

## **Brain Trainers**

Here are some brain jobs that seem to work for some people. No telling which ones will work for you. Unless you try them.

## Self-Questing

How do you feel about these questions? <b>Don't care</b> Got that one <b>beat</b> . <b>Was</b> already wondering about that <b>Might</b> start wondering about that.	Don't care	Beat	Was	Might
How can I decide on goals when they are in conflict?				
How can I decide if a goal is worth the effort?				
How can I get more self-confidence?				
How can I get rid of a habit I don't want?				
How can I get better at carrying out my plans?				
How can I get better at figuring out plans?				
How can I get better at working with other people?				
How can I get better at solving problems?				
How can I get better at learning new things?				
How can I help someone decide on goals in conflict?				
How can I help someone decide if a goal is worth the effort?				
How can I help someone get more self-confidence?				
How can I help someone get rid of a habit?				
How can I help someone get better at planning?				
How can I help someone get better at carrying out plans?				
How can I help someone get better at working with other people?				
How can I help someone get better at solving problems?				
How can I help someone get better at learning new things?				
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### Strengths of interaction.

<b>Strengths of interaction.</b> Name 4 people. Rate (A, B, C, D) them on how well they use these strengths.	You	Family member	Acquaintance	Fictional or Public
<a href="#"><u>Ambiguity, Can Tolerate</u></a>				
<a href="#"><u>Artistic</u></a>				
<a href="#"><u>Authority, Can Delegate</u></a>				
<a href="#"><u>Cooperative</u></a>				
<a href="#"><u>Compassionate</u></a>				
<a href="#"><u>Concretizer</u></a>				
<a href="#"><u>Competitive</u></a>				
<a href="#"><u>Dependable</u></a>				
<a href="#"><u>Feelings, Can Express</u></a>				
<a href="#"><u>Follower, Good</u></a>				
<a href="#"><u>Forgiving</u></a>				
<a href="#"><u>Friendly</u></a>				
<a href="#"><u>Help, Can Ask for</u></a>				
<a href="#"><u>Honest, Sincere</u></a>				
<a href="#"><u>Humor, Sense of</u></a>				
<a href="#"><u>Leader, Good</u></a>				
<a href="#"><u>Learn, Willing to</u></a>				
<a href="#"><u>Listener, Good</u></a>				
<a href="#"><u>Loyal</u></a>				
<a href="#"><u>Peacemaker</u></a>				
<a href="#"><u>Responsible</u></a>				
<a href="#"><u>Self-Aware</u></a>				
<a href="#"><u>Sensitive to Needs of Others</u></a>				
<a href="#"><u>Share the Wins of Others</u></a>				

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## Head Starters

How well do these <b>Head Start</b> tips fit your ways of getting started? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who need a push.	Never	Try	Use	Tell
1. Clear your head.				
2. Warm up your brain. Athletes don't start cold.				
3. Chop big jobs into joblets.				
4. Aim for the next rest stop.				
5. Imagine. Get your whole brain on the job.				
6. Connect. Your brain is a connection machine.				
7. Mark your trail. Or you will think in circles.				
8. Rest your brain. Hear from those quiet parts.				
9. Celebrate success. Appreciate your brain.				
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## Personal Strengths

How often do you use these tips in building your <b>personal strengths</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who need it	Never	Try	Use	Tell
Pick one strength and follow it for a month.				
Use scheduled checkpoints such as <a href="#">MealChecks</a> .				
Watch for the strength used by someone on TV, movies or other fiction.				
Watch for the strength used in current events, history, or other non-fiction.				
Watch for the strength used by <a href="#">people around me</a> .				
Watch for when I use the strength.				
When I see the strength used, I consider whether it was the right one to use.				
When I see the strength used, I consider whether I could have done that better.				
Watch for <b>slots</b> where somebody might have used the strength.				
Put out cues to remind me to watch for the strength uses and slots.				
<a href="#">Look ahead</a> few hours to see if I can anticipate some upcoming strength slots.				
Ask other people what they have noticed about the strength and the people who use it.				
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## Head Office Roles

Head Office roles: Grade the people at right (A, B, C, D) on how effectively they use the roles below	You	Family member (Choose one)	Person you work with (Choose one)	Fictional or public person (Choose one)
<b>Hunter.</b> Goal. Focus. Win				
<b>Engineer.</b> Concrete. How to do. Details				
<b>Un.</b> Reverse. Novel. Contrary.				
<b>Vulcan.</b> Logical. Responsible for choices. Forecasting.				
<b>Empath.</b> Sense feelings of other people. Win-win.				
<b>Explorer.</b> Questions. Gather answers. Find out.				
<b>Storyboarder.</b> Stories. Pictures in the head.				
<b>Shudoff.</b> What you should do. What other people should do.				
<b>Networker.</b> Connections. Similarities unseen before.				
<b>Canter.</b> Obstacles. It won't work. You can't.				
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## **Brain Sprints**

**When you have a spare 5 minutes, try a brain sprint.**

Brainstorming builds excitement and feeds on itself. Here are some other things that use similar methods. We call them brain sprints. Maybe you will want to try them. Maybe you will want your friends to try them and tell you whether they work. Maybe you will challenge your friends to a brain sprint the next time there is a lull in the conversation.

You may not want your competitors to try them. But you probably can't tell whether your competitors are trying them. Unless you notice that your competitors are thinking really fast.

**Word Sprints.** Take any word. Shout words that it reminds you of. Do that as fast as you can for 5 minutes. Shout the words out loud. If you do this while waiting in line, it may offer the extra advantage of clearing out the line in front of you.

OK you don't really have to shout. Here are some specific challenges that offer a little variety to your brain sprints. These challenges call on different skills and probably use different parts of your brain.

