



# The Architect of a Resilient Life

A Notebook of Truths, Strategy, and Wisdom

# The Foundation of Integrity

Three things never come back.

**Spoken Words**

A slip of the tongue you  
may never get over

**Asked Time**

Time teaches the  
value of life

**Broken Trust**

Your actions must  
match your words

Build your life's foundation by strictly guarding  
these three irretrievable elements.

# The Cognitive Architecture of Perception

The exact same situation occurs. How is it processed?

Weak Mind



Perceives  
A Problem

Balanced Mind



Perceives  
A Challenge

Strong Mind



Perceives  
An Opportunity

The situation remains constant; only the architecture of your mind changes the outcome.

# The Vault of Privacy

A wise man keeps four things private at any cost:

**1. Your Love Life**  
Protect your inner circle

**2. Your Income**  
Protect your resources

**3. Your Next Move**  
Protect your strategy

**4. Your Past Plans and Problems**  
Protect your trajectory



# The Temporal Growth Timeline

**Past**



Where you learned  
the lesson.

[ Action: Done,  
so forget it. ]

**Present**



Where you live.

[ Action: The Now.  
Live it with no regrets. ]

**Future**

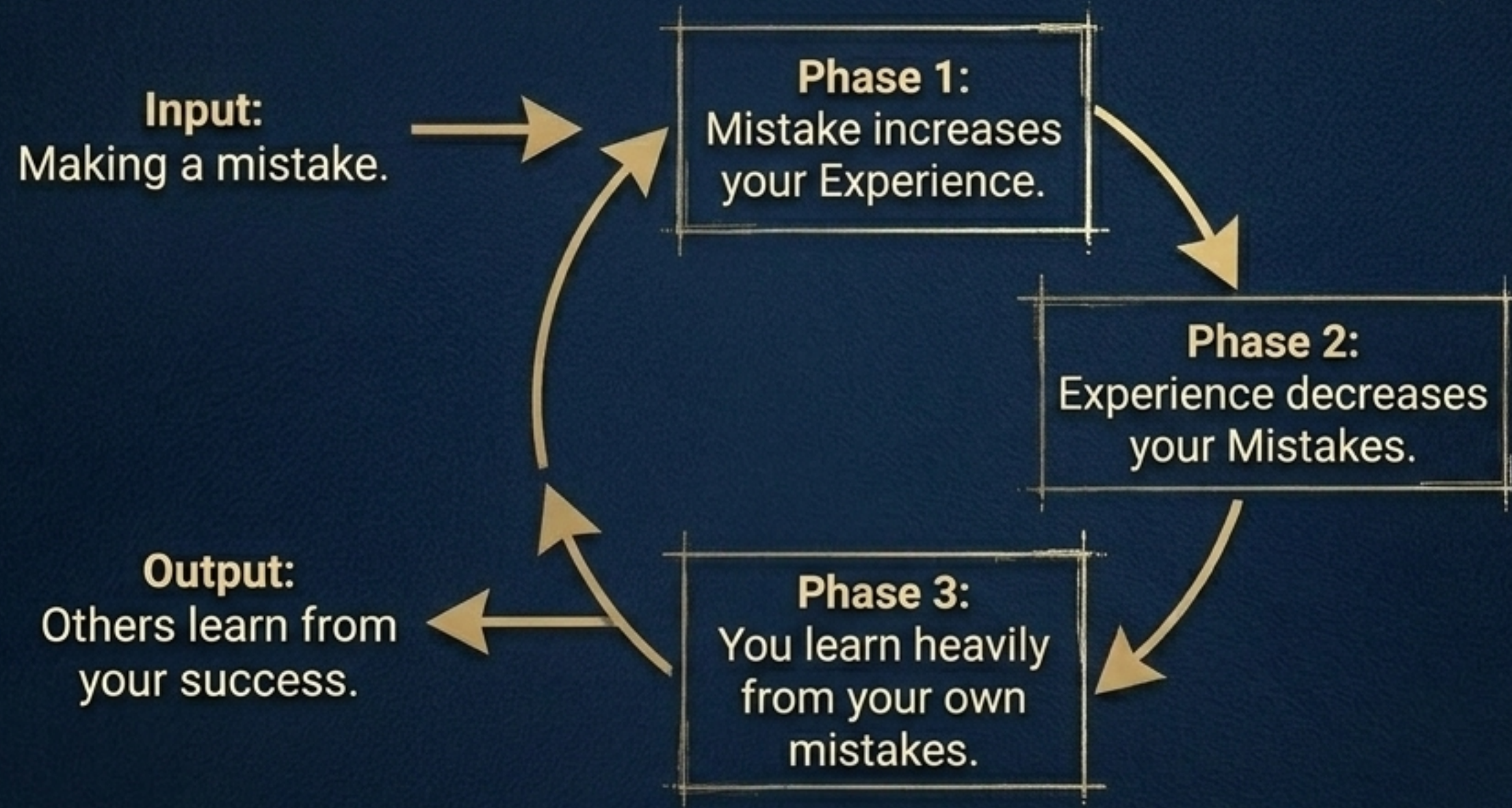


Where you apply  
the lesson.

[ Action: Yet to  
come, so dream it. ]

Life and time are the best two teachers. Life teaches us to make good use of time. And time teaches us the value of life.

# The Experience-Success Engine



Success is not permanent and failure is not final. Never stop working after success and never stop trying after failure.

## The Physics of Human Connection

Relationships are like birds:



People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.

# The Power of Asymmetry



**House**

A door is much smaller compared to the house. A lock is much smaller compared to the door. A key is the smallest of all.



**Door**



**Lock**



**Key**

**A small, thoughtful solution can unlock and solve major problems.**

# Navigating the Human Ecosystem

**Never blame anyone in life.**



**Good People**

Give you  
Happiness.



**Worst People**

Give you a  
Lesson.



