

People shouldn't be judged for being triggered. Why are they triggered? Can you help them without being toxic?

Find the why before you find the solution.

The next time I think "I should take my own advice", I'm going to find a person that cares about me. And instead of thinking it, I'm going to say it.

Then I'm going to say, "I am going to take my own advice"

My theory is, I will be taking ownership of it and I have someone to hold me accountable.

If you earned 500 bucks an hour, to become a billionaire, you'd have to work

24 hours a day

7 days a week

52 weeks a year

For...

228 years. How much of your time is a Billion dollars worth? Would you have time to enjoy it?

There is one group of people in this world. The haves and the have-nots

Changing who you are is one of the most challenging accomplishments in life.

First, you must know who you are. Our default perception of ourselves is how we think others view us. We should ask some hard questions and give honest answers.

Once you've discovered your true self, there's a new question: Do still want to change who you are or do you want to start being yourself?

If you just want to be yourself, your true self, you only need to change your actions. But if you want to change who you are, you must change the way you feel and perceive life

You're emotionally fatigued. It happens during big changes in life. It's good to recognize it and take a break. But don't give up. You'll have more energy after you've rested

Kid love is the purest thing on this planet. When you combine innocent with adorable, there can be no result other than bliss

There are two types of lies.

1. A lie with deceit.

This is when a person tells a falsehood to gain something from you

2. A lie with shame.

This is when someone does something they sincerely regret.

When confronting someone that has been dishonest, keep that in mind. We don't always deal with principle based people. When someone offends us, in a lie, a derogatory comment, or with an action, I believe it's important to evaluate as much of the situation that we can.

Being offended is a reaction. Dealing with it in an understanding, loving way is an action.

I try not to judge the person. I try to be non-offended to get as much gain as I can.

I do say TRY as I sometimes fail.

I don't know if it really takes so much courage, but more of a recognition that growth is possible. Once I realized that it is possible, I became excited and enthusiastic.

So, is it courage? I don't know.

But I do consider myself in the growth mindset.

The only person that can set you up for failure is you.

The first step is perspective.

The second is initiative.

I'm here in this car just trying to get home.

I'm here till I'm there. Getting upset at other people does not change that. Getting upset about being here doesn't change the fact that I am.

Think about it like this, somewhere right now, someone just cut someone off. You're not getting upset about it.

Why should we get upset if that someone getting cutoff is you?

People aren't trying to offend you; they are just in a hurry.

It takes a LOT of practice to not let it bother you.

They call it A.D.D.

I call it chaotic freedom of thought. It doesn't have to be a disability. "THEY" need to deal with me, not the other way around

"I love being a daddy"

Happiness will find you in the place you least expect it. So, if your past goals have evaded you, set new ones. And anytime you tell yourself you can't have it, start with the "Because?"

Every time you offer up a because, know that it is total bullshit.

Some people get lost in the subconscious thought that they aren't enough. YOU ARE ENOUGH. You are enough to deserve to desire and to achieve. You are human just like everyone else. You are no less intelligent than anyone more successful than you. You can do it.

Everyone makes mistakes. You can't accurately judge someone based on their age when people of all ages make mistakes.

I like to refer to it as my midlife calm. It's the only anonym I can find for crisis.

Things are becoming clearer. I'm getting smarter. I can see greater things in my future.

I wish it was easier to want to do things. How do you move from wanting to want to do it to actually wanting to? Or are they the same thing? If so, does it come down to desire?

Adulting- Doing stuff you don't want to do

Parenting - Doing stuff you didn't know you wanted to do.

Regarding sexism, feminism, and equal rights

There are different levels ... or sides. Just like politics.

There is a far left and far right, neither of which are correct.

There is a point in the middle where a certain respect and understanding can help us all grow.

History told from emotion can have bias, and should not hold validation

Being wrong doesn't have to suck. You can be willing to say "Wow, I was wrong" or "My view has now changed" if you realize, you've learned something.

I think arguments can be turned into meaningful discussions.

They don't have to be wrapped up in 1 minute. You can take a discussion, think on it for a few days and start it again. Too often people are afraid of someone saying, "You're still harping on that?" If someone says that, try to point out that you were giving them respect by evaluating what they said. It made you think and you want to provide more input on it. If they aren't willing to continue, you can continue on your own. By now, you probably have a good idea of where they are coming from. Do research, check facts. Even if you don't invalidate your point, you can learn how the other party thinks and gain insight as to why they think that way.