<p>How do you use these brain sprints?  <b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who might use it.</p>	Never	Try	Use	Tell
<p><b>Story Sprints .</b> Look at something you can see. Imagine events that this thing could be involved in. Write down your best ideas. <b>Your <a href="#">Storyboarder</a></b></p>				
<p><b>Use Sprints.</b> Pick anything around you. Think of novel ways to use it. Imagine trying to sell it for some novel use. <b>Your <a href="#">Un</a></b></p>				
<p><b>Cause Sprints.</b> Pick anything around you. Someone asks you how it came to be there. Make up interesting stories to tell them.</p>				
<p><b>Place Sprints.</b> Pick anything around you. Use your imagination to put it in other places. Imagine what would happen if people saw it there.</p>				
<p><b>Abstaractor Sprints.</b> Pick anything around you. Name all the abstract terms that you can apply to it.</p>				
<p><b>Cuepon Sprints.</b> Take one Cuepon from your Thinkerer's kit. Imagine showing it to people. Say all the things that people might say when they read this Cuepon.</p>				
<p><b>Canter Sprints.</b> Pick a new product or service that you hear advertised. Think of all the reasons why it won't work. <b>Your <a href="#">Canter</a></b></p>				
<p><b>Result Sprints.</b> Pick anything around you. Tell about the results that might come from that thing being where it is.</p>				
<p><b>Similar Sprints.</b> Pick anything around you. Name all the things that do similar jobs.</p>				
<p><b>Problemator Sprints.</b> Describe problems you would like to see solved. Keep a list if you want to practice problem solving. <b><a href="#">Solutions</a></b></p>				
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<b>Un:</b> How do you use these brain sprints? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who might use it.	Never	Try	Use	Tell
<b>Laugh Sprints.</b> Pick anything around you. Think of all the funny things you could say about it or do with it. <b>Your <u>Un</u></b>				
<b>Dullest Sprints.</b> Look around you. Pick the dullest, most boring thing you can see. Imagine explaining why is is boring. <b>Your <u>Un</u></b>				
<b>Solution Sprints.</b> Pick a problem that you want to see solved. Suggest a many solutions as you can. <u>Solutions</u>				
<b>Rhyme Sprints.</b> Pick anything around you. Make up rhyming jingles that might be used to market it.				
<b>Concretizer Sprints.</b> Pick an abstract term you have heard recently. Name all the concrete examples of the term that you can think up in 5 minutes. <u>Concretizer</u>				
<b>Funicity Sprints.</b> Use the web to find 5 really funny things. Send them out to your friends.				
<b>News Sprints.</b> Think of a news item that you heard recently. Think of all the consequences the news reporter is likely to mention on a slow news day.				
<b>Ideator Sprints.</b> Pick a something you want to change. Think how someone could change it.				
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## **Mood Manager**

What? Do people manage their moods? Don't moods just develop on their own? Don't you just have to accept whatever mood comes over you? Don't you just have to wait until your mood changes?

That is your verbal system speaking. That is its job. It speaks. By itself, it doesn't do much else. Your verbal system can have some influence on your moods. But unless you give it some guidance, the influence is more likely to be bad than good.

Listen to that talk about what you can't do. It is the voice of the Canter. Don't you find it depressing to think about what you can't do?

***Nothing to be done.***

If you keep thinking that way, you could make yourself depressed. Talk yourself into a black mood. Get to feel really gloomy. Because you realize that you have no control over your moods.

Ok. I didn't sneak that one by you, did I? You noticed that I told a story about how you could talk yourself into a bad mood. Right in the middle of claiming that you can't do anything about your moods.

***Your moods are mainly driven by what is happening around you in the moment.*** So if you want to influence your mood, take control of what is happening around you.

