

# A Father's Advice (2019)

**Success is a combination of many factors.** Success often consists of good mental and physical health, family and friends, clear and achievable goals, experiences, knowledge and sometimes money. The more of these factors you develop and combine, the more flexible and resilient you become. **Life is rarely black or white.** There are often large grey areas. What is right or wrong usually depends on perspective and context. **The 80/20 rule is often best.** Doing something perfectly 100 percent is rarely the most effective way to reach your goals. The last 20 percent can cost as much energy as the first 80 percent. **My self worth remains intact, regardless of what people think or say about me.** There will always be someone who does not see your value. Do not let that someone be you. **Do your best, that is enough.** No one can ask more of you than that. When measuring your progress, compare yourself only to who you were yesterday, not to others. **Everyone is good at something.** Nothing comes by itself. Practice builds skill. For something to feel natural, you need to do it again and again. Do not give up, keep going. **Control your thoughts or they will control you.** Let your mind work for you, not against you. Things do not always turn out as planned and it is easy to complain and miss your own role in it. Then it helps to think: What will I do today to avoid the same situation in the future? **Being afraid or nervous means you are about to do something brave.** Everyday courage builds confidence and creates change. Focus on the solution, not on worry or fear. **Sleep is a basic requirement for wellbeing.** During sleep, the brain and body recover. Regular habits and about eight hours of sleep strengthen learning, health and the immune system. **Training and movement matter.** They make you stronger, calmer and more resilient. What you train is less important than the fact that you actually do it. **Listen to your body.** Are you tired...sleep. Are you stressed...slow down. The body is often wiser than your thoughts, if you allow it to be heard. **You need to last in the long run.** Find a pace that is sustainable for life. It is a marathon, not a sprint. **Protect your brain.** Drugs and tobacco limit your potential and your freedom. Why reduce your own capacity? **Choose your habits, choose your life.** A habit is simply a learned pattern. You can replace worry and carelessness with focus and joy. It only takes repetition. **Own your attention.** In a digital world, your attention is valuable. Do not let apps and algorithms take more of your time than you choose. When you are with people...be truly present. **Make a mental list of your goals and focus on them.** You have the ability and potential to reach the success you are aiming for. **Decide your day.** In the morning, decide what matters most to get done. Also set a clear time when you shut down school or work to be present with family, friends and enjoyment. **Learn how to learn.** In the future, your most important skill will not be what you know, but how fast you can learn new things and adapt. **Step forward and take initiative.** Do not wait for someone else to fix things. Be decisive and create your own opportunities. **Computers, AI, the internet and robots.** These will become an increasingly large part of everyday life. Learn to use them wisely to realize yourself and your dreams. **Half right, half wrong.** If you are unsure what is right between two choices and must make a decision, choose something in the middle if possible. **Money is not everything.** Research shows that happiness does not always correlate with high income or material wealth. **Choose what you are willing to sacrifice and what you never will.** Everything has a cost. Some things in life are worth fighting for and others are not. Learn the art of prioritization. **Humans are social beings.** We need other people. At the same time, do not lose yourself just to fit in. Seek contexts where you are allowed to be who you are. **Think well of people.** Most people mean well. Be kind and generous, you never know who may become important to you in the future. **You cannot please everyone.** You cannot predict the future or read other people's minds, so trying to guess what others want rarely leads you right. That is, do what you think is right and be at peace with yourself. **Never accept physical or psychological violence.** Distance yourself from violence, seek help and build strength to protect yourself. **A good laugh extends life.** Laughter, joy and having fun give you energy and strength to accomplish wonders. Have fun and follow your passions and interests. **Think about the environment.** Do your best so that you and future generations can enjoy nature, now and in the future. **Seek knowledge and think independently.** Science and critical thinking are powerful tools for understanding the world and making your own well founded decisions.