



Hamster

Wheel

*“Absorb what is useful, Discard what is not, Add what is uniquely your own”*

*- Bruce Lee*

# Disclaimer

This book is intended for healthy adults, age eighteen and over. This information is in no way intended to be medical advice. The publisher and the authors do not assume any responsibility for your use of information in this book.

All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or recording, or by any information storage or retrieval system without prior written permission from the author.

# Thank You

A common method used by authors these days is to start their work by criticizing other authors, other books or other existing methods out there already and then make their own work look superior. I, however, wish to be different. Instead of criticizing others, I want to thank every single human out there who has directly or indirectly helped me be what I am today. I guess everything in life finally comes down to your own attitude, and your own perspective of looking at things. So I choose to say thank you to every single piece of work that has helped me grow, irrespective of whether it was a book, a small online video, a movie or a simple song, because each one has given me a new perspective and stimulated my mind in a different way.

# About This Book

We live in a generation that desires to consume more and more information and directly or indirectly, you too have been affected by this habit to a certain extent. These people around us, they couldn't care less whether the information comes from news or social networks. They couldn't care less if the information they consume comes from books or movies. It doesn't matter whether the information is useful or borderline self-destructive. Neither do they question the reason and purpose behind the information they consume.

I refer to this behavior as escapism. Escaping from or avoiding your own life by excessive indulgence in virtual reality and/or information. I very well know that these four lines won't force anyone to quit these same habits and neither do I ask it of anybody.

Now, not only have I invested a huge amount of time in designing this course but also, you too will be investing some of your own time in it. So, it's my purpose as the author to make sure you get the promised value out of this course. I do not want the pages of this book to be another information product that is consumed meaninglessly and thrown away.

By the end of this book, I want your life and your perspective concerning every single thing in your life stretched to a new level. In short, what I mean to say is, don't be a scroller who mindlessly scrolls down sentence after sentence, page after page and book after book.

This course gives you few simple lifestyle experimentation tasks, which you have to complete to experience your life in a new way. You must have read a fair share of self-help, advice books by now. This book is not one of them. There is not one bit of advice in this book.

It is wise to remember that, I am not you and you are not me. Our pasts, presents and futures are ten thousand percent different. Not only you and I, but no two people in this world are one hundred percent similar. What I learned from these tasks could be totally different or even completely contradictory to what you might learn from them and most definitely these lessons we learn are different. So I have chosen not bind your growth to any particular advice or self-help knowledge.

You have been given a blueprint to go in this journey and experience life in a different way. Just faithfully complete the tasks given below and trust me by the end of this course you will have a new life.

Best of Luck,

Sam

**Email:** [hamster\\_wheel@outlook.com](mailto:hamster_wheel@outlook.com)

# Table of Contents

<a href="#"><u>1. Social Skydiving</u></a>	<a href="#"><u>9</u></a>
<a href="#"><u>2. No Spectatoritis</u></a>	<a href="#"><u>16</u></a>
<a href="#"><u>3. Art</u></a>	<a href="#"><u>26</u></a>
<a href="#"><u>4. Primal</u></a>	<a href="#"><u>31</u></a>
<a href="#"><u>5. Adventure</u></a>	<a href="#"><u>41</u></a>
<a href="#"><u>6. Create</u></a>	<a href="#"><u>45</u></a>
<a href="#"><u>7. Frugal</u></a>	<a href="#"><u>50</u></a>
<a href="#"><u>8. Generosity</u></a>	<a href="#"><u>56</u></a>
<a href="#"><u>9. Breathe</u></a>	<a href="#"><u>64</u></a>





*1. Social*

*Skydiving*

I have traversed the globe for a while now, and one of the most exhilarating arts I have learned over time is the habit of talking to strangers.

I have learned quite a lot from the people around me. For every small “Hi” that I have said to a total stranger on a street, park or public transport, the value that I have got in return has been ten folds more. From a shy introvert who was the quietest in a roomful of people, I now grab every opportunity to meet new people and exchange few words with them

---

## **How to Become a Social Skydiver**

I am a firm believer in taking baby steps to reach my goal. Instead of pushing myself and draining my will power reserves, I find it easier to divide my task in smaller tasks or goals and achieve them.

