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<https://shownotes.app/show/v53ph>

G.E.T - Recipe for Success

Like most people, I have been thinking about the recipe for success. There are too many variables involved in real-world success. Many attribute success to luck, some to being in the right place at the right time, and some to sheer perseverance. All of them have merits. But I wanted to be able to "engineer" a recipe for success that I could easily share with kids -- my boys. So, I have watched dozens of videos, read many books, and considered it a lot. Here is my recent attempt at making it simple to explain and focus on the key things that I think matter the most. This does not mean there is nothing else involved in success. But these are my key findings.

G.E.T - Grit. Education. Track.

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Grit - Have Convictions for Your Dreams

Grit is the passion and perseverance towards long-term goals, fueling individuals to remain focused and resilient despite challenges or setbacks. Forging a path to success through grit involves:

- **Passion:** Cultivate an unwavering interest and enthusiasm for your dreams. When genuinely passionate about your goals, you're more likely to commit to the hard work necessary for achievement.
- **Purpose:** Align your dreams with a greater purpose or meaning. Understanding the impact and significance of your goals will motivate you to push through obstacles and stay the course.
- **Perseverance:** This is the muscle you build to push through adversity. Embrace failure as a learning opportunity and use it to refine your approach. Remember that setbacks are inevitable, but giving up is a choice.
- **Resilience:** Build mental and emotional strength to withstand and bounce back from challenges. Learn to adapt and maintain a growth mindset, seeing obstacles as temporary hurdles rather than permanent roadblocks.

By nurturing your convictions and embodying the qualities of passion, purpose, perseverance, and resilience, you can harness the power of grit. This power will propel you toward your dreams, making them not just a possibility, but a reality.

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Education – Constantly Learn New Things

Embracing lifelong learning is not just a choice, it's a necessity for personal and professional growth. It's the key to adapting to an ever-changing world, staying ahead of the curve, and unlocking new opportunities. Here's how to make lifelong learning a priority:

- **Set Learning Goals:** Identify areas where you'd like to grow and set specific, achievable goals. Break them down into smaller milestones to track progress and maintain motivation.
- **Diversify Your Sources:** Utilize various learning resources, including books, online courses, workshops, podcasts, and mentorship. Be open to exploring new subjects and perspectives.
- **Practice Active Learning:** Engage with the material by asking questions, taking notes, and teaching others. Make connections between concepts and apply what you have learned in real-world situations.
- **Embrace Curiosity:** Cultivate a curious mindset by questioning assumptions and seeking more profound understanding. View challenges and mistakes as opportunities for growth and learning.
- **Continuous Improvement:** Regularly assess your progress and adjust your learning approach. Commit to refining your skills and expanding your knowledge base in your expertise.

By prioritizing education and embracing lifelong learning, you can unlock new opportunities and enrich your personal and professional journey.

Barbara Oakley at Google on how to learn more effectively

The video is a talk by Barbara Oakley at Google on learning more effectively. Here are the key points:

People who are good at learning tend to use a metaphor or analogy to explain complex ideas.

Our brains have two different modes of thinking: focused mode and diffuse mode. Focused mode is for concentrating on a specific problem, while diffuse mode is for relaxing and letting your mind wander. Both modes are essential for learning.

When trying to learn something new, it is necessary to break it down into small chunks. Once you have learned a few chunks, you can connect them to form a bigger picture. It is also essential to practice and repeat what you have learned.

This will help you remember the information and use it in different situations. People with a poor working memory may be more creative than those with an excellent working memory.

This is because they are constantly having new ideas pop into their heads. Even if you think you are a slow learner, you can still learn new things. It just takes time and effort. Learning something new can be beneficial even if you never directly use the information you learn. This is because it can help you to develop new ways of thinking.

I got Dr. Oakley's book for my kids.

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Track – invent a track for your dream

Crafting a clear roadmap for your aspirations is essential for turning dreams into reality. By strategically planning your journey, you can effectively allocate resources, anticipate challenges, and monitor progress. Here's how to create a personalized track for success:

- **Define Your Vision:** Visualize your desired outcome and articulate your dream in specific terms. This clarity will help guide your decision-making and keep you focused on your goals.
- **Set Milestones:** Break down your dream into smaller, manageable goals with clear timelines. This structured approach allows you to track progress and celebrate achievements.
- **Create an Action Plan:** Outline the steps needed to reach each milestone, including the resources, skills, and connections required. Be prepared to adapt your plan as circumstances evolve or new information arises.
- **Build a Support System:** Surround yourself with mentors, peers, and role models who encourage your growth and provide valuable guidance. Seek feedback and collaborate with others to enhance your learning and development.
- **Monitor and Reflect:** Review your progress regularly and assess the effectiveness of your strategy. Use these insights to make necessary adjustments and optimize your approach.

By designing a tailored track for your dream, you can navigate the path to success with confidence, clarity, and purpose.

An interesting Ted Talk by John Doerr, a well-known Venture Capitalist

Our leaders and institutions are failing us, but it's not always because they're wrong or unethical, says venture capitalist John Doerr -- often, it's simply because they're leading us toward the wrong objectives. In this practical talk, Doerr shows us how to get back on track with "Objectives and Key Results," or OKRs -- a goal-setting system employed by Google, Intel, and Bono to set and execute audacious goals. Learn more about how setting the right goals can mean the difference between success and failure -- and how we can use OKRs to hold our leaders and ourselves accountable.

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