone
microcontroller
tools

analog:

daily routine

sports

organization

design:
less is more
green
cheap

technique:
notice
think
do

technique:
openness
skepticism
self-discipline

books

leo babauta: power of less

leo babauta:
zen to done

tim ferriss:
4 hour workweek

fried & hansson:
rework

thanks

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