
SUCCESSFUL DROPOUT BIBLE

Common Dropout Questions Answered

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Next Steps On Your Dropout Journey

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A Letter from Kylon

To my fellow dropouts and those considering,

It's been awhile since I made the decision to drop out of college in 2009.

I never looked back, and I've never regretted that decision.

You're likely reading this because you have a similar decision to make.

Should you drop off the traditional path or should you keep going? What will happen if you do or don't? Which career path or other interest should you pursue? How will you explain your decision to your family and friends?

I remember asking all the same questions myself, desperately searching for someone or something that could point me in the right direction.

In my search for clarity, I learned something very important that set the foundation for my dropout journey going forward.

There is no one-size-fits-all approach to this, and there is no single correct answer.

I know that may be the opposite of what you wanted to hear. Maybe you wanted to hear that there is a foolproof strategy to dropping out and becoming a millionaire.

Just hear me out...

Society and especially traditional schooling conditions you to think in a very linear and conformist way.

They've duped you into thinking there is a straight shot manual to life - a specific recipe for success, that if ignored, might cause you to end up homeless and cooking spam over an open flame in the streets.

This is enforced by the news media, social media, your peers, teachers, and maybe even your parents and best friends. There is a lot of pressure for you to stay in line and follow the "proper path".

The sooner you realize that it's all BS, the sooner you can get to work building your awesome, unique life.

In the words of one of my favorite people:

“Whatever education is, it should make you a unique individual, not a conformist; it should provide you with an original spirit with which to tackle the big challenges. It should allow you to find values which will be your roadmap through life; It should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whomever you are with; it should teach you what is important; how to live and how to die.”

John Taylor Gato

Being a Successful Dropout means your life trajectory will look different from everyone else's. It means there are literally millions of ways to build wealth and find meaning in life, and YOU get to decide what that looks like.

Trust me, if there's anyone who has had a less than traditional life, it's me.

After I dropped out of college, I had absolutely no clue what I was going to do with my life. All I knew was that I wanted to explore and experiment, and hopefully somewhere in the process I would land on something that was for me.

Here's what that ended up looking like:

2009 - I dropped out of college.

2009 to 2010 - I was a paid youth pastor at my church doing ministry full time.

2010 to 2012 - I got married, worked in construction and trained for my dream of becoming a Navy SEAL.

2012 to 2013 - I enlisted in the Navy, joined BUD/s class 296, got injured and received a medical discharge. That dream died.

2013 to 2015 - Started my first business, a painting company that expanded to 6 States. Learned a lot, failed a lot. Also started pursuing my dream of being a musician, joined a rock band and started touring up and down the West Coast playing shows and recording albums.

2015 to 2016 - Started two more businesses with my wife and our friends - a juice bar and a yoga studio. Sold the painting company. Still played in the rock band.

2016 to 2017 – Started a house flipping business, built a suite of courses to sell to small business owners (fail), started an Amazon FBA business (kind of a success, but also a fail), started Successful Dropout (yay!). Still playing in the rock band here as well.

2017 to 2018 – Became CEO of 7-figure affiliate marketing business, still played in the rock band.

2018 to 2019 – Started a crypto company that ultimately never took off, still played in the rock band.

2019 to 2020 – Left the affiliate marketing business. Sold the juice bar and yoga studio. Joined the founding team of an investment fund and accelerator for business buyers (successful). STILL playing in the rock band.

And that brings me up to the point of writing this.

As you can see, I've had a FAR from traditional life trajectory. I've experienced a lot of success, and even more failure. I've achieved dreams, and lost dreams.

I've taken a self-directed path to educating myself and building my career, and as I'm writing this, I couldn't be more pleased with that decision.

You'll have to decide if you want to take a similar leap, and then you'll have to define what that looks like and take action, adjusting as you go.

But don't worry, you aren't alone! I started Successful Dropout to be a strong foundation and guiding light for your new journey. This is the resource and community I wish I had when I made my decision to drop out. There are thousands of people coming to the same conclusion you are and deciding to take the next step. We welcome you!

