

Here are my daily rules of life:

1. Don't criticize, condemn, and complain 03/12/18 → ~~and don't compare with others.~~
2. Don't act like a jerk or bitch.
3. Always speak calmly and be calm.
4. Don't daydream when driving.
5. Keep your head up high . . . look at their cute face when talking.
6. Breathe with your nose and stand up straight. 07/12/15 → Shoulders back.
7. ~~Have faith. Believe in yourself.~~ ← 03/12/18
8. Let me think. Be discrete.
9. ~~Welcome the roller coaster life.~~ ← 09/08/23
10. ~~Back in time and front and present.~~ ← Added 03/12/18. Struck through 09/08/23.

Here is a summary of my top 30 blogs from my first 300 blogs:

01. Never take anything and anyone for granted.
02. Trust my gut feeling.
03. My [earlier] daily top five rules for living: (1) Don't criticize, condemn, and complain, and don't compare with others. (2) Don't act like a jerk or bitch. (3) Always speak calmly and be calm. (4) Don't daydream when driving. (5) Keep your head up high . . . look at [their] cute face when talking.
04. Continue to live life finding what you want to do.
05. Never judge a person by their appearance.
06. Remember to learn from 03/02/23 → [your] failures as well as your successes.
07. It takes patience to learn who a person is for long-term family, friend, business, and romantic relationships.
08. Do something else to take your mind off something you hate.
09. Meet new people and make new friends continuously.
10. It's OK to be alone.

11. You must earn what you want in life.
12. You are responsible for yourself.
13. 12/29/16 → ~~Schools have summer vacations; life doesn't have summer vacations.~~ Life has vacations. Life has seasons like sports and TV series. Fiscal years, resets, endings. Life can say one continuous life; however, there are chapters, volumes, parts, checkpoints*.
14. ~~Age is just a number.~~ ← 05/04/21
15. Have courage to say goodbye to anything precious.
16. First years, first impressions, first go-around, and first successes are equally important as second years, second impressions, second go-around, and second successes.
17. ~~Everyone has the right to find happiness.~~ 07/12/14 → Pursue happiness to find happiness.
18. Be patient. Never rush.
19. Take life one day at a time. 12/31/16 → Increment from Freakonomics. 04/26/15 → ~~Have fun, learn, and enjoy.~~
20. If you talk the talk, you must stand by your talk.

21. Do something to receive something.
22. Money is a way to help people, create action, and show appreciation.
23. Fight the pain, the suffering, and the struggles to keep living.
24. Use your mind to see.
25. Time is the ultimate judge.
26. Live the present. Live the moment 07/06/15: intelligently.

27. Wait 24 hours for goods or services less than \$100 and 48 hours for greater than \$100 to avoid the urge to splurge.
28. Do the little things and they add up in time.
29. Life is a marathon, not a sprint.
30. When you in a jam, go back to the basics.

And here are the lessons I learned at De Anza College:

1. Everyone is human.
2. Go with the flow.
3. Timing is everything.
4. Use it or lose it.

Don't take life for granted such that you never need to review your basics. You remember everything and nothing negative happens to you. That's wrong. There are times in our lives everyone needs to stop and take a breath. Time outs and checkpoints are part of life*. ←12/29/16

Part 7 and the final Top Mistakes. I recap the six parts and the mistakes learned:

1. Always meet new people and make new friends. Always. I never met new people.
2. Never take life for granted. I took life for granted.
3. Follow a gym workout plan. My workouts were ineffective.
4. Read fiction books, any literature. I used to read non-fiction books such as business, investment, and self-help only.
5. Life is really not that bad. I criticized, complained, nagged, took my disappointments on others on my life.
6. Grow up. I was immature.
7. Trivia can be common knowledge. Trivia was too trivial for me.
8. Get out and do something, anything. I had no interest in new experiences, new adventures, and learning something new. Update: My new motto is "get up and do something, anything."
9. Food does make a difference in a person's life. Put effort, love, and sincerity cooking. Food was just food.
10. Never be afraid being wrong. Be assertive my abstract thinking, abstract mind. I was afraid communicating my thoughts being wrong. Vulnerable is okay. ←05/04/20
11. Be a good guy. I was a nice guy.
12. There is no such thing as fate. I believed in fate, letting life came to me.
- 13a. Don't quit after making one mistake. I was discouraged easily.
- 13b. I learn from my mistakes. I was a person who never made mistakes. I didn't make mistakes because I was scared to try something new.
14. Quit when something is not working out. I was stubborn and arrogant to quit.
15. Never stop learning, even for children on vacation. It was fun, fun, fun during my childhood vacations. No job, no extra activities, very little parent involvement.
16. Trust my gut feeling and intuition. I didn't trust my gut feeling to save me from problems.
17. My humor strength is dry, slow, optimistic, and ha ha non-lol laughing. Never stop improving my humor side. I was serious all the time because I afraid to be funny. 07/12/14→ Use your intuition making a joke; don't think. 05/04/20→ Timing is everything to be funny and not be funny. Too much funny is insecurity.
18. Trust my face, trust my looks. I failed to realize people did recognize my unique face.
19. Talk, socialize and conversation skills. Don't be the quiet guy.
20. Support is important to succeed. I can't do it alone.
21. There is always something new to learn. Don't be a bad-ass, immature.