**Hi!** : No line is ever going to work as beautifully as saying a simple “Hi!” Be organic. Don’t start with a completely random excuse to talk and then say you wanted to say ‘Hello’ instead but felt too awkward or shy to say it. Keep it simple. Just say Hi.

You will definitely be told to “Get lost” or be brushed off. But remember anyone who can’t respond positively to a simple “Hi” isn’t socially savvy enough to deserve your effort and time. So it’s not your fault and not something you should take to your heart.

Mind you though, when you take those steps forward, walk towards a person and say “Hi” you have automatically set yourself above 90% of people on this planet, most of who can’t approach and initiate conversation with a stranger.

**Baby Steps:** For the first three days, approach 1 stranger a day. For the next three days, that is, for days 4, 5 and 6 approach 2 strangers a day. For the next three days, that is, for days 7, 8 and 9 approach 4 strangers a day. For the next

three days, that is, for days 10, 11 and 12 approach 8 strangers a day. For the last day, go crazy. Dedicate your entire last day just to meet strangers and meet as many strangers as you can.

**What Do I Talk About?** : Talk anything. Trust me you have enough topics to talk on. It's okay if you feel dumb or go blank during the first couple of approaches. You'll do just fine soon.

**Is This Only For Desperate Men?** No. Social skydiving is for both men and women. And you can use this to increase both your social circle as well as your dating options.

**With The End In Mind:** During any of these approaches, if the person you are talking to responds positively, gives you something as little as a smile, good eye contact, a positive answer, a positive interest in you, tell them that, you would like to meet them again sometime and ask for their number.

**Will I Get Rejected?** : Yes. A lot! A lot of people won't even respond when you say hi. Others will try coming up with excuses when you ask for their number. So don't get too stressed about rejections.

This above method can be used to improve both your dating life and/or to build a friend circle and I encourage both men and women to take control of their social life for next 13 days. Talking to strangers will change your life.

---

---

# Task Blueprint:

For the next 13 days, you have to become a social skydiver.

So, for the next 13 days:

- Smile at any stranger who looks at you. Force yourself if it doesn't come naturally to you.
- Maintain eye contact when you approach and talk to someone.
- For first three days, approach 1 stranger each day.
- For next three days, that is for days 4, 5 and 6, approach 2 strangers each day.
- For the next three days, that is for days 7, 8 and 9, approach 4 strangers each day.
- For the next three days, that is for days 10, 11 and 12, approach 8 strangers each day.

- On the last day, go crazy. Dedicate one whole day just to meet strangers and meet as many strangers as you can.
- By the end of 13 days, you should have approached at least 45-50 people.
- If you get even the tiniest bit of positive response from the other person, tell them that, you would like to meet them again sometime soon and ask for their number.

**Task Duration:** 13 days

**Task Difficulty:** Moderate

---



## 2. NO SPECTATORITIS



---

# What is Spectatoritis?

**SPECTATORITIS:** Excessive indulgence in forms of amusement in which one is a **passive** spectator rather than an **active** participant

---

One fine day, while surfing the Internet my eyes fell on a rather interesting article. The article talked about something that sounded like a disease - Spectatoritis. Considering how short my attention span was back then, I didn't bother reading the whole article. Little did I know how important this weird word would matter in shaping my thought process and behavior in future.

Here's the article titled **Viewers vs. Doers: The Rise of Spectatoritis** written by **Brett and Kate McKay** on the website: **The Art Of Manliness**

---

The college football season starts this weekend, and I won't lie—I'm pretty excited. My beloved Sooners are ranked number one in preseason polls, and I quite enjoy settling on the couch on a cozy fall day to watch them play (when they win at least!).