This Dropout Bible contains answers to the questions I get the most from people like you, as well as some resources and tools that can help get you started. This is a living document that I'll keep updating as I find more value to add.

In conclusion, I'll leave you with what I believe are some of the most important overarching things to remember on your Successful Dropout Journey.

Never stop learning

Dropping out of school doesn't give you permission to stop learning, it just means you now have the freedom to learn what you want. Here are a couple of the best ways to learn.

Read and read often. Read fiction to relax your mind. Read self development to continually level up your mind and habits. Read biographies to get inspired by those who have done great things before you. Read spirituality to keep discovering and defining meaning in your life. Read about business to learn how to build things that make you money and more importantly that positively impact the world and last long after you are gone. Keep in mind that one thing the majority of successful people have in common, is that they are voracious learners.

Next, surround yourself with good people. Remember that you are the average of the 5 people that you hang around the most, so choose them wisely. You should also never be the smartest person in the room. In other words, make sure to always be around people who are further along than you are.

Stop Caring About What Other People Think

This bad habit has been the cause of unfathomable amounts of lost potential and likely millions of world changing ideas/endeavours never seeing the light of day.

Do not let what you think other people think of you be the ultimate factor in whether or not you do something. Do not determine your value based on what you believe other people think about you.

Ignore social media. If you're going to be a Successful Dropout, your life will look different from most of your peers and you don't need the extra temptation to compare your life to theirs. Realize that people only show their best on social media - most people are just trying to signal how successful they are by posting the best snippets of their lives that don't give you the authentic full picture. If you're going to be on social media, be different by being unashamedly authentic, genuinely celebrating others, and providing actual value.

As a general rule, just don't compare yourself to others. Instead, only compare yourself to who you were yesterday, and do your best to improve by 1% every day.

Develop a Bias Towards Action

On any given day, spend 20% of your time thinking/planning/strategizing and 80% of your time taking action.

Realize that the path forward will literally NEVER be 100% clear, and don't let that put you in analysis paralysis. Aim to get clear on your very next step, then take action on that. As you continue taking incremental steps, the rest of the path will start to reveal itself.

Remember that action begets more action. It's a law of the universe that when you just start doing things, you inevitably stir up the reality around you and more reveals itself.

At the same time, this doesn't mean that thinking is bad. It is equally important that you focus on strategy and planning 20% of the time. You don't want to look up one day and find out you've been taking too many steps in the wrong direction.

Fin

With all the above in mind, **be grateful** and **lead others by serving them**. Gratitude is how you consistently unlock happiness, and if you consistently serve others and improve their quality of life, you will get what you need in return.

Stay hungry, stay foolish.

Kylon Gienger

COMMON
SUCCESSFUL
DROPOUT
QUESTIONS
ANSWERED

1: How to know if you should drop out or not.

Read the following and think about which train of thought describes you best:

#1 “Ehhhhhuuuuuuggggghhh. School is too hard and I just don’t feel like doing it any more. I hate class and I would rather chill with my friends, play xyz video game, watch xyz show, or just like...travel or something.

OR

#2 “School is boring and I’m constantly questioning what I’m being taught, and why it’s being taught. My mind is brimming with ideas for what I would do if I wasn’t spending all of my time in school. In fact, I already have a side project or two that I’m working on in my spare time”.

If you resonate more with #1, then it’s likely the best decision for you to stay in school. If you relate more to #2, then dropping out may be a good decision for you.

Here’s why :

Dropping off the traditional path means that you need to start cutting your own path, and that’s not a walk in the park. It will take **hard work, perseverance, initiative, creativity, and not caring about what other people think.**

At this point, you need to be REALLY honest with yourself. Let me give you some more scenarios.

You should seriously consider DROPPING OUT of school if:

- You have a history of setting and achieving goals
- You love learning and regularly study things you’re naturally curious about
- You find yourself questioning the status quo even at the risk of being ridiculed by your peers
- You are consistently working and making progress on side projects – building, creating, developing and growing.