**1. Learn to recognize your moods. Develop Self-Awareness.**

**2. Notice the experiences that give you the moods you want. Common happenings that favor moods you want are:**

**Humor**

**Exercise**

**Games**

**Exciting activities**

**Social activities.**

**Who's to blame is a childhood game.**

Mood Slogans

**Your ability to relax is in direct proportion to your ability to trust life.**

Mood Slogans

**Two things not to worry about; what you can change, and what you can't.**

Mood Slogans

**You can't be hopeless if you can choose. Unless you choose to be hopeless.**

Mood Slogans

**Who on your head team matches your mood?**

Mood Slogans

**There is nothing either good or bad but thinking makes it so. Hamlet.**

Mood Slogans

**The time for conflict with yourself is before the choice.**

Mood Slogans

**You don't like it? Do it first. Then you have time to celebrate.**

Mood Slogans

**Pick your fights. Do not get too much practice at being defeated.**

Mood Slogans

**Speak when you're angry and you'll make the best speech you'll ever regret.**

Mood Slogans

**Anger is energy. You focus it on your goal. Or waste it on something else. You choose.**

Mood Slogans

**You never have to protect what you give away.**

Mood Slogans

**Guilt serves to make sure you don't learn from your mistakes.**

Mood Slogans

**A cardboard castle is made to be defended. But no one is made to defend it.**

Mood Slogans

**Never question authority. It doesn't know either.**

Mood Slogans

**Eat a live toad in the morning and nothing worse will happen to you all day.**

Mood Slogans

**I put in an application to the optimists club, but I don't think they're going to accept it.**

Mood Slogans

**People don't notice the road. Only the bumps.**

Mood Slogans

**The man who smiles when things go bad has just thought of someone he can blame it on.**

Mood Slogans

**If you always succeed, you are overqualified for your job.**

Mood Slogans

**My reality check bounced.**

Mood Slogans

**The world owes you nothing.  
It was here first.**

Mood Slogans

**A conflict is just an  
opportunity being mishandled.**

Mood Slogans

**Don't talk about what you  
were. Talk about what you are  
becoming.**

Mood Slogans

**Do not expect to play God and  
win.**

Mood Slogans

**The Power of Positive  
Planning.**

Mood Slogans

**We have met the enemy and  
he is us. -- Pogo**

Mood Slogans

**He who fights and runs away  
lives to fight another day.**

Mood Slogans

**A laugh an hour will sweeten  
the sour.**

Mood Slogans

**Keep links to things that make  
you laugh. You never know  
when you'll need them.**

Mood Slogans

**The function of guilt is to  
relieve you of responsibility.**

Mood Slogans

**Use your feelings or your  
feelings will use you.**

Mood Slogans

**If you are bored, blame it on  
your friends. After all, they  
will blame it on you.**

Mood Slogans

**Guilt is like a box of  
chocolates. You can't pass it  
around without tasting it  
yourself.**

Mood Slogans

**He's a dirty, rotten scoundrel.  
But he has the decency to feel  
guilty about it.**

Mood Slogans

**Professionals don't get mad.  
They get busy.**

Mood Slogans

**If you feel conflicts in  
yourself, think of it as politics  
in your Head Office.**

Mood Slogans

**Laugh and the world laughs  
with you; weep and you weep  
alone.**

Mood Slogans

**We wouldn't worry about what  
people think of us if we knew  
how seldom they do.**

Mood Slogans

**Worrying about what others  
think of you? Why is their  
judgment better than yours?**

Mood Slogans

**Notice other people's moods.  
What would you like to tell  
them?**

Mood Slogans

**“Life is hard.” Compared to  
what?**

Mood Slogans

**Half-hearted is half-headed.  
Half headed one way, half  
headed the other.**

Mood Slogans

**You can't change the past.  
You can change your future.  
So which do you focus on?**

Mood Slogans

**How can you find satisfaction  
if you don't know what you  
will be satisfied with?**

Mood Slogans

**Worry is no substitute for  
planning.**

Mood Slogans

**If you want to find the Hunter,  
you have to know the game.**

Mood Slogans

**Look for cues that influence  
your moods. He who controls  
the cues directs the story.**

Mood Slogans

**Worry grows from feeling  
powerless. What can you do  
beyond feeling powerless?**

Mood Slogans

**The Hunters are the mood for  
hunting.**

Mood Slogans

**The answer is not in what you  
can be told, but in what you  
can become.**

Mood Slogans

**Do you know how to make you  
mood fit your task?**

Mood Slogans

**Keep track of the things you  
can do well enough to please  
yourself.**

Mood Slogans

**A game is not useless if it lifts  
your mood.**

Mood Slogans

**Savor small successes. They  
don't look so easy until you  
succeed.**

Mood Slogans

**Modesty is not one of my  
weaknesses.**

Mood Slogans

**You can't get there till you  
know where you are going.**

Mood Slogans

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Mood Slogans

<p>How well do these <b>Vulcan</b> tips fit your thinking about <b>moods</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who need it</p>	Never	Try	Use	Tell
We are not limited by our fears. We are limited by our choices.				
Your ability to relax is in direct proportion to your ability to trust life.				
Two things not to worry about; what you can change, and what you can't.				
You can't be hopeless if you can choose. Unless you choose to be hopeless.				
Who on your head team matches your mood?				
There is nothing either good or bad but thinking makes it so. Hamlet.				
The time for conflict with yourself is before the choice.				
You don't like it? Do it first. Then you have time to celebrate.				
Pick your fights. Do not get too much practice at being defeated.				
Speak when you're angry and you'll make the best speech you'll ever regret.				
Anger is energy. You focus it on your goal. Or waste it on something else. You choose.				
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<p>How well do these <b>Un</b> tips fit your thinking about <b>moods</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who need it</p>	Never	Try	Use	Tell
Guilt serves to make sure you don't learn from your mistakes.				
A cardboard castle is made to be defended. But no one is made to defend it.				
Never question authority. It doesn't know either.				
You never have to protect what you give away.				
A brain sprint is a mood lifter for some people.				
Eat a live toad in the morning and nothing worse will happen to you all day.				
Savor small successes. They don't look so easy until you succeed.				
I put in an application to the optimists club, but I don't think they're going to accept it.				
Modesty is not one of my weaknesses.				
People don't notice the road. Only the bumps.				
The man who smiles when things go bad has just thought of someone he can blame it on.				
If you always succeed, you are overqualified for your job.				
A conflict is just an opportunity being mishandled.				
My reality check bounced.				
The world owes you nothing. It was here first.				
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<p>How well do these <b>Networker</b> tips fit your thinking about <b>moods</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who need it</p>	Never	Try	Use	Tell
Do not expect to play God and win.				
The Power of Positive Planning.				
We have met the enemy and he is us. -- Pogo				
Look for cues that influence your moods. He who controls the cues directs the story.				
He who fights and runs away lives to fight another day.				
Speak when you're angry and you'll make the best speech you'll ever regret.				
A laugh an hour will sweeten the sour.				
A cardboard castle is made to be defended. But no one is made to defend it.				
The Hunters are the mood for hunting.				
Professionals don't get mad. They get busy.				
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<p>How well do these <b>Empath</b> tips fit your thinking about <b>moods</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who need it</p>	Never	Try	Use	Tell
The function of guilt is to relieve you of responsibility.				
Use your feelings or your feelings will use you.				
If you are bored, blame it on your friends. After all, they will blame it on you.				
Guilt is like a box of chocolates. You can't pass it around without tasting it yourself.				
He's a dirty, rotten scoundrel. But he has the decency to feel guilty about it.				
The function of guilt is to relieve you of responsibility.				
If you feel conflicts in yourself, think of it as politics in your Head Office.				
Laugh and the world laughs with you; weep and you weep alone.				
A game is not useless if it lifts your mood.				
"Life is hard." Compared to what?				
We wouldn't worry about what people think of us if we knew how seldom they do.				
Half-hearted is half-headed. Half headed one way, half headed the other.				
Worrying about what others think of you? Why is their judgment better than yours?				
Notice other people's moods. What would you like to tell them?				
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**Don't study. Explore. Discover.**

**Quest Questions Vs. the Head Nazis**

Can you really order your brain around?

Can you really just tell your brain to learn and get the results you want?

Can you imagine how anybody would do that?

Would you like to be able to order your brain to learn?

Where would you look for answers to these questions? In a text book? In a Google search? Of course not. The best you could find there is somebody else's answer. About somebody else's brain.

These are examples of **quest questions**. Quest questions are not like the questions you have to answer to show other people what you know. They are questions that your brain can use to find things that it wants to know.

Here are some well-known kinds quest questions:

Riddles,

Puzzles,

Trivia questions,

Logical paradoxes,

Problems starting with "How do I..."

Quest questions lead to self-managed learning. If somebody gives you a riddle, you do not call up the Head Nazis to order you brain to solve it. And if you do solve the riddle, you will not have to memorize the solution. You will just remember it.

***You learn more from the question than you do from the answer.***

Now try another quest question. Does anyone use quest questions instead of studying? From the outside, using quest questions looks just like studying. But if they work the same as with that riddle, quest questions will be easier than studying. Would that be worth knowing about?

Maybe you just thought of a problem starting with "How do I... find out whether a person is using quest questions for studying?" That would be another quest question, wouldn't it?