But every once in awhile, say when the announcer shares the game's attendance numbers, I get a small niggling feeling of discomfort. 80,000 people gathered to watch 22 men run around, throw a ball, and smash into each other. The appeal is not difficult to see—there's something truly compelling about watching the most talented athletes in the world perform. But when you take a step back, it's really quite odd, isn't it? Two groups of men—the doers and the viewers—and one group is far, far larger than the other.

# The Rise of Spectatoritis

*Here and there appears the aggravated case, completely infected, the fan who is nothing but a fan—a flabby creature, symbolic of the multitude, a parasite upon the play of others, the least athletic of all men, never playing himself at anything, a spectacle hunter, not a sportsman. — Richard Henry Edwards, 1915*

During these odd moments I often think of an old book Kate picked up a few years ago at a used bookstore. Written in 1938 by Jay B. Nash, it's entitled Spectatoritis. During the first half of the 20th century, leisure time had steadily increased, and Nash argued that because Americans had never before been confronted with such large swaths of it, the country had not developed a “philosophy of leisure.” Without this philosophy, people were falling victim to what he dubbed “spectatoritis:”

*The machine age has, of course, already supplied an unexampled wealth of leisure and what happens? The average man who has time on his hands turns out to be a spectator, a watcher of somebody else, merely because that is the easiest thing. He becomes a victim of spectatoritis—a blanket description to cover all kinds of passive amusement, an entering into the handiest activity merely to escape boredom. Instead of expressing, he is willing to sit back and have his leisure time pursuits slapped on to him like mustard plasters—external, temporary, and, in the end, "dust in the mouth."*

Nash presciently predicted that the plague of spectatoritis would only increase:

*Man can sleep too much. Granted freedom, many men go to sleep—"physically and mentally," organically and cortically. Not having the drive for creative arts they turn to pre-digested pastimes, prepared in little packages at a dollar per. This has literally thrown us into the gladiatorial stage of Rome in which the number of participants*

*becomes fewer and the size of the grandstands, larger. Spectatoritis has become almost synonymous with Americanism and the end is not yet. The stages will get small and the rows of seats will mount higher.”*

One can easily see how the specter of spectatoritis has indeed seeped into all areas of our lives. Not only in the obvious things in which passive involvement has always been the norm—90 million Americans watched the 2011 Superbowl; 100,000 people watched U2 in concert in October—but in areas which were formerly forums of active participation.

For example, in visiting a couple of “megachurches,” awhile back, I was surprised at how much the service (actually, they called it an “experience”—“service” sounds too boring and stodgy) resembled any other form of entertainment—people listened to the music, watched a video and PowerPoint presentation, sat through a short message from the pastor, and left 60 minutes later. There were no requirements for participation or service of any kind. It was interesting to see that worship had become yet another

thing to be passively consumed, as opposed to actively created.

A current trend in the building of new middle and upper class suburban homes is to include a “theater room,” a windowless room complete with large, movie theater-like chairs, a speaker system, and a big screen television. This is another one of those things that seems odd when you take a step back...a whole room in the house dedicated just to watching stuff. We’ve gone from having parlors for making conversation, to rumpus or recreation rooms for playing games, to rooms in which people sit silently side-by-side in the dark.

More than anything, the internet has contributed to the spread of spectatoritis. Online interactions are particularly insidious because they provide people with the feeling that they are actively participating in something, while in reality it is just another form of passive amusement.

The main form of “activity” in modern life is the expression of personal preference. Liking or disliking. While formerly you could only be a fan of sports teams, you can now become a “fan” of Dominos Pizza, presidential candidates, even “sleeping.” I find it amusing that some websites have buttons in the response section of articles that allow people to upvote or downvote readers’ comments. So if you’re too lazy to write your own stuff, and it’s too much of a burden to even generate your own comment, you can still “participate” by showing your allegiance to someone else’s idea.

But giving things thumbs up or thumbs down is not real participation. Why? Because such participation is “external, temporary, dust in the mouth.” Because it doesn’t involve any risk, any putting of your own skin in the game. Because it doesn’t change anything in you or in the world.