If the above describes you, then you likely have the motivation and drive needed to drop out. You are probably in a good position to drop off the traditional path and sacrifice security for freedom. Traditional schooling could likely be holding you back from your full potential.

On the other hand, you should consider STAYING IN school if:

- You don't have a history of setting and achieving goals
- You are a chronic procrastinator
- You only learn/study when someone tells you to
- You give into peer-pressure easily and care more about what other people think than what you know is right for you
- You use TV or play video games as an escape from the things you know you should do, rather than as a reward after doing them

If the above describes you, then it's probably a good idea for you to stay in school. There is nothing wrong with this, it simply means that you might thrive best with a more traditional structure in your life.

Other considerations

Does the career you want require a degree? If so, you should obviously stay in school. This would include most occupations in the STEM field like being a doctor, nurse, scientist or engineer.

Also, if you're thinking of dropping out but you have a scholarship (especially to an Ivy League or some other prominent school), you shouldn't make that decision lightly. A scholarship can be a wonderful opportunity to utilize the resources of traditional schooling without going into debt.

2: How to decide what to do with your life.

I can't tell you how often I hear the following:

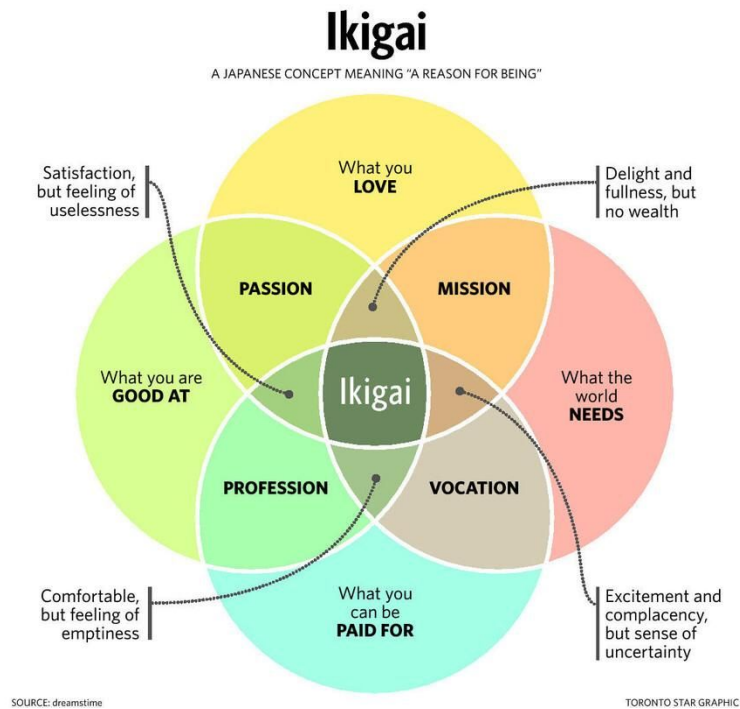
"I have so many interests, how do I know which one to pursue? How do I know which career path to take? How do I know if it's the right decision or not?"

Whether or not you drop out, "what do I do with my life?" is a question everyone has at some point in their life.

Something to realize is that you likely won't find the answer to this question right away. It takes time and a lot of intentional effort. The answer will likely change as you move through different seasons in your life too!

People have written entire books on this topic, but for now, I'm going to give you a tool/system you can use to help discover the answer.

Find your Ikigai



The Japanese concept of an Ikigai is brilliant. It identifies 4 areas that should intersect if you want to discover your “reason for being”. If you neglect one of these areas, you could end up feeling like your life is suboptimal. Take a moment and really understand the image above.

It may take weeks, months, and even years, but eventually you want to be doing something that is the intersection of what you’re good at, what you love, what the world needs, and what you can actually get paid for.

Accordingly, one of the first things you should do is journal on each of these areas to discover your answer to each.

I’ve written out some questions for each of the 4 areas to help you, and I’ve even answered them for myself so you can understand why they are being asked and how you can answer them.