**What are the main items you would use to summarize this?**

Study Tips

**If you had to explain this to someone, how would you arrange the items?**

Study Tips

**Would it help to have a table of items and descriptors?**

Study Tips

**Do you know what you are looking for? Will you know when you find it?**

Study Tips

**If you showed the main items to someone, what would you have to explain?**

Study Tips

**What are the parts that go together to make this topic?**

Study Tips

**If you made several piles, with different kinds of parts, what would you name those piles?**

Study Tips

**What is the funniest part about what you are studying?**

Study Tips

**If you are bored, does it mean the Brain Borers have won?**

Study Tips

**What did people think before they found out about this?**

Study Tips

**What parts of this do you not believe?**

Study Tips

**Do you learn more from the question than you do from the answer?**

Study Tips

**Who are you trying to satisfy? Yourself? Someone else?**

Study Tips

**What parts of this don't fit with what you already know?**

Study Tips

**Pick two important words that seem far apart. Why don't they belong together?**

Study Tips

**How could you tell somebody else about this and make them laugh?**

Study Tips

**Do you believe this stuff? Why?**

Study Tips

**How does this connect to what you studied recently?**

Study Tips

**What questions did you have to answer about stuff like this?**

Study Tips

**How does this connect to stuff you know from experience?**

Study Tips

**Pick two important words that seem far apart. How are they connected?**

Study Tips

**What interesting story could you make out of this?**

Study Tips

**What pictures can you make in your head about this?**

Study Tips

**Can you make a movie in your head about this?**

Study Tips

**Where do people use this?**

Study Tips

**Where would you use this?**

Study Tips

**Where have you seen something like this before?**

Study Tips

**When did people first find out about this?**

Study Tips

**Why is this important?**

Study Tips

**Why are you studying this now?**

Study Tips

**Who would want to know stuff like this?**

Study Tips

**Who has told you about something like this before?**

Study Tips

**Who would you most want to tell about this?**

Study Tips

**Who do you know that could explain it to you?**

Study Tips

**What do you hate about this topic? Why do you hate it?**

Study Tips

**Imagine that you have to convince people that they need to know this stuff. What would you say?**

Study Tips

**If you tell this to someone, what questions will they ask you?**

Study Tips

**Make a speech to say how you feel about this topic.**

Study Tips

**What memory doors best fit this content?**

Study Tips

**What memory doors best fit your goal in studying this stuff?**

Study Tips

**Think about your head staff.  
Who is best at handling stuff  
like this?**

Study Tips

**Would it help to use an audio  
file with some of this stuff?**

Study Tips

**Do you want to make some  
recalling cards?**

Study Tips

**When will you have to use this  
stuff?**

Study Tips

**How will you be using this  
stuff?**

Study Tips

**Never take on a big job. Take  
on a set of little jobs that will  
add up to a big job.**

Study Tips

**Who will decide whether you  
have won or lost?**

Study Tips

**You will learn more from what  
you do than from what you  
read.**

Study Tips

**Are you focused on what wins  
the game?**

Study Tips

**If you study while you are  
bored, what do you  
accomplish?**

Study Tips

**Do you know what success you want in the next half-hour?**

Study Tips

**What will you have to do to win on this play?**

Study Tips

**What is the Quest Question you could use on this stuff?**

Study Tips

**If you want to be smart, find friends who are smarter than you are.**

Study Tips

**The answer is not in what you can be told, but in what you can become.**

Study Tips

**Clear thinking makes clear writing. Clear writing makes clear thinking.**

Study Tips

**If what you read is not clear, rewrite it. Make it clearer.**

Study Tips

**Study after drinking and you waste both time and good liquor.**

Study Tips

**Everything you study comes apart. And goes back together.**

Study Tips

**Ignorance ain't so much not knowing things as knowing so many things that ain't so.**

Study Tips

**Say you want to give a  
confusing explanation of this.  
How would you arrange the  
items?**

Study Tips

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Study Tips

<p>How often do you use these <b>Vulcan</b> tips in <b>studying</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
What are the main ideas you would use to summarize this?				
If you had to explain this to someone, how would you arrange the ideas?				
How does this connect to stuff you know from experience?				
Would it help to have a table of items and descriptors?				
Do you know what you are looking for? Will you know when you find it?				
If you showed the main ideas to someone, what would you have to explain?				
What are the parts that go together to make this topic?				
Everything you study comes apart. And goes back together.				
If you made piles, with different kinds of parts, what would you name those piles?				
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<p>How do you use these <b>Un</b> tips in <b>studying</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
What is the funniest part about this stuff?				
If you are bored, does it mean the Brain Borers have won?				
What did people think before they found out about this?				
What parts of this do you not believe?				
Do you learn more from the question than you do from the answer?				
Everything you study comes apart. And goes back together.				
Who are you trying to satisfy? Yourself? Someone else?				
What parts of this don't fit with what you already know?				
Pick two important words that seem far apart. Why don't they belong together?				
How could you tell somebody else about this and make them laugh?				
Do you believe this stuff? Why?				
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How often do you use these <b>Networker</b> tips in <b>studying</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who could use it	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
How does this connect to what you studied recently?				
What questions did you have to answer about stuff like this?				
How does this connect to stuff you know from experience?				
Pick two important words that seem far apart. How are they connected?				
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<p>How do you use these <b>Empath</b> tips in <b>studying</b>?</p> <p><b>Never:</b> Never use it:</p> <p><b>Try:</b> Might try it.</p> <p><b>Use:</b> Use it as needed</p> <p><b>Tell:</b> Tell it to people who could use it</p>	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
Who would want to know stuff like this?				
Who has told you about something like this before?				
Who would you most want to tell about this?				
Who do you know that could explain it to you?				
What do you hate about this topic? Why?				
Suppose you had to convince people that they need to know this stuff. What would you say?				
If you tell this to someone, what questions will they ask you?				
Make a speech to say how you feel about this topic.				
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How often do you use these <b>Engineer</b> tips in studying? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who need a push.	Never	Try	Use	Tell
What memory doors best fit this content?				
Would it help to use an audio file with some of this stuff?				
What memory doors best fit your goal in studying this stuff?				
Think about your head staff. Who is best at handling stuff like this?				
Do you want to make some recalling cards?				
How will you be using this stuff?				
When will you have to use this stuff?				
Who will decide whether you have won or lost?				
Never take on a big job. Take on little jobs that will add up to a big job.				
Are you focused on what wins the game?				
Do you study when you are bored? Remember what happened the last time you did that?				
You will learn more from what you do than from what you read.				
Do you know what success you want in the next half-hour?				
What will you have to do to win on this play?				
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<p>How often do you use these <b>Storyboarder</b> tips in <b>studying</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
What is the best story you can find in this stuff?				
What story would you tell to show how people came to know this stuff?				
What story would you tell to show how this stuff connects to everyday life?				
Pick two important words that seem far apart. Make up a story about how they are connected.				
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How do you use these <b>Mullers</b> tips in <b>studying</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who could use it	Never	Try	Use	Tell
How does this connect to what you studied recently?				
What questions did you have to answer about stuff like this?				
Pick two important words that seem far apart. How are they connected?				
What interesting story could you make out of this?				
What pictures can you make in your head about this?				
Can you make a movie in your head about this?				
Where do people use this?				
Where would you use this?				
Where have you seen something like this before?				
How did people first find out about this stuff?				
When did people first find out about this?				
Why are you studying this now?				
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How well do these statements fit your <b>study skills</b> ? <b>Execute:</b> I can execute the skill <b>Timing:</b> I can sense when the skill is needed	No need	<b>Execute</b>	<b>Timing</b>
<b>Organizers</b>			
<b>Similar</b> s, similes and the like. I look for something like it that I already understand.			
<b>Narratives.</b> If it is something that happens, I turn it into a story.			
<b>Imagination.</b> I look for ways to visualize what I am studying.			
<b>Familiars.</b> I look for ways it explains or helps me understand something familiar.			
<b>Features,</b> descriptors. I make tables to fit descriptors to key elements..			
<b>Memorizers</b>			
<b>Acronyms.</b> I make acronyms to memorize lists.			
<b>Silly sentences.</b> I use silly sentences to memorize lists.			
<b>Route.</b> I imagine things at specific points on a familiar route.			
<b>Jingle it.</b> I turn it into a jingle and arrange to repeat it until I know it well.			
<b>Energizers</b>			
<b>Once more with feeling.</b> I decide to like it, hate it, or make fun of it.			
<b>Team study.</b> I work with friends in the class to get more ideas and spread the work.			
<b>Mechanizers</b>			
<b>Recalling cards.</b> I make cards with key concepts to check what I know.			
<b>Commercials.</b> I make audio files with reminders and play them with my music..			
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<b>Quest Questions for Study</b> How well <b>prepared</b> am I? What do I need to <b>restudy</b> ? Where do I want to <b>improve</b> for next time?	Prepared	Restudy	Improve
<b>Exploration Finds</b>			
Landmarks			
Stories			
Sign words, wonder words			
Scenic views			
Badlands			
Junkyard			
<b>Content learned with organizers</b>			
Similar			
Narratives			
Imagination			
Familiars			
Features			
<b>Content sparked by Energizers</b>			
<b>Content reviewed with Mechanizers</b>			
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## Memory