---

# Task Blueprint:

For the next 13 days, you have to refrain yourself from spectatoritis.

So, for the next 13 days:

- Do not be a spectator in any way. If you catch yourself passively spectating other's activities, stop yourself. Get active instead.
- No watching television at all.
- No spending time on social networks or any online community.
- No wasting time on phones, laptops, iPods, tablets, computers.
- No surfing the internet for any work whatsoever.
- No excessive texting, excessive IM (instant messaging) or excessive talking on the phone.



- No watching of news, reading newspaper, watching others play sports, watching others enjoy their hobbies, no movies, no listening to music, no YouTube, no Netflix , no pornography, no nothing! No spectatoritis.
- No tolerating of friends who keep boring you with their talks.
- There may be lot of others things you spend time spectating which are personal only to you which I haven't mentioned in the list. Don't do them too.

**Task Duration:** 13 days

**Task Difficulty:** Hard

---



3. Art

I firmly believe that I am the sum result of the things around me. I am the sum result of every single thing I have experienced directly or indirectly since the time I was born to now.

I feel every human behavior that we exhibit currently can be tracked back down to our past. What you are now, is the sum of every minute detail that you experienced since you were out of your mother's womb. But let's assume you didn't have the perfect past that you wanted. So does that mean you are cursed for the rest of your life?

Probably not. Our past does affect our behavior in the present. But don't forget that your present affects both your present as well as your future. What you do today affects not only how you feel today but also what you do tomorrow and how you feel tomorrow. Effectively choosing your sources of external stimulation in the present controls how you feel now as well as how your life turns out tomorrow.

I am not here to tell you what is perfect for you. Heck, no one knows what is perfect for you or even what is perfect for themselves, not even me. Trust me. No one does. I am just here to disrupt your routine perception of life and that is what I am going to stick to. For the next 13 days, you are going to bombard yourself with high quality art. I purposely placed this task right after forcing you abstain from spectatoritis. This contrast between no external stimulation and excessive external stimulation will account for some good food for thought.

---

---

# Task Blueprint:

For the next 13 days, you have to absorb as much external stimulation as you possibly can.

So, for the next 13 days:

- Listen to one entire music album each day.
- Watch at least 5 documentaries in thirteen days.
- Watch at least 5 movies in thirteen days.  
(Recommended movies and documentaries:  
<http://www.imdb.com/chart/top> )
- Visit a local museum or monument or heritage site.
- Watch at least 5 different standup comedy acts in thirteen days.
- Read any 4 different books completely that you haven't even heard of before.

- Watch local concerts or shows, meet local artists, meet local musicians etc (Optional).
- Draw any five emotions on a piece of paper. Don't Google how you draw emotions or anything at all. Interpret this task however it feels correct to you and just draw any 5 emotions of your choice on a piece of paper.

**Task Duration:** 13 days

**Task Difficulty:** Easy

---



# 4. PRIMAL

Now you may wonder why any external stimulation using nature was not included in the previous task. Why don't you suggest going for a walk Sam? Why don't you suggest going to a garden or being amongst trees? Why don't you suggest watching the sunset in the above task Sam?

It's for a very simple reason that instead of a 10 minute walk or seeing the sunset in the above task, for the next 13 days, you are going to live a life that tries to replicate the life of our ancestors, the primal man.

But living a primal life in our modern world is not easy. When I say primal, I mean the useful behavior of the primal man that can be incorporated in our daily modern world. I won't be asking you to wear skirts made out of leaves anytime soon.

---



# The Primal Life

Every single one of the activities described below used to be practiced by the primal man and will be beneficial to you.

1. **Diet:** The primal diet was simple; they didn't have many fast food joints back then. Their diet consisted of five simple food items, namely eggs, vegetable, fruits, nuts and various kinds of meats. Neither did they eat six times a day. They ate when they were hungry and if they were lucky enough to find something to eat without being killed by wild animals.
2. **Movement:** The primal man did not sit in front of a screen for 5 hours a day. He had to travel from place to place to collect food, hunt or to survive. Having alert feet was a necessity for survival.
3. **Play:** For the primal man, it was either time to kill or time to play. When the primal man wasn't killing an animal or protecting himself from a beast, he would be playing active games with his mates and vice versa.