Steve Jobs Said

<http://ininblog.blogspot.com/2011/12/steve-jobs-said.html>

Tuesday December 27, 2011

When you grow up, you tend to get told that the world is the way it is and your life--and your life is just to live inside your world. Try not to bash into the walls too much, try to have a nice family life, have fun, save a little money. That's a very limited life.

Life can be much broader once you discover one simple fact, and that is everything around you that you call life was made up by people that were no smarter than you, and you can change it, you can influence it, you can build your own things that other people can use. Um, once you learn that, you'll never be the same again. (RM: A definition of genius.) ←05/04/21

Do What You Love: Time is Too Short to do Anything Else ...

Steve Jobs, CEO of Apple Computer and Pixar Animation Studios, delivered a truly inspirational commencement address to some 5,000 Stanford University graduates. Without further adieu, his message:

"I am honored to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

The First Story is About Connecting the Dots.

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out?

It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife.

Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: 'We have an unexpected baby boy; do you want him?' They said: 'Of course.' My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition.

After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. **So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made.** The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed.

Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and sans serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But ten years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them.

If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something--your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

My Second Story is About Love and Loss.

I was lucky--I found what I loved to do early in life. Woz and I started Apple in my parents' garage when I was 20. We worked hard, and in 10 years **Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees.** We had just released our finest creation--the Macintosh--a year earlier, and I had just turned 30.

And then I got fired.

How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down--that I had dropped the baton as it was being passed to me.

I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me--I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

Fired From Apple

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, Toy Story, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful-tasting medicine, but I guess the patient needed it.

Sometimes life hits you in the head with a brick. Don't lose faith. **I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love.** And that is as true for your work as it is for your lovers.

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

My Third Story is About Death.

When I was 17, I read a quote that went something like: 'If you live each day as if it was your last, someday you'll most certainly be right.'

It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. **Because almost everything--all external expectations, all pride, all fear of embarrassment or failure--these things just fall away in the face of death, leaving only what is truly important.** Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

Diagnosed With Cancer

About a year ago I was diagnosed with cancer.

I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months.

My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few

months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery.

I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it.

And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma--which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch.

This was in the late 1960s, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and Polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue.

It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: 'Stay Hungry. Stay Foolish.' It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish.

Thank you all very much.

Mike's Rules

<http://ininblog.blogspot.com/2014/07/mikes-rules.html>

Saturday July 5, 2014

I create new rules to give my life more strength. I name the rules "Mike's Rules" because there was a night time staffer at my gym named Mike. He smiled and small talked with the members. He reminded me to begin greetings in a friendly way; moreover, communicate a variety of greetings. I wish him luck pursuing a career in law enforcement.

Here are Mike's Rules:

Complement A Person. Your goals are to recognize the person's presence, make the person smile, and say thank you. For example, complement on the person's boots.

Take The Initiative to make people feel better. A complement is a good idea. Other ideas include offering assistance, be a good listener, and being the person to get change to help pay the bill in a restaurant.

Communicate the other person's name. Write the person's name on the email. Say the person's name first when communicating to him or her. Sir, miss, ladies, and gentlemen are acceptable.

Begin And End In A Friendly Way. Greet the people you see for the first time today. Good morning. How's your day? Are you feeling better? Top of the morning. What has been going on? Say goodbye to the people you see for the last time today. Drive safely. Have a good day. Bye guys. Ladies, take care. Add variety to your greetings and endings.