Arguments can be discussions, but effort is required.

When the effort isn't put forth, it really comes down to being a waste of breath, energy, and emotion

When I feel anger towards someone, I'm just judging them.

When I judge someone, I'm subconsciously putting myself in their shoes; but only halfway.

I pretend that I am making that choice and I imagine how I would perceive others judgement of me for making that choice.

My ego is so great that I forget that I most likely don't have all relevant knowledge of that situation. I can never completely fit in those shoes because all walks of life have different feet.

I should know that the offense was either unintended, or was intended with a goal in mind.

Anger can be replaced with growth.

1. What angered you?
2. Why did it anger you..., no WHY did it ANGER you?
3. How did you react?
4. How could you react in the future?
5. Was it intended to make you angry or was it intended to make you aware?

Remember, just as I act in anger as a reaction, the person who offended me may have acted out of reaction.

You can't just become your goal self. Do the things that make you a better person. GET STUFF DONE.

This is a self-discipline training

Ways to view life

1. Spiritual
 - a. We have a soul and there is an eternal, conscious afterlife
 2. Scientific
 - a. We are just an assortment of atoms and energy
 3. Hybrid
 - a. Our energy and matter is what we are. Happiness is a chemical reaction feeding our conscious mind. Happiness can be created without consciousness.
 - b. Consciousness can exist in bliss without memories attached.
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Fear of failure

Is it fear of failing or is it a fear of wasting time? Is it even fear or just a poorly calculated risk assessment

Fear of learning? Taking time to learn takes time from daily items. Is it fear or is it just harder?

What is the best perspective for overcoming these "fears"

Unconditional love, I mean COMPLETE unconditional love is when you can forgive, hug, and love ANYONE, no matter what they've done.

The secret to happiness for me is defined as not getting upset with things I can't do anything about. It takes practice and I'm still not perfect at it. I still get angry when I hear a defenseless person like a kid has violence and aggressive actions turned toward them.

But if I'm doing nothing about it, my energy is wasted on anger.

My secret to happiness is that I do nothing for 3 to 4 hours a day. Well not nothing, I'm driving, but Still, it's just me and my thoughts and a few crazy drivers.

I get to focus my thoughts and have a conversation in my head about the things that are important to me. I get to question their importance and give myself honest feedback.

If you don't have those 3 hours, try to find it. It's hard to find that time when you aren't used to it and it can also sound dull. But you can find the time. Life is all about choices.

Why do children get happy when a sibling gets in trouble? Is it derived from older civilizations desires to be first in the family to gain the inheritance or would the reason and cause be reversed?

I desire to want to change. And I know by the power of truth, my desires will be granted. And in my tidings, I beseech a change for peace A change for love, a change for right, a change for good, a change for knowledge, a change for wisdom, and a change to further my brothers and sisters to quest for the same.

I used to think 2 wrongs don't make a right, but it does make it even.

I was wrong. All it does is double the wrong

It seems like every negative reaction we have toward someone doing something wrong boils down to the fact that we are trying to look superior. In a biblical sense, this is pride. Pride is a dangerous thing even in a non-Biblical context. The only thing it ever succeeds in is causing conflict.

Instead we should focus on our wholeness and combined greatness. We should look at what we have accomplished in the name of good as a human race. That is where our pride should come in it should be at group level instead of an individual. When people try to look better than others, they will try to deceive. The goal is no longer the task at hand and the result is no longer necessarily pointed to the greater good.

We as humans have the power and the intellect to change our reasoning and to change the outcome.

We can change people's minds and we can change our own. We can want to want things and then make that want of a want into a want. And we can take that want and turn it into reality.

I understand that not everyone can be in this mindset. But if enough people are, then the world could be a tremendous place.

What is a Thought of reference that encompasses all action and thought and belief?

A question to ask...

Why am I doing this

Is it beneficial to the betterment of humanity?

An angry man is Angry

A changed man can be content.