Grab your computer, open a fresh document, find a quiet place and start answering these.

What are you good at?

- *What are my strengths/unique abilities?*
 - I'm a natural leader. I'm also great at communicating and building relationships with people. I am very open and eager to try new things and take on new projects. I am adaptable and can reinvent myself to do whatever is necessary to achieve the goal.
- *What have other people told me I'm good at?*
 - People have told me I'm a good leader and good at leading movements. They've told me I'm good at sales and communication. I often get asked for my advice on how to build businesses.
- *Where have I found success in the past?*
 - Building great businesses and movements that have a positive impact on the world beyond just making money. I call this "building beyond business". Specifically, I've found success in building Successful Dropout, which is a business that exists to give students the confidence, solutions, and community to drop off the traditional path.

What do you love?

- *What are you insanely curious about? What makes you forget to eat?*
 - Building businesses and/or movements. I just can get so zoned in on every single step of the process that I routinely forget to eat.
- *What pain do you want?*
 - This question comes from an author I love named Mark Manson. It stems from the understanding that suffering and pain are a part of life and come along with literally any endeavor you would undertake. When most people think about what they should do with their lives, they often only think about the pleasant results of the endeavor, and they ignore the tough part they will inevitably have to get through before they reach the good. This often leads to people miserably pursuing something because they didn't consider all the hard work it takes to get there in the first place, and they eventually quit. Asking this question allows you to identify work that you will still pursue even when the going gets tough.

For me, I love the pain associated with building a business. Despite the process often being stressful and challenging with many ups and downs, I am always driven to it, and I am always willing to go through the tough seasons.

- *If you knew you were going to die in 5 years, what would you do with your life?*

- Thinking about your death is one of the surest ways to get clear on what you want out of life. I will write more about that below.

I want to leave a legacy that positively impacts people well after I'm gone, and I'm already doing those things that I would do if I knew I was going to die in 5 years. So my answer to this is that I would just look for every opportunity to accelerate what I'm building and ensure it touches as many lives as possible and is built to be sustained after I'm gone.

What does the world need?

- *How do the answers for "what are you good at" and "what do you love" match up with a need the world has?*
 - There is also definitely a huge need in the world for alternative solutions to traditional education, especially in the United States. Students graduate with debt and little to no preparedness for their actual careers. There is so much wasted time and money, and young adults aren't being given the right steps to live up to their full potential.

I've already identified that I'm good at leading businesses and movements, and I love building Successful Dropout which is a movement to give students more confidence in stepping off the traditional path. So now I know I am working at the intersection of the first 3 areas of the Ikagai.

What can you get paid for?

- *How do the answers for "what are you good at", "what do you love", and "what does the world need" match up with work you can do that people will pay you for? What other companies/organizations/people already exist that are getting paid for this that you can emulate?*
 - There are companies like Praxis, MakeSchool, ColleagueInfoGeek and many more that are making money from building alternative solutions to traditional education. So this tells me it's possible to build a career out of this and also gives me a blueprint to follow that has already been successful for other people. So now I know that I am working at the intersection of all 4 areas of the Ikagai. Nice!

Hopefully watching me work through the process has helped you. Remember, this will take time, so don't get frustrated if you feel like you're getting clarity right away.

3: How to talk to your parents about dropping out.

If you're like me, you're probably nervous to talk to your parents about dropping out.

Have no fear, Kylon and his systematic approaches are here.

If your parents are less than thrilled about your drop out thoughts, you should understand that it likely comes from a place of love and genuine concern for your well-being and success.

The key is to not butt heads with them, but to reach a compromise that includes measuring results and what will happen depending on those results.

Come up with a plan

First things first, if you're going to drop out, you need a plan.

You should already have a good idea about what you're going to do from section 2 of this Bible.

I would suggest coming up with a 12 month timeline, and set benchmarks that if met, mean your parents agree to support your drop out decision. If you really want to put some accountability in place, you will agree that if you don't meet those benchmarks, you will go back to school.