Smile. Self explanatory.

Give Sincere Appreciation. Self explanatory, too.

Small Talk. Small talk is acceptable conversations. Sometimes small talk leads to long conversations. Small talk can be useful to meet new people.

Be Professional. The most important rule in Mike's rule. Do everything professionally. Be a pro. We see professionals watching sports on television. They're having fun. They're also working. They're performing at the highest professional level.

I add three new rules that are excluded from the original list.

**Addendum #1: Fake It 'Til You Believe It. ** There are going to be moments you must trust you intuition. Convince yourself you can do it for others to follow. Believe in yourself.

Addendum #2: a quote I remember. "You can choose comfort or you can choose courage, but you cannot have both." --Theodore Roosevelt

Addendum #3. High Power. I pose and present my physical self in the high power.

Top Ten Favorite Quotes

Steve Jobs is quoted many times for his successes. One more quote on intuition: I began to realize that an intuitive understanding and consciousness was more significant than abstract thinking and intellectual logical analysis . . . intuition is a very powerful thing, more powerful than intellect, in my opinion. That's had a big impact on my work.

Here are the top ten favorite quotes I follow to live my life:

10.Well life has a funny way of sneaking up on you; When you think everything's okay and everything's going right; And life has a funny way of helping you out when; You think everything's gone wrong and everything blows up; In your face --Ironic, Alanis Morissette

9.You have enemies? Good. That means you've stood up for something, sometime in your life. -- Winston Churchill

8.You can choose comfort or you can choose courage, but you cannot have both. --Theodore Roosevelt

7a.My great concern is not whether you have failed, but whether you are content with your failure. -- Abraham Lincoln (Similarly in my words: If I'm going to mess up, I mess up my way. I take responsibility. And I learn from my mess up. Stay foolish.)

7b. He has a right to criticize, who has a heart to help. --Abraham Lincoln

6. The simplest explanation is probably the correct one. --Occam's Razor

5. Wise men talk because they have something to say; fools talk because they have to say something. --Plato

4.Obi-Wan:I suggest you try it again, Luke. 03/02/23→[This] time, let go your conscious self . . . and act on instinct.

[Obi-Wan places helmet with blast shield on Luke.]

Luke:With the blast shield down, I can't even see. How am I supposed to fight?

Obi-Wan:Your eyes can deceive you. Don't trust them.

--Star Wars IV, A New Hope

3.Let it be, let it be; Let it be, let it be; Whisper words of wisdom; Let it be --Let It Be, The Beatles

2.Even today, I dare not say that I have reached a state of achievement . . . for learning is boundless. -- Bruce Lee

1.I'm starting with the man in the mirror; I'm asking him to change his ways; And no message could have been any clearer; If you want to make the world a better place; Take a look at yourself, and then make a change --Man In The Mirror, Michael Jackson

My Manifesto Jun 11, 2015

<http://ininblog.blogspot.com/2015/06/my-manifesto-jun-11-2015.html>

Thursday June 11, 2015

I was inspired to write my manifesto when I read NBA MVP Golden State Warriors Stephen Curry tweeted in Nov 2009 he "promise to all the Warrior fans...we will figure this thing out....if it's the last thing we do we will figure it out". The Warriors are playing in the 2015 NBA Finals.

I date the manifesto Jun 11, 2015 because the manifesto is updated at a later date. Some of my promises are completed. Some of my promises are cancelled for any legitimate reason. There are new promises.

Some of these promises below I know what to do. The question is how I complete these promises. Some of these promises improve my life. Some of these promises I need to figure out what to do. It's okay. The completion timeline ranges from months to years. Here are my promises:

1. Get a job. I'm looking for a job. I accept a contractor job as long as it strengthens my resume. A permanent job is better.

2. New circles of friends. I must meet new people and make new friends. I'm going to attract people. My socializing skills never stop improving. One of the best places to meet new people is events matching my hobbies.

3. New adventures and new experiences. I said it many times. I say it again. There are new adventures to seek. There are new experiences to experience. For example, sky diving, visiting a European country, wine tasting, and hiking new hiking trails.