I believe that all people should be allowed a moment in their life to reevaluate their views on many important topics such as purpose, stereotypes, understanding of others, and forgiveness with an open mind. They deserve a chance to not be judged for not being born with the wisdom of the universe. If someone does the opposite of what they say, look at the circumstance. What has caused them to deviate from their path or thoughts? That is a person's dragon. That is the thing every single person on this earth will fight. Our war is the coming of change.

Everyone can change because everyone always changes.

15-minute meeting with CEOs and high-ranking individuals

Introduction – 5 minutes

Learn – 5 minutes

Teach – 5 minutes

15 minutes can bring a year's worth of value.

Doing right when you have no need or reason to do wrong neither qualifies or disqualifies you as a good person.

If you listen close enough, God, the Universe, your future self (which ever you believe in most) is trying to whisper the truth to you.

You just need to block out all the noise of our assumptions and our conditioning

It is the responsibility of a person that discovers a science to weigh its potential benefit and harm to humanity in terms of the greater good.

Nothing is evident without the cognition of its counter

I believe that one day, peace will become common sense/knowledge/understanding

How to feel the same enjoyment without the material things in life as you think you will with them. That is called contentment.

What is the purpose of shown anger?

Is it to discourage others from doing what displeases us?

If so, and I'm only assuming so, how much of that anger is wasted on things which do not further the human race, but for our own vices?

Does anger effectively change someone without the force of fear?

If not, and I'm only assuming not, can we do the opposite? Can we show love with a force of acceptance? Can we look past all past transgressions and just accept the world as a family?

I make a lot of assumptions. But this is the thought process in having right now.

From a man's point of view, I see most if not all the ignorance in my life was to be an attractive mate so that I can populate the earth.

The ignorance that follows the fulfilment of those subconscious desires is just a residual effect. It sticks because of its subconscious stealth, making it impossible to combat.

Luckily, thought, meditation, and the expression of others have illuminated my inner truths.

The first step is to realize that sin negatively controls Our Lives. The second step is to understand HOW sin negatively controls Our Lives. Only then can we convince ourselves not to sin.

The first step is seeing one's self as you truly are.
The second step is understanding who you really are.
3rd you realize you can change yourself.
Then you will understand others as they truly are.
Last, you can help others through the same path.

Money can buy happiness, but it cannot buy contentness.

Some things in life may or may not matter. One thing that does matter is if you do or don't want then to matter.

In a perfect world, Explanations shouldn't be necessary

The most damaging facet of humanity is the level of importance we assign to other humans' perception of us. Aka, vanity and pride.

From least important to most.
What you think
What you say
What you do
What you produce
The benefit of the product

When making a difficult choice, don't make your decision based solely on the outcome. Also look at the reason you wanted to make that choice before you knew what the outcome would be.
The reason may be skewing the calculation.

What defines a personality?
Is it the instances that flip flop us between emotional and rational thinking?
If so, is it further defined by which emotions surface in those non-logical moments?
How often can we logic ourselves while feeling a simultaneous emotion? Is there a name for that?

Just as (group A) shouldn't blanket all (group B) as (stereotype), (group B) shouldn't blanket all (group A) as someone who blankets all (group B) as (stereotype).

Do we value appreciation too much? Are we afraid people will expect things if they don't appreciate it?

When you have the knowledge, how do you get people to listen? In other words, how do you express your ideas in a forthcoming approach so people aren't afraid of what you have to say? How do you get them to understand?

I hypothesize that people fear changing because they fear the loss of their identity. I also hypothesize that if they allowed their selves to change, they would discover their true identity.

Politics are at most, 50% truth. Truth is 100% truth.

To move from anger to inspired is to move from doing nothing to taking meaningful and purposeful action.

When you judge others, you solidify your beliefs. Solid beliefs can weigh you down like an anchor.

Personalities are created from different primary source events and are further shaped by preexisting and subsequent life events from the past and future.

Personalities are mostly static comparative to the primary source event, but in rare instances, (rare in perspective to the individual, not the masses), any event can yield the scepter of primary; at times temporarily, at times permanently.

Step 1. Scientifically prove that we see outside groups or ideas as threats based on evolutionary circumstances.

Step 2. Provide sound, scientifically backed data that this trait is no longer in the best interests of human survival and in fact, distances ourselves from improving our species.

Step 3. Integrate findings into the education system to be as common as mathematics.