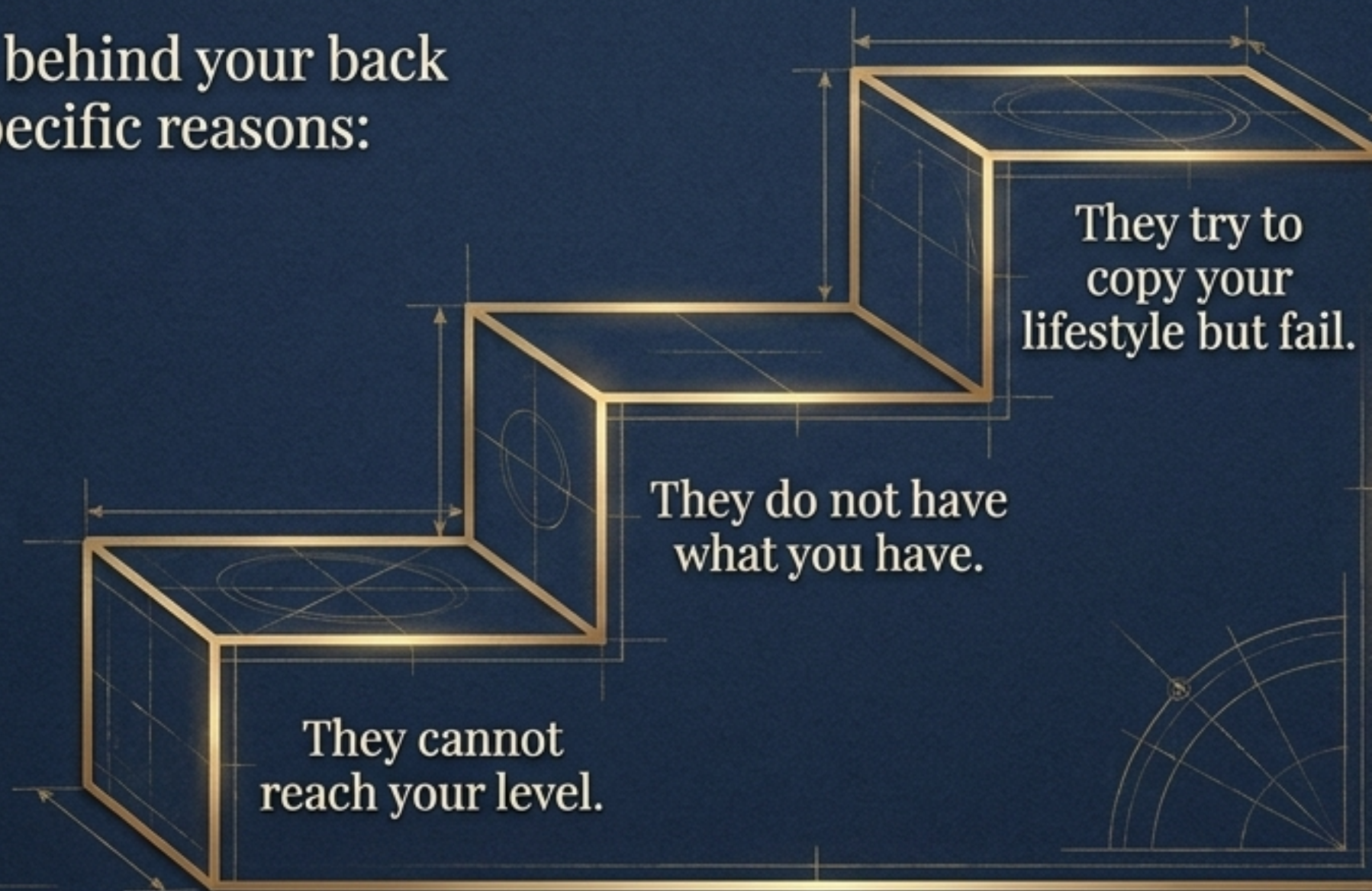
**Best People**

Give you  
Memories.

**Never hate your haters, but respect them.  
They are the ones that think you are better than them.**

# The Anatomy of External Criticism

People talk behind your back for three specific reasons:



When you fly high,  
people will throw  
stones at you.

Don't look down.  
Just fly higher so  
the stones won't  
reach you.

# The Water Principle

Lovely things to learn from water:



**Adaptability:** Adjust yourself in every situation.

**Flexibility:** Take any shape required by the environment.

**Autonomy:** Most importantly, **find your own way to flow.**

# The Urgency of Action

**KILL**

tension  
before  
tension  
kills you.

**REACH**

your goal  