4. **Sunlight:** The primal man spent a healthy couple of hours in the sun each day.
  5. **Social:** Be social. The primal man did not sit at home eating chips and watching T.V. He interacted with his tribe and had a social life. He drank with his tribe, played music and danced around a fire.
  6. **Barefoot:** The primal man walked and ran barefoot irrespective of whether there was a water stream, a forest or some mountain.
  7. **Cold Showers:** The primal man had no access to hot water either. That leaves him with just one option: Cold Showers.
-

# Primal Hack #1: F.Lux

Visible light is made up of different wavelengths which our eyes perceive as colour. These colours can be represented on a 'temperature' scale, measured in Kelvin(K). Out of various different light temperatures, blue light has the highest effect on melatonin production.

During the daytime, the blue light is high, so there is no production of melatonin. However as evening approaches, the color temperature drops down and your body starts producing Melatonin. The Melatonin hormone is part of our biological mechanism which makes us feel sleepy. As morning approaches, the daylight becomes a signal to stop producing melatonin, which makes us feel alert and awake. It's a beautifully balanced symbiotic relationship with nature.

What causes issues in this mechanism is that now our lives are surrounded with artificial lights. The blue light from these sources irritate our natural melatonin cycle in the

body. Out of most artificial light sources, screens of electronic devices emit the highest amount of blue light. Even spending an hour in front of your pc/cell phone/ I-pod screen after sunset can delay your sleep by an hour.

Enter F.Lux. F.lux is a completely free software that works discreetly in the background of your system. And it helps you with automatically adjusting the colour temperature of your screen. It attempts to match the light from your computer to the light in your natural environment.

During the day time, it keeps your color temperature at 6500K which is close to the natural light in your surroundings during day time. After sunset, it drops the color temperature down to 3400K which is similar to the darkness in your surroundings after sunset.

So not only does it reduce the strain on your eyes, it also helps folks like us, who spend excessive hours after sunset in front of screens, restore our normal melatonin cycle.

I personally suggest it as a must for everyone because just two weeks after installing it, my eye soreness has completely gone down. My sleep quality has improved too. Considering the amount of time I spend on the PC, it's a must for me now. If F.Lux starts charging money, I would be ready to pay. However it's a **completely free app** and is available for Windows, Mac, Linux, and IPod/IPad currently.

Download F.Lux here at <http://justgetflux.com/>

---

---

# Task Blueprint:

For the next 13 days, you are going to live a life that tries to replicate the life of our ancestors, the primal man.

So, for the next 13 days:

- Your diet should comprise of as much vegetables, meats, fishes, eggs, nuts and fruits as possible. Use spices as much as you want but keep junk, processed, ready-to-make, sweet foods and sugar away.
- Do not sit at one single place for hours. Move. Take a break from your work and move around. Walk around.
- Play active outdoor games. If you have no one to play with, workout outdoors. If you do not have space to workout outdoors, run short sprints outside your home.
- Go for walks twice a day, for each day.

- Get minimum of 25 minutes of sunlight during your day time walk. Go shirtless if you can to absorb as much sunlight as possible.
- Absolutely no hot water showers. Take a cold shower once or twice each day. A simple Google search will let you see the benefits of cold showers over hot ones. And it's not uncommon to fall sick if you just made the jump from hot showers to cold showers. But it's just a simple cold caused due to the temperature regulation. Cold showers are quite fun actually.
- Stay barefoot at home atleast. If possible go barefoot during your walk.
- Avoid excessive exposure to artificial light after sunset.
- Keep your exposure to electronic devices to a minimum. If you are going to use your desktops or laptops install a free software called F.Lux on them.