### Memory and how to forget about it.

Memory is a collection of habits that help people make effective use of experience. People who seem to have good memories really have effective habits. If you want to improve your memory, you want to improve your memory habits.

People have two common complaints about their memories:

**I forget details that I later need.**

**I don't remember things at the time I need to.**

**Important details about memory.** You can forget them if you want to.

You don't have a memory. You build a memory in the moment, one experience at a time. You use memories in the moment, one memory at a time.

You fix the details you will remember at the time of the experience. You may or may not be aware of the details. That is up to you. If you want to choose the details, you will do that more effectively if you are aware of the choice.

You remember something when you notice a relevant cue. You don't have to be aware of the cue. If you want to choose the time to remember something, you will do it more effectively by focusing on the relevant cue when you choose the time to remember.

You can find plenty of advice about improving your memory on the web. The advice is reasonable, but most people read it and forget to follow it. That's partly because reading is a weak way to build memories. And partly because advice that fits everybody in general doesn't fit anybody very well.

***Tube-sock model: one size fits all.  
At least as well as it fits any.***

We made some tools that use the advice and help you adapt it to your objectives, to your experiences, and to your brain. So our advice is: Forget the advice. Remember the tools.

**What would be the logical way to remember this item?**

Memory Tips

**What is your goal in remembering this item?**

Memory Tips

**If you had part of this memory, how would you find the rest?**

Memory Tips

**Can you make a summary of what you need to remember?**

Memory Tips

**What questions are you are most likely to ask yourself about this?**

Memory Tips

**Are there details that you can not logically reconstruct from the summary?**

Memory Tips

**What part of this memory would you most like to forget?**

Memory Tips

**What is the funniest part about what you want to remember?**

Memory Tips

**What is the most serious part here? If you forget it, will that be funny?**

Memory Tips

**Imagine a comic routine about this memory. Will anybody laugh?**

Memory Tips

**I have a fine memory. I remember what I had to do just after it is too late to do it.**

Memory Tips

**Can you think of any stories about a memory job like this?**

Memory Tips

**Does this memory make a story? Run the story through your imagination.**

Memory Tips

**Daydreaming. It's not just for children any more.**

Memory Tips

**Cues are passwords to your brain channels.**

Memory Tips

**Imagine what will happen when you have to use this memory?**

Memory Tips

**Do you want to remember this as an image or as an event?**

Memory Tips

**Can you imagine what might go wrong when you try to use this memory?**

Memory Tips

**What other memories is this like?**

Memory Tips

**When did you last remember a something like this?**

Memory Tips

**Can you remember this in several ways?**

Memory Tips

**What other things does this memory remind you of?**

Memory Tips

**When did you last forget something like this?**

Memory Tips

**What are the most important words in this memory job?**

Memory Tips

**What parts of this memory are really new to you?**

Memory Tips

**What parts of this memory connect to things that used to be new to you?**

Memory Tips

**Does this memory leave you wondering about something else?**

Memory Tips

**Can you fit this memory into you memory for places?**

Memory Tips

**Do you see how to mark a trail through what you have to remember here?**

Memory Tips

**Who will be around you when you need the memory?**

Memory Tips

**What do other people do that might remind you?**

Memory Tips

**Will you remember this as spoken? Will you remember the inflection?**

Memory Tips

**What could you ask other people to do to help you remember?**

Memory Tips

**Who could easily remember this? Why?**

Memory Tips

**What do other people do to remember things like this?**

Memory Tips

**What cues will be around just before you need the memory?**

Memory Tips

**What part of this memory can you turn over to paper or a machine?**

Memory Tips

**What brain modules will you be using just before you need the memory?**

Memory Tips

**The secret to remembering is to set a cue. And don't you forget it.**

Memory Tips

**My best idea was the one I forgot to write down.**

Memory Tips

**What brain modules will you need to reconstruct the memory?**

Memory Tips

**Use the cues or the cues will use you.**

Memory Tips

**How do you want to use the contents of this memory?**

Memory Tips

**If you could remember part of this, could you reconstruct the rest?**

Memory Tips

**When did you last forget something important? Remember what you learned then?**

Memory Tips

**Do you know how to pick something that is the right size for you to remember?**

Memory Tips

**Is this something you need to talk about or something you will have to do?**

Memory Tips

**If this is something you need to do, are you trying to remember to do it at the right time?**

Memory Tips

**If this is something you need to do, what might keep you from being able to do it?**

Memory Tips

**If this is something you need to talk about, what will you need to say about it?**

Memory Tips

**Can you give a logical description of what you need to remember?**

Memory Tips

**What are the most important words in this memory job?**

Memory Tips

**How does this connect to stuff you already know?**

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Memory Tips

How often do you use these <b>Vulcan</b> tips in <b>memory</b> jobs? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who could use it	Never	Try	Use	Tell
Can you make a summary of what you need to remember?				
What details can you logically reconstruct from the summary?				
Is this something you need to talk about or something you will have to do?				
Do you need to remember this at the right time?				
If this is something you need to do, what might keep you from doing it?				
If this is something you need to talk about, what will you need to say?				
