

Making Good Decisions; Personal Time Travel

Perhaps the *best* advice i can give *any* human being is:

DON'T betray yourself.

To explain, we're confronted with decisions every minute. But it is not these decision to which i refer; i refer to those life-changing ones: project, employment, and marriage. And instead of "be true to yourself" which is a nauseating cliché, think rather:

will this decision betray my ***future*** self?

i realize that most of you will object: "I can't possibly know my future self!" But i suggest we ***CAN***.

Here is a simple exercise: sit down and relax, set aside five minutes for this, do not answer the phone, do not do ANYthing but sit quietly for FIVE minutes, at the end of five minutes, look straight up at the ceiling/sky, but ***before*** you begin, try to imagine yourself five minutes into the future staring up, try to connect with that person, that version of you five minutes forward, try your best ***before*** you begin.

AFTER you master that skill, try further forward say one year ahead, then further, then further. Once you ***master*** connecting with your future self ***AT WILL***, you ***WILL*** know your future self and ***can*** answer the question above ***with certainty***.

sgm, 2018/JUN/27