before  
the goal  
kicks you.

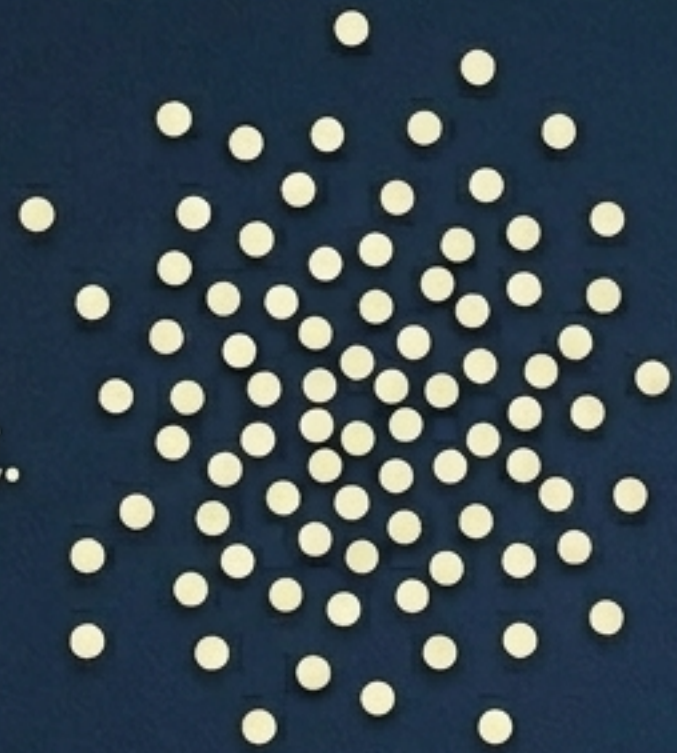
**LIVE**

life before  
life  
leaves  
you.

**Do the hard jobs first. The easy jobs will take care of themselves.**

# Strategy Over Talent

Everyone has  
Skills and Talent.



Not everyone  
has a Strategy.

## The Rule of Timing

**Good Time**

“Your mistakes are taken as jokes.”

**Bad Time**

“Your jokes are noticed as mistakes.”

# Designing The Masterpiece

The two greatest days  
of your life:



1. The day you were born.

2. The day you find out  
what your purpose is.

*If you don't know why you are here, it can be hard to keep going.  
Open your eyes, or someone else will decide your path.*



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