

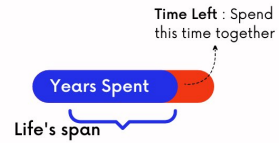


# harsh truths that may change your life

SAHIL BLOOM + SACHIN RAMJE

## YOU'LL ONLY SEE YOUR LOVED ONES A FEW MORE TIMES

Our time is finite, but we fail to recognize it until it's too late. You'll never regret those tiny moments with your loved ones of doing nothing in particular that we'll get to spend together in the years ahead.



## MOST OF YOUR FRIENDS AREN'T REALLY YOUR FRIENDS

Your real friends are the ones who are there for you when you have "nothing" to offer in return. Cherish them.



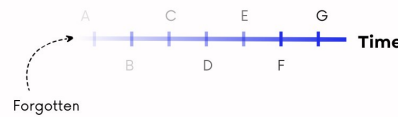
## THERE'S NO SUCH THING AS A HACK

Everyone wants the hacks or shortcuts, but there's literally no such thing. The only hack is painful, relentless consistency. It's not sexy, but it works.



## YOU PROBABLY WON'T BE REMEMBERED OR HAVE A LEGACY

Even the most amazing and successful people will eventually be forgotten if you extend the time horizon. It's not a bad thing to want to be remembered, but chasing a legacy can be a recipe for disappointment.



## THE WORLD IS DEFINITELY NOT FAIR

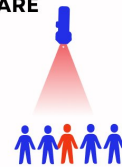
Bad people win and good people lose—all the time. The Internet and access to technology is opening up the world. The world may never be truly fair, but it will always belong to those who make the most of what they have before them.

bad people  
good people



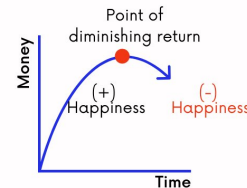
## MOST PEOPLE DON'T REALLY CARE ABOUT YOU

We think people care about us WAY MORE than they actually do. It's pretty liberating to realize that, everyone is really just going through life worried about themselves. Be yourself.



## MONEY IS THE TERRIBLE BAROMETER OF HAPPINESS

Money is correlated with happiness up to a baseline level—that level is lower than you think. Beyond it, there are diminishing returns to more money. The hedonic treadmill is real—we simply adapt and look for what's next. Prioritise internal happiness.



## FAILURE DOESN'T ALWAYS LEAD TO GROWTH

Sometimes failure just leads to pain. You don't grow, you don't find light. It just sucks. You're not alone. It's ok to admit that the glamorized version of failure isn't always in sync with reality.

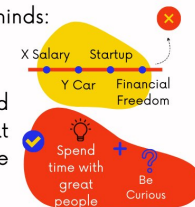


## THE TIMELINES WE CREATE FOR OURSELVES ARE MOSTLY JUST ARBITRARY NONSENSE

We create timelines in our minds:

- X title by X age
- Y salary by Y age .

It's stupid. Be curious and spend time with great people. The rest will take care of itself.



## YOU'LL LITERALLY NEVER KNOW WHAT YOU WANT TO BE WHEN YOU GROW UP

The idea that you should know what you want to do with your life by the time you are 20 is one of the worst lies we are told. The most hyper-successful people still have no idea what they want to do. They just have a bias for action that has allowed them to capitalize on opportunities and compound effectively over time.

~~PLAN~~  
~~PLAN~~  
~~PLAN~~  
ACTION

Have bias for Action

## HARD WORK AND CONSISTENCY ISN'T ALWAYS ENOUGH

Hard work and consistency will always give you a shot, but sometimes you're just going to get beat. If you lose, it better be that the person is simply more talented than you. Never beat yourself.

