SCHOOL OF HAPPINESS

Lesson #23: STUPID THINGS

DO SOMETHING STUPID EVERY DAY.

Tymek Borowski

HOW TO LIVE BETTER

Rys. Tymek Borowski
Wisdom is universal.

Wise people have borrowed it from books and other sources. Your stupidity doesn't belong to you. You've borrowed it.

Why?

Something risky, but

But

Risky

But

Not

Not

Stupid that

Things in some way

Stupid behavior sets you free and being free makes you happy.
Do something stupid
(that is also tempting)

But why do stupid things? Shouldn’t we act wisely?

Wisdom is universal. It is an attempt to generalize, based on the moronic assumption that people are basically the same and their stories are basically the same.

The wisdom you poses is not yours. You have borrowed it from books and other sources. Your stupidity is the most personal and authentic part of yourself.

-Thomas B.

So follow your stupidity. You know yourself better than anyone, so you have the best chances of knowing what is good for you.

Stupid life choices:
if you want it, go for it.

It is not about being free. It is about the fact that people are different.
People want to reach their long-term goals via the shortest route possible. ▶️ It is a very bad idea. Why?

The shortest way is usually the most difficult one. In fact, it is often so difficult that you give up.

▶️ Longer route, through exciting events and delightful adventures will keep you motivated.

And nearing your goals will make you happy and satisfied.

Go in the right direction, but always through interesting areas.

This way you need not worry if you chose the best destination. Even if you didn’t, you still won’t have wasted time.

Don’t do anything that is too hard to do. If something is too hard, it usually means you have chosen too short a route.

Don’t be a martyr. Do the right thing, and have fun.
It is hard to change oneself. Thinking, explaining to oneself, making the decision, it all won’t suffice. Why? Because brains do not work like that.

Knowledge, skills, habits, emotional and behavioural patterns – everything is shaped in the same way:

How to learn something?
When you stimulate two parts of your brain (ideas, sensations, symbols etc.) at the same time, a connecting path appears between them. The more stimulation the thicker the path.

Neurons that fire together, wire together

And how to unlearn?
Paths unused will become thinner, but they do so unhurriedly. One can’t just dispose of an unwanted path, and every use makes it thicker. Which is why you need to create a new connection with something else and stimulate it often.

Remember, we all have many innate paths (sometimes the size of a motorway). Reshaping them is hard, sometimes impossible.

It always takes time, so don’t be too hard on yourself.

(A photo of a baby seal, to make you like this graphic)

For example, how to develop the so-called will power? The more often you fulfil your resolutions (even the small ones) the stronger association you will develop:

I intend to do it I did it

and it will become easier to buckle up and reach goals.

Treat your brain like a newborn - lovingly, leniently, and in a consistent manner.
**Abstract:** The content of the three poster infographics is “life advice”. The former encourages the viewer to abandon borrowed universalist “wisdom” and indulge in their own silly – and authentic – ideas. The second encourages you to pursue your goals through more circuitous and interesting routes. The third is to look at your brain as a newborn baby that needs to be treated patiently, gently and consistently.

**Key Words:** Infographics, Stupidity, Planning, Learning.