



How to:

Care Less & Live More

Life is a series of unknowns. Navigating this complex world, finding our “right” path, and being happy can seem very overwhelming. Simple tips can help you.

1. Care Less

Of course, you still need to have a passion and a purpose. Caring less simply means you stop caring about the things that do not really matter!



Do

- Prioritize your values
- Solve problems effectively
- Put energy and time into your passions and responsibilities



Don't

- Focus on trivial things
- Be indifferent
- Forget: You get to choose what to focus on. Choice = Power.

2. Live More

The best parts of life revolve around being uncomfortable.



Embrace your fears.
Rejection is an opportunity to learn.

Acknowledge that **struggles** lead to problem solving, which leads to **happiness**.



Be vulnerable. No one is perfect. Everyone is unique.

Try new things. You can learn more from failure than from success.