I include learning life skills part of new adventures and new experiences. I learn basic electricity such as amps and volts. I learn how to solder. I improve my cooking skills. Knots, Morse Code, paper airplanes, sew a button. ←05/04/20

4. Learn new job skills. Job skills is a separate promise. I'm reviewing my Excel, Access, and SQL. I'm learning forecasting, standard deviation, and dashboards. There are new job skills to learn for my next long-term career.

5. ~~Live independently~~ Freedom ← 03/12/18. It's time to move out. It's time to make my own choices, control more of my life, live a good life consistency, and be more proactive for myself. I find my own residence. I want to organize my own gatherings. Gatherings are a good opportunity to meet new people. I want to organize Mahjong (Riichi) tournaments, board game nights, TV & movie marathons, social gatherings, and Chow Mein potluck.

6. Get married. I believe the ultimate happiness is being in love. I believe I find the woman of my life. Your parents met and got married. My parents met and got married. You and I find the love of our life.

7. No hoarding. An indefinite promise. No hoarding. Hoarding is a waste of time because time buying useless goods, waste of space in my residence, and a waste of money for which I could spend on more important goods or services.

8. Stay in shape. Another indefinite promise (same with 3. New adventures and new experiences 03/12/18). Physical fitness is important for a good long life; in particular, a good sex life. Think with your penis.

Space Brothers Wisdom

- It's faster to just do it. Hibito training space vehicle.

- I believe that this should be said under the sky. Tadashi informs Mutta he's selected.
- The veteran Brian Jay came all the way to see you. I'll give you some help, Hibito.
- ...find one thing interesting enough to make you lose track of time.
- When you build something, you must be ready to spend time and money on failure. If you build something by improving on failure, you'll end up with good results.
- All I can provide is courage and energy.
- [My family] is sacrificing. I have to do my part I need to reach the moon before I can make things right.
- It will probably take some time. But when you are chosen to go to space, you will understand why we decided on these assignments. As long as we don't give up on being astronauts, we'll make it into space eventually.
- . . . Instead we will help Hibito remember his happiness moments. That is how Hibito's fellow crew members want to help him.
- ~~The job back together.~~ ←05/07/26. The jog back to training camp together. Teamwork Eddie Jay.
- What's your oldest treasure?
- Life changes, promises don't.
- We live one life. You can't play around with two.

I vow: money doesn't take over my life and I control my stress. Stress doesn't change who I am.

Stephen Hawking Brief History Of Time Wisdom

- Disprove a theory by finding a single observation which disagrees with the prediction; however, there can be an exception or an incorrect test. A new theory is devised which is really an extension of the previous theory.
- Energy = mass multiplied by the speed of light². $E=mc^2$.
- Albert Einstein. The theory of relativity.
- Werner Heisenberg. The uncertainty principle.
- Space-time is the four-dimensional space whose points are events. Space-time is not a straight line. It's curve.
- Not finite. There are boundaries.
- Four forces of nature: gravity, electromagnetic force, weak nuclear force, and strong nuclear force.
- Entropy. Measures the degree of disorder of a system; e.g., stop making repairs around the house. One can create order out of disorder; e.g., paint the house. It requires an expenditure of energy which decreases the amount of ordered energy available.
- Anthropic Principle. "We see the universe the way it is because we exist." There are two versions which are the weak version and the strong version.
- Exclusion Principle. Two similar particles can't exist in the same state or same position and the same velocity. If particles are in nearly same positions, the particles have different velocities, which means the particles don't stay in the same positions.

Updates

05/07/26 Inspiration Cheer Up Smart Phone 050726.docx. Correct bullet point from Space Brothers Wisdom. It's jog back. Not job back. Eddie Jay training astronaut candidates teamwork.

10/23/23 Inspiration Cheer Up Smart Phone 102323.docx. Remove rule number nine and rule number ten in daily rules of life. Date removed on 09/08/23.

03/02/23 Inspiration Cheer Up Smart Phone 030223.docx. Correct quote Star Wars IV Obi-Wan and Luke. Correct minor grammar #6 from summary of my top 30 blogs.

07/07/22 Inspiration Cheer Up Smart Phone 062822.docx. Added more wisdom and revised wisdom from A Brief History Of Time by Stephen Hawking.

06/22/22 Inspiration Cheer Up Smart Phone 062822.docx. Removed blogs references no longer in the Inspiration. Added Stephen Hawking wisdom from A Brief History Of Time book.

12/16/21 Inspiration Cheer Up Smart Phone 121621.docx

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