

# CHRIS'LL DEAL WITH IT

episode notes




## EP 40 - Principle #8 - Make this self your best self

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This is part 8 of our summer PRINCIPLES series. It can be listened to by itself, but for greater context refer back to the intro Episode #32.

Note that the principles in this series are what work for me. They allow me to thrive and live my values as best as I can. I'm not advocating the adoption of my specific set of principles. Rather I'm attempting to showcase the power of principles by providing more context on how they can be defined, codified, and embedded into the thoughts & actions of our lives.

## Principle #8 - Make this self your best self

### Where does the principle come from?

- It's the desire for continuous improvement: Maintaining intellectual curiosity, staying active, increasing my skill set.

- By constantly improving, we open up opportunities to compound our potential impact on the world.
- We get to define what our best is. This current self is preceded by all our older versions. These have brought us to this current moment. But they don't have to fully define your current self.
- You can give yourself permission to change: Lifestyle, opinions, goals, etc...
- Start from now. This principle is meant as a constant reminder to be the better version you want to become.

## Why is it important?

- We can think of ourselves as three people:
  - Past Us: Honor their effort, their history, their vision of the future. Learn their lessons. Understand their limitations. Accept their failings.
  - Current Us: We can only truly live as this person. This person is a unique opportunity to be our best self, fully realized. This person is not the same as the past or future versions, yet is the bridge between them.
  - Future Us: Provide them with knowledge & skills so they can seize opportunities. Know they will turn out differently from what past us and current us expect.
- Be making this self your best self, you're acting as the best bridge you can

## How does living it impact myself & others?

- I'm regularly imploring people to keep learning, striving, growing. It's one of the main motivations for this podcast.
- Within an organization, openly trying, experimenting & eventually evolving can be a powerful example for others - If it becomes embedded in a company culture: Watch some magic happen!
- It can be a balm for challenging times. Bad things happen, mistakes are made, we can divert away from our principles.
  - But what matters is how you change course to get back on the track you want to take.

## What does living the principle look like in action?

- Embrace those times in life when you can step back & evaluate where you're at:
  - What is most important?
  - What isn't taking us closer to that best self?
  - If this best self the person I truly want to be?
  - What opportunities exist to move me closer to that person?
  - What do I need to seize those opportunities?
- A plan or ideal is good - to a point. The caution is to not over plan and live too much in that vision of future you.
  - We can get stuck in the planning stage - which is easier than taking action.
  - By doing one thing at a time, executed well, helps you improve faster & with more focus.
  - Staying close & focused on current you makes it easier to pivot - there's not as much regret over all that planning not realized.
  - Our current situation, our assets, and company we keep may limit our capability to improve ourselves.
  - Or it can limit our ability to see future options - remember that our skills and resources can compound in ways that are impossible to predict
    - What would the historical high school graduate version of you think of who you are now?
    - What if you had that kind of vision of the future you right now?
    - I'd bet that in both cases you'd be staring at that person in disbelief.

### Episode 40 Quote:

Today's quote comes courtesy of Dr. Serhan Ili - which captures the spirit of making this self our best self in a unique way:

*A 1000 gram iron bar has a raw value around \$100.*

*If you decide to make horseshoes, its value would increase to \$250.*

*If, instead, you decided to make sewing needles, the value would increase to about \$70,000.*

*If you decided to produce watch springs and gears, the value would increase to about \$6 Million.*

*However still, if you decided to manufacture precision laser components out of it like ones used in lithography, it'll be worth \$15 Million.*

*Your value is not just what you are made of - but above all - in what ways you can make the best of who you are.*