Make sure your plan has 3 elements:

1. Why you want to drop out, and when you plan to do it.
2. What you plan to do with your time after you drop out and what your ultimate goal is.
3. What are the 1 year benchmarks that need to be met for your parents to support you dropping out?

Present your plan

Now it's time to present it to your parents. I would suggest actually putting some effort into a presentation. Use Google Slides and create a presentation. At the very least it will help you think through your plan even more and perhaps gain additional clarity.

After presenting, spend time answering any questions they have and patiently listen and respond to any criticism. As you talk through your plan with your parents, you may find it necessary to make some adjustments. Remember, the ultimate goal is to find a win-win solution that everyone agrees on. It's better to have your parent's support and trust!

The end results should be a plan that everyone agrees upon.

You can also listen to a podcast episode I recorded on this [topic here](#).

4: How to develop a personal brand and credentials that will help you get a job even though you don't have a degree.

It was only decades ago that the internet didn't exist. Imagine what that was like - no steaming, cloud storage, no social media, no websites of any kind. This also meant that there were only a few ways you could get your face out there; somehow get in the newspaper, the radio, or on TV.

This is where the college degree as a credential really hit its stride. If you were an employer, you relied heavily on third-party institutions to validate how employable someone was. If someone had a degree from a reputable university, an employer knew that they stuck with something for years, took certain classes and got certain scores. The employer would place a lot of value on a credential like that because it was one of the few ways to quickly judge someone's ability.

Those days are past us now. With the internet, you can create **YOUR OWN** credentials that are even stronger and more attractive than a college degree. Let's break down what a college degree really signals:

- It signals that you stuck to something
- It signals that you studied certain subjects and completed certain projects with at least a passing grade
- It signals that you hung out and networked with a certain crowd
- It signals....no that's about it

Take a look at that list and ask yourself why you can't just accomplish those same things and more without going to college. The answer is that you absolutely can.

Now **think about what employers want.** Simply put, every employer wants an employee that can deliver results. As an employer myself, let me lay it out some of the things I look for in someone to judge whether or not they can deliver results:

- I want someone who takes ownership over their work, which means they are proactive and self-directed.
- I want someone who is easy to get along with and who can contribute to a team.
- I want someone who is a continual learner, because that means they are constantly growing and improving.
- I want someone who is humble, honest and has integrity (they do what they say they will do).

Those are the main traits most employers are looking for. Notice that “*relevant experience or a relevant college degree*” isn't on that list.

Keep in mind that these are also traits of great business owners, if that's what you want to do.

So how do you go about building something that signals all of that to potential employers, customers, or other people? How do you create credentials that are stronger than a college degree?

Build a website

Step one is to create a personal website. Think of this as the paper of your diploma, where you showcase your accomplishments.

If you can, try to create to get your firstnamelastname.com. For example my personal website is kylongienger.com. If you can't, try more creative iterations.

Once you have your personal website up and running. There are two main things you should consistently do:

- Do things
- Create content about those things on your website (write/vlog/podcast etc)

In other words, start building a portfolio. Here are some examples:

- Read books, and then write blog posts about what you learned, how you are applying it, and what the results are.
- Build things/take on projects you are naturally curious about, and vlog or podcast about the experience on your website.
- Network with like minded people, do projects with them, interview them, or have them guest post on your site.

As you start to do the above consistently, you'll build a solid portfolio of your experiences and knowledge. You'll learn how to learn, you'll learn how to communicate well, you'll learn how to sell yourself and your accomplishments and interests to the world. Think of it as you are designing a massive college degree that you can click around on.

Consistency is important too. Try and write/create something on your website for 30 days straight, and after that you can taper off to a few times per week.

After months of creating and showcasing on your website, you'll have a decent portfolio built up to show to people. Think about what you've demonstrated.

- That you can stick with something.
- That you can proactively learn what you need to know to build or create something
- That you can effectively communicate about your experience

And by nature, a personal website is, well, personal. If you've done a good job building your personal brand, someone will be able to clearly understand what kind of person you are, what you value, what your habits are, what you want to do with your life, your background, who you network with, and more.