What would be the logical way to remember this item?				
What questions are you are most likely to ask yourself about this?				
Can you give a logical description of what you need to remember?				
If you could remember part of this, could you reconstruct the rest?				
What are the things you are most likely to forget here?				
What is you goal in remembering this item?				
When did you last forget something like this?				
When did you last need to remember a something like this?				
What are the most important words in this job?				
Do you know what all the important words mean?				
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<p>How do you use these <b>Explorer</b> tips in <b>memory</b> jobs?  <b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
What parts of this memory job are really new to you?				
What parts of this memory job connect to things you already know?				
Does this memory job leave you wondering about something else?				
What place does this memory job make you think of?				
Do you see how to mark a trail through what you have to remember here?				
Can you tie this memory job to a route that you travel regularly?				
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<p>How often do you use these <b>Storyboarder</b> tips in <b>memory</b> jobs?  <b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
Can you think of any stories about a memory job like this?				
Imagine that you are making speech about this. What questions will people ask?				
Imagine your favorite fictional character handling a memory job like this.				
Think of a really funny way to screw up this memory job.				
Imagine a comic routine about this memory job. Will anybody laugh?				
What movie does this memory job make you think of?				
Cues are passwords to your brain channels.				
Imagine a funny story about what you need to remember.				
Imagine what goes wrong when somebody tries to use this memory.				
Tell a story about how this memory job might be done next year.				
Daydreaming. It's not just for children any more.				
What will happen when you do this memory job?				
Imagine a picture to remind you of important things in this memory job.				
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<p>How often do you use these <b>Networker</b> tips in <b>memory</b> jobs?  <b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
What other things do you remember like this?				
When did you last remember something like this?				
When did you last forget something like this?				
What memory doors can you use?				
What other things doe this remind you of?				
What names does this remind you of?				
What is the funniest part about what you want to remember?				
I have a fine memory. I remember what I had to do just after it is too late to do it.				
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<p>How do you use these <b>Engineer tips</b> in <b>memory jobs</b>?  <b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
What cues will be around just before you need the memory?				
What part of this memory can you turn over to paper or a machine?				
What brain modules will you be using just before you need the memory?				
The secret to remembering is to set a cue. And don't you forget it.				
My best idea was the one I forgot to write down.				
What brain modules will you need on this memory job?				
How do you want to use what you are going to remember?				
Are there important details that you will need to reconstruct?				
Use the cues or the cues will use you.				
How can you chop this memory job into bite-sized joblets?				
What part of this memory would you most like to forget?				
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How do you use these <b>Empath</b> tips in <b>memory jobs</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who could use it	Never	Try	Use	Tell
Who will be around you when you do this the memory job?				
What could other people do to help you remember?				
Who does this memory job remind you of?				
Who could easily remember this? Why?				
Who, on your head team, could be most helpful in this memory job?				
Will you remember this as spoken? Will you remember the inflection?				
What do other people do to remember things like this?				
Who would hate this memory job? Why?				
How are other people most likely to screw up this memory job?				
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## Thinking

Thought diamond	<b>Draft thinking</b>	
<b>Unthinking</b>	<b>Draft thinking</b>	<b>Zen thinking</b>
	<b>Final thinking</b>	Now, what are you going to do?

**Final thinking calls for careful attention to logic.**

Thinking Tips

**To be logical, you must attend carefully to the meanings of your words.**

Thinking Tips

**Value words, like good and bad, guide your thinking. To be in charge of your thinking, take charge of your value words.**

Thinking Tips

**You can think fast by ignoring some things. If you ignore something important, you may get to do it over.**

Thinking Tips

**If you are looking for something good, do you know what you mean by good.**

Thinking Tips

**The mystery of the third way. Not either-or. Both.**

Thinking Tips

**Overthinking is overdone. Try unthinking.**

Thinking Tips

**If you must think, do it with your mouth closed.**

Thinking Tips

**Unthinking: Look for ideas you can reverse.**

Thinking Tips

**Unthinking: Look for conclusions you can doubt.**

Thinking Tips

**Unthinking: Look for assumptions you can question.**

Thinking Tips

**How much thinking does it take to equal an ounce of doing?**

Thinking Tips

**Pick a word that is important in your current thinking. What ideas does it suggest to you?**

Thinking Tips

**Words connect to ideas. What ideas do your current words connect to?**

Thinking Tips

**Be wise. Concretize.**

Thinking Tips

**Too soon old. Too late smart.**

Thinking Tips

**Stretch your brain. Look for remote connections.**

Thinking Tips

**If you rush, you may miss your connection.**

Thinking Tips

**Zen thinking: Put it on the back burner. Sleep on it.**

Thinking Tips

**Owl: Who? When you think of action, ask who. Who is going to do the action? Who is going to get things started?**

Thinking Tips

**Empath: You are never alone when you know the people in your head.**

Thinking Tips

**Whys Guy: Why? Why are you concerned about this? Why would anybody be interested in this? Why would anybody act on this?**