**Task Duration:** 13 days

# Task Difficulty: Easy

---





**ADVENTURE**

To this day, I have not met one single person who says that he or she hates adventure. No matter how lazy you are, you still have a passion and a love for adventure.

Considering the common crazy passion we all share for adventure, our lives should have been much more adventurous but sadly that's not the case. A common man's life sadly resembles a 'wake up, survive and sleep' lifestyle.

I don't think I need to write an elaborate motivational essay on getting you to do something adventurous or tell you how it will change your life. You already know everything there is to know. It's time you stop surviving and start living. Start unearthing that passion for adventure.

---

# Task Blueprint:

For the next 13 days, you are an adventurer.

So, for the next 13 days:

- Explore your own town or city atleast for one day. Take roads that you usually avoid taking. Most of us dream to travel the world and see the seven wonders. But sadly, most people are not even aware how awesome their own town or city is.
- Click 25 interesting photos every day.
- Do atleast one adrenaline filled adventure like bungee jumping, rafting, scuba diving or anything else that comes to your mind in these 13 days.
- Visit the nearest national park in your vicinity.
- Create an account on [couchsurfing.org](http://couchsurfing.org) and go on local or interstate couchsurfing.

- Create a bucketlist on a word document in your pc and save it. Write minimum of 25 activities that you wish to do in your life and save it on your hard disk. We'll be requiring this later.
- Go out and celebrate or dance or party atleast one night. Go to a club and dance your feet off. If clubs aren't an option for you, hangout and enjoy with your friends from sunset to the sunrise next day.

**Task Duration:** 13 days

**Task Difficulty:** Hard

---



6. CREATE

We humans are creators. We create. Our ability to create stuff is partly responsible for sustaining the human race to this day. You are reading these words on a device created by someone. The words you read are a part of a language created by someone. Most of the things around us are created partly by nature and largely by humans using what was already created and provided by nature.

Your soul lives on your creation. Not my creation, only your own creation. If you actively aren't creating or building something, your soul dies. Just like spectatoritis, a whole generation is now living on the creations of a minor group of creators.

Create something. Build Something. However, creating or building something doesn't mean building a tower using Lego pieces like the kid in the photo above. That's a decent job at that age, but you have far more knowledge and potential to build something bigger and better.

Build your future. Create your art. Build a business. Create a better you. Build your body. Build your mind. Create a better life. Create something.

---

---

# Task Blueprint:

For the next 13 days, you have to get back to your pre-programmed need to create something.

So, for the next 13 days:

- Write 500 words of your thoughts each day
- Paint, draw or sketch each day.
- Create one song if you play music, sing one song if you know how to sing, or at least learn a couple of dance moves from YouTube in your home itself within 13 days.
- Cook at least one dish or one meal each day.
- Create a blueprint for things you wish to build in future.

## Task Duration: 13 days



# Task Difficulty: Hard

---



# 7. Frugal

I have a Fight Club fanatic friend. Let's call this friend of mine 'X'. He lives and breathes by the principles shown in the movie Fight Club. Although I have seen Fight Club more than a couple of times, I am not a Fight Club cult follower. However, my friend surely is one. During one of our talks, I caught a rather interesting statement coming out of his mouth.

*X: Everything I own can be fit in one giant suitcase.*

*Me: What do you mean?*

*X: I live frugally.*

*Me: What?*

*X: A pair of jeans, few shirts, t-shirts, shorts, a phone and toiletries is all I own.*

*Me: Woah okay. That's it?*

*X: Yes. Remember, Things you own end up owning you!*

*Me: Yes I know that. I have seen the movie too. And I myself am a believer in minimalism, but why would*

*anyone want to live so frugally despite earning well? I mean minimalism in one thing but being cheap is another.*

***X:** First, because it allows you to spend less than you earn, and use the difference to pay off debt, save or invest. Or all three. Second, because the less you spend, the less you need to earn. And that means you can choose to work less, or work more and give up making money soon. Or take mini retirements. You have more options with a frugal lifestyle.*

***Me:** Okay whatever man.*

Now my friend here wasn't a roadside bum. He was clearly earning thrice of what I was earning at that time annually. Why someone who earns enough, enough to be placed in the upper-middle class of the society, prefers to own so few material possession was out of my reasoning. I have always been a minimalist myself. But this was minimalism on steroids.