As you can see, if you apply yourself, this can be infinitely more valuable than a college degree, and it's all under your control. Below are some of my favorite personal websites for your reference:

- [Deryk Makgill](#)
- [Isaac Morehouse](#)
- [T.K. Coleman](#)
- [Corné Van Straten](#)

NEXT STEPS,
RESOURCES
&
TOOLS

I'm building an ever-expanding list of resources for Successful Dropouts. If you think something should be added, please email me and let me know.

Connect with other Successful Dropouts

[Successful Dropout FB Group](#)

Join our community of Successful Dropouts and network with other like-minded individuals. You are always welcome!

Earn Money as a Successful Dropout

Whatever you decide to do, you need to make money. These are great solutions for learning valuable skills that will earn you money as a dropout.

[In Demand Career](#)

Start earning \$60k+/year soon by owning your own digital marketing agency.

Seth Hymes is a good friend and he's created one of the best courses on digital marketing out there. Most of his students start earning \$60k+/year within months of taking his training. By being a freelance digital marketer, you can run your own business, set your own hours, and work from wherever you want. You can also get a good job at an established company if you wish with these skills. This is the perfect path to take if you want to pay the bills and make a comfortable living while you work on another longer term project/business.

[Praxis](#)

Get a job at a cool startup.

I've known the Praxis team for a long time, they're an incredible group. Praxis is a 6 month long bootcamp that will prepare you for a 6 month paid apprenticeship at a startup and after that, a full time job earning \$50k+/year starting. The net cost of the program is \$0 because you earn much more than you pay to get in. This is a great path to take if you want to be mentored by some incredible entrepreneurs. Landing a job at an established startup is a fantastic way to learn the skills needed to start your own business, or to work your way into much higher paying jobs at established companies.

[Life Skills That Matter](#)

Stephen Warley is a great friend and has been on the SD podcast several times. He hosts an awesome accelerator program and helps you take skills you already have and turn them into a business. Several of our SD members have gone through his program and have nothing but great things to say.

[Crash](#)

If you're looking for a great job, Crash may just be the platform that you want to use to expose yourself to multiple jobs at once. Another great company created by Praxis' Founder Isaac Morehouse, you are bound to find a job using Crash all while becoming a part of a great community. We have many SD members that use Crash and some that even work for Crash!

Books for Successful Dropouts

[7 Habits of Highly Effective People - Stephen Covey](#)

[How to Win Friends and Influence People - Dale Carnegie](#)

[Extreme Ownership - Leif Babin and Jocko Willink](#)

[Dumbing us Down - John Taylor Gatto](#)

[The Subtle Art of Not Giving a F*ck - Mark Manson](#)

[Tools of Titans - Tim Ferris](#)

[Zero to One - Peter Thiel](#)

[The One Thing - Gary Keller](#)

Life Hacks Successful Dropouts Should Master

These are mental models that you should study and master. Becoming an expert at these will literally make you superhuman and put you in the top 1% of productive, innovative people.

- [Urgent versus important matrix for prioritizing tasks](#)
- [First principle thinking: the building blocks of knowledge](#)
- Pareto Principle (80/20 Rule)
 - Google it to find a bunch of resources, but the gist is, learn to automatically identify and take action on the 20% that gives you 80% of the results
- Parkinson's Law
 - Google it to find a bunch of resources, but the gist is, a task expands to fill the amount of time available. So learn to time block, and specifically use the "Pomodoro Technique"

BONUS
MATERIALS

These are posts I've written that I wanted to include because I think you would enjoy them.

Some quick writing on the importance of making decisions:

Decisions and actions go hand in hand, as there is no action without you first making a decision.

It's through your decisions (or possibly through someone else's) that you are where you are in life.

Think about it. How did you come to find Successful Dropout? How did you come to be reading this, at this point in your life, at this spot, with this device etc etc? Trace it back for a second.

You'll quickly realize that through your decisions, you have the power to shape your destiny.