Thinking Tips

**Mulling team: You already have all to brain tools you need. You just need to find the tools that fit the job.**

Thinking Tips

**Nobody does anything in the abstract.**

Thinking Tips

**Abstract can be harder than concrete.**

Thinking Tips

**The Thinker is just a rump on a stump until he gets up and does something.**

Thinking Tips

**For draft thinking, make notes on draft paper.**

Thinking Tips

**You know what it means to abstract something. Do you know what it means to concretize something?**

Thinking Tips

**When? When does this have to be done? What would the schedule be?**

Thinking Tips

**Luke: What's in there?  
Yoda: Only what you take with you.**

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Thinking Tips

<p>How do you use these <b>Vulcan</b> tips in <b>thinking</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed.  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
Final thinking calls for careful attention to logic.				
To be logical, you must attend carefully to the meanings of your words.				
Value words guide your thinking. Take charge of your thinking. Take charge of your value words.				
You can think fast by ignoring some things. If you ignore something important, you may get to do it over.				
If you are looking for something good, do you know what you mean by <i>good</i> ?				
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<p>How do you use these <b>Un</b> tips in <b>thinking</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed.  <b>Tell:</b> Tell it to people who could use it</p>	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
The mystery of the third way. Not either-or. Both				
Overthinking is overdone. Try unthinking.				
If you must think, do it with your mouth closed.				
Luke: What's in there? Yoda: Only what you take with you.				
Ask somebody else to tell you what's wrong with your idea.				
Unthinking: Look for ideas you can reverse.				
Unthinking: Look for assumptions you can question.				
Unthinking: Look for conclusions you can doubt.				
Too soon old. Too late smart.				
Zen thinking: Put it on the back burner. Sleep on it.				
How much thinking does it take to equal an ounce of doing?				
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<p>How often do you use these <b>Engineer</b> tips in <b>thinking</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed.  <b>Tell:</b> Tell it to people who could use it</p>	Never	Try	Use	Tell
Nobody does anything in the abstract.				
Abstract can be harder than concrete.				
Don't think too long before you think about a trial run.				
The Thinker is just a rump on a stump until he gets up and does something.				
Imagine doing what you are thinking. If you can't imagine doing it, what will you get out of thinking it?				
For draft thinking, make notes on draft paper.				
You know what it means to abstract something. Do you know what it means to concretize something?				
When? When does this have to be done? What would the schedule be?				
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<p>How often do you use these <b>Networker</b> tips in <b>thinking</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed.  <b>Tell:</b> Tell it to people who need it</p>	Never	Try	Use	Tell
Pick a word that is important in your current thinking. What ideas does it suggest to you?				
Words connect to ideas. What ideas do your current words connect to?				
Be wise. Concretize.				
Too soon old. Too late smart.				
Stretch your brain. Look for remote connections.				
If you rush, you may miss your connection.				
Zen thinking: Put it on the back burner. Sleep on it.				
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<p>How do you use these <b>Head Team</b> tips in <b>thinking</b>?</p> <p><b>Never:</b> Never use it:  <b>Try:</b> Might try it.  <b>Use:</b> Use it as needed.  <b>Tell:</b> Tell it to people who need it</p>	<b>Never</b>	<b>Try</b>	<b>Use</b>	<b>Tell</b>
Owl: Who? When you think of action, ask who. Who is going to do the action? Who is going to get things started?				
Whys Guy: Why? Why are you concerned about this? Why would anybody act on this?				
Empath: You are never alone when you know the people in your head.				
Empath: Say it out loud with great conviction. See who steps on it.				
Networker. Pick a word that is important in your current thinking. What ideas does it suggest to you?				
Networker: Stretch your brain. Look for remote connections.				
Networker: If you rush, you may miss your connection.				
Mulling team: You already have all to brain tools you need. You just need to find the tools that fit the job.				
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## Tips for Kits

How often do you use these tips with your <b>Thinkerer's kits</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who might use it.	Never	Try	Use	Tell
Bookmark kit pages I like.				
Print out kit pages I like.				
Print and cut kit pages to make my own deck.				
Carry a deck and look at cards when I want to think about something.				
Look at cards whenever someone asks me for advice.				
Give out a card when someone needs what it says.				
Ask other people what they think a card means.				
Hand out a card when it fits a situation that people are talking about.				
Put the best cards around where I can see them.				
Put the best cards where other people can see them.				
Mention the ideas to people who might use them.				
Use the best cards to talk about during meals.				
Mention the ideas to people when they use them.				
Use them with semi-structured brainstorming.				
Use them when I use the problem-solving clipits.				
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## Annoying Habits of a Thinkerer

<b>Annoying Habits of a Thinkerer</b>	<b>Yes</b>	<b>No</b>	
<b>Your style?</b>			Annoy other people. Annoy your children. Annoy yourself.
Answers questions with other questions.			<a href="#"><u>When is a goal not a goal?</u></a>
Asks for concrete examples.			Tell me about things I can see. Touch. Hear. <a href="#"><u>Imagery, Good</u></a>
Asks about similes, metaphors and sibling classes.			Tell me about other things like this. <b>Your</b> <a href="#"><u>Networker</u></a>
Asks about the superclass.			What is a more general name for things like this? <a href="#"><u>Logical</u></a>
Keeps asking about your goal.			How will you know when you are finished? <a href="#"><u>Goals</u></a>
Keeps asking why you want to reach that goal.			<a href="#"><u>The Goal of Goals</u></a>
Refuses to evaluate without alternatives.			<a href="#"><u>Choose Clipit</u></a>
Points out logical conclusions that you really hate.			You know the logical consequences of that choice. <b>Your</b> <a href="#"><u>Vulcan</u></a>
Wants to hear about your resources.			<a href="#"><u>Ideator</u></a>
Wants to hear about concrete steps.			<a href="#"><u>Plan Clipit</u></a>
Reads ideas off the ceiling.			<a href="#"><u>Ideator</u></a>
Wants more specifics for words like <i>can't</i> , <i>should</i> , and <i>need</i> .			<a href="#"><u>Vulcan Fuzzy Phrase Warning</u></a>
Often has a quote you don't want to hear.			<a href="#"><u>Cuepons</u></a>
Wants more specifics when you use value terms.			<a href="#"><u>Vulcan Fuzzy Phrase Warning</u></a>
Seems to enjoy multiple personalities.			<a href="#"><u>Head Teams</u></a>
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# Tranquility Base

**Everything starts with what is.**

Tranquility Base

**When reality speaks, are you listening?**

Tranquility Base

**Are you what you think you are?**

Tranquility Base

**Truth lies not in who says it but in who understands it.**

Tranquility Base

**You can relax as much as you can trust life.**

Tranquility Base

**There is nothing either good or bad but thinking makes it so. Hamlet.**

Tranquility Base

**You are what you do. You do what you choose. Who are you?**

Tranquility Base

**You gave your life to become who you are right now. Was it worth it?**

Tranquility Base

**We draw the thing as we see it, for the God of things as they are.**

Tranquility Base

**Reality is what doesn't go away when you stop believing in it.**

Tranquility Base

**Have you tried thinking with  
your mouth closed?**

Tranquility Base

**Success: get what you want.  
Happiness: want what you get.**

Tranquility Base

**Kris Kristofferson: Freedom's  
just another name for nothing  
left to lose.**

Tranquility Base

**Wisdom lies in appreciating  
absurdity.**

Tranquility Base

**Unity is the key. No two ways  
about it.**

Tranquility Base

**You shall be as God, knowing  
good and evil.–The Serpent.**

Tranquility Base

**God: You are not responsible  
for everything. That's my job.**

Tranquility Base

**Life can be hard. But life is  
not a disease.**

Tranquility Base

**Focus on what you can do.  
Count on your friends to tell  
you what you can't do.**

Tranquility Base

**You can never learn to swim  
until you trust the water.**

Tranquility Base

**To gain is to lose. To lose is to gain. Wisdom lies in asking what.**

Tranquility Base

**I am a finger pointing at reality. If you watch me, you will miss everything.**

Tranquility Base

**Popeye: I yam what I yam and that's all that I yam.**

Tranquility Base

**Life is too important to be taken seriously.**

Tranquility Base

**The Creator of heaven and earth is not Santa Claus.**

Tranquility Base

**They keep the word of promise to our ear. And break it to our hope.**

Tranquility Base

**Jesus of Nazareth: He makes the sun to rise on the evil and on the good.**

Tranquility Base

**The Zen master lives life just as if it were worth living.**

Tranquility Base

**Many think of changing the world. Who thinks of changing himself?**

Tranquility Base

**“Life is hard.” Compared to what?**

Tranquility Base

**Be still and know that I am  
God.**

Tranquility Base

**Do you think you're who they  
say you are?**

Tranquility Base

**Don Quixote: Maddest of all:  
To see life as it is, and not as it  
should be.**

Tranquility Base

**His grace has brought me safe  
this far. His grace will see me  
home.**

Tranquility Base

**Isaiah (quoting God): I form  
light and create darkness. I  
make peace and create evil.**

Tranquility Base

**Jesus of Nazereth: Judge not,  
that you be not judged.**

Tranquility Base

**Life is the art of the possible.**

Tranquility Base

**The road to wisdom runs  
through what you don't know.**

Tranquility Base

**Believe those who seek the  
truth. Doubt those who have  
found it.**

Tranquility Base

**There is much to learn from  
what you don't know.**

Tranquility Base

**Real life is a game, too. It's just harder to keep score.**

Tranquility Base

**You become wise by noticing what happens to you when you aren't.**

Tranquility Base

**Jean Paul Sartre: If you are lonely when you are alone, you are in bad company.**

Tranquility Base

**Jed Clampett: The good Lord made us all. If we's good enough for Him, we sure ought to be good enough for each other.**