Needless to say, it was enough food for thought for me to try this lifestyle out myself. Here's what you need to know to start your own frugal living experiment.

---

---

# Task Blueprint:

For the next 13 days, you are going to live as frugally as possible.

So, for the next 13 days:

- No skin creams, no shampoos, no moisturizers and no expensive face wash, no cosmetic products at all.
- No shaving creams or aftershave lotions for both men and women. Shave using only cold water, works perfectly fine.
- De-clutter your house and everything in it. De-clutter your emails, hard disks, wardrobes, books and everything else. Get rid of the things you don't need.
- Use public transport, bikes or try walking when you can to nearby places.

- If you have any debt whatsoever, make some plan on how to reduce it or come out of it.
- Understand finance. There are enough free resources available on the internet to learn about finance.
- Avoid eating outside junk food or at restaurants as much as possible.
- No alcohol, no cigarettes and no drugs
- No excessive spending or use of credit card for shopping anything unnecessary.

**Task Duration:** 13 days

**Task Difficulty:** Moderate

---



Generosity



I am not a preacher or follower of generosity. I don't do philanthropy either. So this chapter hasn't been included with any religious intent. This entire chapter is aimed at one single purpose: being generous makes you feel different.

As I said sentences ago, I am not a preacher or follower of generosity. But every time I am presented with a situation in which I can either help someone within reasonable means or purposely ignore the issue and continue with my work, a strong contradictory argument stems up in my mind, with both the arguments equally strong. Sometimes, there is more than one argument that stems up in my mind.

For example, picture a rather poor looking guy in his late 60s. He looks underfed and has a long dirty white beard. He is wearing old miserable clothes and it looks he hasn't taken a bath since a few months now. Now this guy comes up to me and asks me for a little money because he hasn't eaten for few days now.

This immediately sets up a thought process in my mind that only lasts for few seconds but in those few seconds, a rather large argument takes place in my mind. Although the decision finally is based on “what I feel like doing” at that moment, the “what I feel like doing” part is affected largely by the thought processes behind it.

So, the beggar walks up to me and asks me money and this is the internal dialogue which instantly goes off in my mind

*-Ignore and walk away.*

*-No. Give him some change that you would spend on something worthless anyways.*

*-No, if you continue giving him money, he'll get used to staying this way and won't improve his own condition.*

*-No. Give him the money. Does it look like he is someone who can improve himself?*

And even before the whole argument I act on my instinct instead of completing that thought process. Whether I gave

the money to the beggar or not is irrelevant. Because even after spending days on this thought process, I can still come up with a contradiction to each argument made in favor as well as against the decision of giving the money.

So instead of solving the debate in my thought process up there, I choose to do something else with it. What if instead of self-debating in my own thoughts, what would happen if I purposely forced myself to choose the decision that seems more generous at that moment? How would I feel about it?

And hence this experiment was born.

Most of us are not very generous by nature and there is nothing wrong with it either. If someone was 100% generous and forced himself to be generous without debating those thought processes in their minds, they would be bankrupt by now and that is not something I suggest.

So instead of choosing not being generous, we will try being as generous as we can without lightening our pockets or negatively affecting our own personal lives at the same time.

The purpose of this lesson is not to make you more generous or less generous. It's to notice the new emotions you feel when you purposely act generous. It's to notice those changes in your perspective and perceptions when you purposely act generous.

Being generous can make you feel good or bad. It's a two way street. So after this experiment it's your choice if you want to be more generous in your normal life or be less generous. And you need not even explain your choice because whatever your decision is, you are correct, your choice is right.

---

---

# Task Blueprint:

For the next 13 days, you are going to be as generous as possible.