Of course, the trap many people fall into is analysis paralysis - or being stuck in place because you simply can't decide what the best course of action is. It's a natural reaction once you realize how impactful your decisions are, but you must avoid this at all costs!

I'm going to make this very simple for you; there will never be a point in your life where you always know what the right decision is. Even the smartest most successful person you know still has to make decisions that aren't 100% sure of.

You should understand that there are no real "adults" in this world. No one actually has it all figured out - some people just do a better job of coming across like they do.

Take that fact, digest it and believe it.

In the classic book "Think and Grow Rich", Napoleon Hill states that after studying hundreds of successful and wealthy individuals, he found that they shared a single quality: decisiveness.

Remember this always; successful people make decisions quickly, and change them slowly.

It doesn't mean they always make the right decisions, but it means they are generating more momentum than someone who makes fewer decisions.

Consider this scenario:

Over the course of a year, because you understand you need to make prompt decisions, you make 100 of them, but only 50 of them are good decisions. The rest, you learn and grow from, such that you moving forward your percentage of good decisions will undoubtedly increase.

Now let's say one of your friends still likes to take their time painstakingly analyzing their decisions, and they only make 25 of them in that same year, but all 25 of them are great decisions since they took all that time to think them through.

You've still made 25 more decisions than they have, and since decisions are the catalyst to destiny, you're much further along in your journey. You also had the opportunity to learn from another 50 bad decisions, which will exponentially increase your ability to make better decisions moving forward, and many of those bad decisions can be slowly changed to the right ones where your decision-momentum is headed the right direction. In other words, it's not about making the right choice, it's about making the choice and making it right.

I'm sure you've heard this quote "You miss 100% of the shots you don't take". Don't get to the end of your life or even 10 years into the future with regret for not pursuing something you really wanted to!

I'll leave you with this statement. It's true enough to get a tattoo of it if you wish:

Making a decision is more important than making the right decision.

On Your Death and Your Place In the Universe

Yeah yeah, it's morbid, I get it. Just read on.

I remember this Instagram clip of Gary Veynerchuck sitting in a limo with the window down, and this lady comes running up yelling "Gary give me motivation!". He looked at her and simply said, "You're gonna die". Then he rolled up the window as the limo drove on.

You realize our universe is BILLIONS of years old, right? And human existence is an infinitesimal blip on the timeline of the ENTIRE UNIVERSE? Now consider that your life is also an infinitesimal blip on the timeline of HUMAN EXISTENCE.

If you properly grasp the perspective on your life in relation to the universe and even just human existence, you should feel small, insignificant, sobered, in awe, extremely grateful, empowered, and motivated all at the same time.

This is going to sound weird, but you should think about your death often.

There was a point in time where I literally installed a death clock app on my phone. I punched in what I thought was a healthy age to live to, and it just started ticking away the seconds, minutes, hours, and days. It was a constant reminder to live in the present moment, and more importantly to spend those moments doing things that actually mattered. Those things were (and still are):

- Spending time with my family and serving my family.
- Spending time with my friends and serving my friends (also making sure I had the right friends).
- Doing work building businesses (as a founder and not as a founder) that had meaningful goals beyond just building financial wealth. Goals to serve people and impact my community and the world in a positive way that would last beyond my life.
- Being grateful for what I already have.
- NOT spending time worrying about things that I can't control or that won't matter in time.
- NOT spending time comparing myself to other people.

I think you get the idea, so I'm going to stop there.

Ask yourself these questions:

On your deathbed, what kind of life do you want to look back on? And after your death, what would you want people to say about you and the life you lived?

Nothing makes you feel more alive than imagining you are buried. If you knew that was going to be next week, next month, or next year, how would that affect what you do tomorrow? Would you be kinder? Would you be more helpful to others? Would you take things less personal? How would you allocate your time better?

Don't run from these questions. Answer them and write them down where you will see them often.

At the risk of sounding like I know it all, aim to be in my position. I'm 30 as of writing this, and I could be on my deathbed tomorrow completely satisfied and proud of the life I've led so far.