Tranquility Base

**Reality is the voice of the Creator.**

Tranquility Base

**Life is a gift. What does that mean to you?**

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**Life is one long lesson in humility.**

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**Never send to know for whom the bell tolls. It tolls for thee.**

Tranquility Base

**Fixing things is negotiating with reality.**

Tranquility Base

**There is no rule but Reality.**

Tranquility Base

**Happiness lies not in what you have, but in what you can do.**

Tranquility Base

**Canvas, paints, palette. Anyone can have these. The art is in how you put them together.**

Tranquility Base

**Start your day doing something you don't like. Then you have time to celebrate.**

Tranquility Base

**John Lennon: Life is what happens to you when you're busy making other plans.**

Tranquility Base

**Success in being a good follower lies in picking the right leader.**

Tranquility Base

**Some enjoy only their own success. Some also enjoy the success of others. Who has more to enjoy?**

Tranquility Base

**All life is art. It's just that not all people appreciate art.**

Tranquility Base

**If you seek the unity of life, do not seek on the mountain top. Seek in the midst of life.**

Tranquility Base

**The meaning of life is to be human. The quest of life is to understand what it means for you to be human.**

Tranquility Base

**You must stand on solid ground before you can help another person up.**

Tranquility Base

**If you follow in the footsteps of the wise ones, you will find only footsteps.**

Tranquility Base

**To find what the wise ones found, you must seek what they sought.**

Tranquility Base

**The answer is not in what you can be told, but in what you can become.**

Tranquility Base

**Practice falling down before you get big. The fall is shorter.**

Tranquility Base

**If you get no practice in falling down you will have no practice in getting up.**

Tranquility Base

**You are unique. Just like everybody else.**

Tranquility Base

**Experience is something you don't get until just after you need it.**

Tranquility Base

**Don't be irreplaceable. If you can't be replaced, you can't be promoted.**

Tranquility Base

**Double your money: Fold it in half and put it back in your pocket.**

Tranquility Base

**The greatest adventure is discovering what you can do.**

Tranquility Base

**You are your most important product.**

Tranquility Base

**The gate to learning opens if you ask the right question.**

Tranquility Base

**If you are perfect on the first try, you have nowhere to go but down.**

Tranquility Base

**The greatest view is the fan of possibilities.**

Tranquility Base

**Success is making a living from what you like to do.**

Tranquility Base

**One of the values of hard work is how it cuts the competition.**

Tranquility Base

**What matters is not what you have, but what you can do.**

Tranquility Base

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Tranquility Base

## Vulcan

How well do these <b>Vulcan</b> tips fit your thinking about your <b>tranquility base</b> ? <b>Never:</b> Never use it: <b>Try:</b> Might try it. <b>Use:</b> Use it as needed <b>Tell:</b> Tell it to people who need it	Never	Try	Use	Tell
Everything starts with what is.				
When reality speaks, are you listening?				
Are you what you think you are?				
Truth lies not in who says it but in who understands it.				
You can relax as much as you can trust life.				
There is nothing either good or bad but thinking makes it so. Hamlet.				
The greatest view is the fan of possibilities.				
You are what you do. You do what you choose. Who are you?				
You gave your life to become who you are right now. Was it worth it?				
We draw the thing as we see it, for the God of things as they are.				
Reality is what doesn't go away when you stop believing in it.				
Have you tried thinking with your mouth closed?				
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## Un

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Success: get what you want. Happiness: want what you get.				
Kris Kristofferson: Freedom's just another name for nothing left to lose.				
Wisdom lies in appreciating absurdity.				
Unity is the key. No two ways about it.				
You shall be as God, knowing good and evil.-The Serpent.				
God: You are not responsible for everything. That's my job.				
Life can be hard. But life is not a disease.				
Focus on what you can do. Count on your friends to tell you what you can't do.				
You can never learn to swim until you trust the water.				
One of the values of hard work is how it cuts the competition.				
To gain is to lose. To lose is to gain. Wisdom lies in asking what.				
I am a finger pointing at reality. If you watch me, you will miss everything.				
Popeye: I yam what I yam and that's all that I yam.				
Life is too important to be taken seriously.				
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## Explorer

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Life is the art of the possible.				
The road to wisdom runs through what you don't know.				
Believe those who seek the truth. Doubt those who have found it.				
There is much to learn from what you don't know.				
Real life is a game, too. It's just harder to keep score.				
You become wise by noticing what happens to you when you aren't.				
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## Networker

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The Creator of heaven and earth is not Santa Claus.				
They keep the word of promise to our ear. And break it to our hope.				
Jesus of Nazareth: He makes the sun to rise on the evil and on the good.				
The Zen master lives life just as if it were worth living.				
Many think of changing the world. Who thinks of changing himself?				
"Life is hard." Compared to what?				
Be still and know that I am God.				
Do you think you're who they say you are?				
Don Quixote: Maddest of all: To see life as it is, and not as it should be.				
His grace has brought me safe this far. His grace will see me home.				
Isaiah (quoting God): I form light and create darkness. I make peace and create evil.				
Jesus of Nazereth: Judge not, that you be not judged.				
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## Empath

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Jean Paul Sartre: If you are lonely when you are alone, you are in bad company.				
Jed Clampett: The good Lord made us all. If we's good enough for Him, we sure ought to be good enough for each other.				
Reality is the voice of the Creator.				
Life is a gift. What does that mean to you?				
Life is one long lesson in humility.				
Never send to know for whom the bell tolls. It tolls for thee.				
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## Engineer

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There is no rule but Reality.				
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What matters is not what you have, but what you can do.				
Canvas, paints, palette. Anyone can have these. The art is in how you put them together.				
Start your day doing something you don't like. Then you have time to celebrate.				
John Lennon: Life is what happens to you when you're busy				
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