So, for the next 13 days:

- Start each day by writing down the things that you are thankful for. Write it on a page or write it on a word document. Write anything you feel thankful for. For example, thank you for giving me such a loving wife. Thank you for not ending the world in 2012. Thank you for gravity. Thank you for mayonnaise.
- Attempt at least one random act of kindness each day without expecting something back. Help walk that elderly lady to the other side of the street. Some guy is unloading heavy boxes from a truck; go ask him if he needs a helping hand.

- Don't complain and look for the best in everything. For example, let's say you drop a glass of red wine on your white shirt. Now instead of cursing yourself, your thought process should be. "It's just a glass of wine, these stains will go away. Even if the stains don't go away, I am rich enough to buy another new shirt. Wow despite the world still suffering with lack of food, I was so lucky to have a glass of wine for myself in the first place." and so on...
- Find one useless item or product at home that serves no purpose to you whatsoever. Could be an old shirt, a used book or a pencil stand. Now attach a giant handwritten note on it saying,  
*"THIS IS A GIFT FROM ME TO YOU. I have extracted as much value as I can out of this thing so I am giving it away. Please keep it if it adds value to your life. It's for you."*  
And leave place it a public area openly and walk away. It could be a bench or a inside subway train. Just keep it there and walk away. Out of all the 13 days, do this for atleast on one day.
- Imagine you getting arrested in Thailand for drug smuggling, out of all the people you know, out of all the friends that you have, who from your life would come to

meet you there and would do everything he/she possibly can to get you out? Make a list of these people. It doesn't matter if you have one name on the list or 10. Call these people, but don't tell them anything about this task. Just tell them that you wanted to say hi to them because it's been a long while since you talked to them/you were thinking about them.

- Give 1% of your income for the month to any one poor person who seems to be in the need of it or distribute it equally to people in need of charity.
- If anyone asks you for a reasonable non-monetary help or favor, help them.

**Task Duration:** 13 days

**Task Difficulty:** Moderate

---



# 9. Breathe



Breathe.

If you feel overwhelmed, breathe. It will calm you and release the tensions.

If you are worried about something coming up, or caught up in something that already happened, breathe. It will bring you back to the present.

If you are moving too fast, breathe. It will remind you to slow down, and enjoy life more.

Breathe, and enjoy each moment of this life. They're too fleeting and few to waste.

Leo Babauta, Zen Habits.

---

---

# Task Blueprint:

For the next 13 days, you are going to Breathe.

So, for the next 13 days:

- Write the word breathe on the top of your left hand, that is the wrist and not palm and each time you see it, focus only on your breathing. And at the same time, smile, unfurrow your brows, relax those facial muscles, unclench your jaw, relax your shoulders, relax your entire body, sit relaxed and breathe again.
- Don't put yourself under stressful condition, in stressful environments or with stressed out people. If you fail to abstain from stress due to whatever reason, look at that word on your left hand while under stress. You know what to do next once you see that word.
- Meditate each day.
- Eat only when you are hungry.

- Walk barefoot at home. And if possible on soil/ground too atleast for half hour each day.
- Watch the sky for 15 minutes each day.
- Use phone, internet, iPod, TV etc only if you need to.
- If you can afford a massage, get a good full body massage.
- Don't force yourself to sleep and do not use an alarm clock to wake up. Just tell your internal self once before going to sleep to wake you up at a certain time the next morning. By the end of the 13 days, I can assure you that you will wake up atleast a few times at the exact time or slightly before the time you wanted to wake up.

**Task Duration:** 13 days

**Task Difficulty:** Very Easy

---

# *Epilogue*

I guess this is the part where I say something really profound and deep. But would be counterproductive to the purpose of this book. Here's your final task.

---

## **Task Blueprint:**

For the rest of your life, you “LIVE”

And you start by:

- Completing the bucketlist you made in chapter 5.

**Task Duration:** Now

**Task Difficulty:** Irrelevant

---

Pay a fair price you feel the book is worth.

Thank you.

Best of Luck,

Sam.