



THE HUMAN CURRICULUM



Welcome to Life, Human Being!
No violence, theft, lying, neglect, maliciousness, or fraud. That's all the rules.
Have fun!

This curriculum is designed to be an as-available approach to achieving your maximum potential, and efficiently handling any difficulties that may arise within your lifetime. This is not all-or-nothing; discard what you disagree with and conserve what helps.

The meaning of human life is “Fun Productivity”. The optimal way to achieve this is by choosing the productive tasks you would like to do indefinitely, make a career (or purpose) out of it, and set two standards.

Ideal Operation: You probably shouldn't aim for a plateau, but Ideal Operation is the setting/place in life where you'd be “comfortable forever”. **Best job ever. Best home and work place setting ever. Indefinite operation.** Social arrangements don't factor into this because you can't set other peoples' standards; nor are you entitled to dictate their behavior to be to your liking.

Radical Ambition: Just for fun, think of **the most radically ambitious level of aptitude anyone could possibly attain** in your dream career...Is there anything in particular stopping you from getting there? Maybe – as a hobby – try to come up with realistic ways you could *technically* get around those obstacles – if you really wanted to. After you reach Ideal Operation, you might want to.

ALL Negativity is caused by Insecurity.

To combat negativity in yourself, you must combat your own Mental and Physical insecurities.

The negative is covered first because it is the most difficult aspect of a life to manage. A morally sound, highly productive, relentless optimist is more or less invincible (as any can tell you). **Successes are inevitable, and failures are educational.**

The purpose of this curriculum is to guide you into being a morally sound, highly productive, relentless optimist that is capable of planning and carrying out any large or small scale endeavor with zeal, confidence, and success (regardless of failures).

All failures are instructive. Every accident, misfortune, and mistake refines our understanding. Every negative experience of your life can be harvested for further enlightenment in personal, psychological, and/or social understanding.

Whatever pains or traumas may ail you: **it wasn't all for nothing.** Meet your stresses and stressors with a lens and a notebook.

THE FIVE CAUSES OF UNHAPPINESS

There are 5 categories of unhappiness. One can lead to more, and they can be experienced simultaneously. Many of these require more than a few sentences to cover, but below are the bottom lines:

1. **Inferiority Complex** – Life is not a competition. **You set your own Standard and your own Ideal.**
 - a. **Treatment:** Distance yourself from points of comparison and recalibrate your goals to be entirely personal, entirely self-dependent, and sectioned to be accomplished piece by piece.
 - b. **Cure:** Do not modify your behavior to suit others (unless your behavior is damaging to others). Train in combat to handle any (unlikely) physical confrontations, and be yourself. **Physical Solidarity and Mental Solidarity entirely eliminate the Inferiority Complex in moral individuals.** (Moral = No violence, theft, lying, hypocrisy, malice, neglect, or fraud.)
2. **Social Dissatisfaction** – Envy, feeling unappreciated, a recent (or past) death, family drama, loneliness, unfairness, etc.
 - a. **Treatment:** Becoming comfortable with (and loving the company of) yourself. There are many routes to this, but the quickest is to commit to an ongoing, *comedic*, internal commentary about everything going on around you. You're not trying to be funny for anyone but yourself. If you're an ongoing comedy show of (and for) one, then it's quite difficult to get lonely – or perturbed – with such fine company.
 - b. **Cure:** Complete and thorough **closure** on whatever issue is causing you the dissatisfaction. **If it can be changed, work to change it. If it can't be changed, work to accept it** as 'over and done with'; and adapt to the consequences.
3. **Physical Difficulties** – Sub-optimal health.
 - a. **Treatment:** Medical obedience, research & understanding (of hindrance), tenacity in goal continuation.
 - b. **Cure:** **Reversal (of bad habits** that may have caused X), **Recovery** (which may be fast or slow), **Resistance** (to decay), **Acceptance & Adaptation** (of the unchangeable), and/or **Invention** (to change the unchangeable).
4. **Mental Difficulties** – Trauma. Confusion. “Why are things this way?” Etc.
 - a. **Treatment:** Prioritization. What are you trying to accomplish? Turn crying into constructive critiques.
 - b. **Cure:** Education: on a particular subject, or in general. **Misery caused by ignorance is cured with knowledge.**
5. **Career/Purpose Dissatisfaction** – If you don't like your job, you're in the wrong career and/or pursuing the wrong purpose.
 - a. **Treatment/Cure:** **Keep your current job (for sustenance), and start your dream job as a hobby.** When you think you're good enough at that hobby, start applying, volunteering, and/or planning a business of it (see: “**Entrepreneur's Curriculum**”), and start up that activity as your Purpose. When planning this, make sure you leave plenty of room for *Quality Time* with any dependents (children, spouse, etc.) so they (and you) don't suffer Social Dissatisfaction.
 - b. If you chose the right career, the “2nd Job” will be fun, so the extra work may even bring relief – rather than stress.

*For a considerably more thorough resource for combating unhappiness and negativity, please see:

- “**Stressful Situations Index**” at www.theupwardeducation.com/teaching content

The single most useful mindset in human existence is: **Do your very best. Laugh and learn from harmless errors.**

“That didn’t go as planned” is said with a **smile**.

Remember this as your slogan whenever you try something new. “That didn’t go as planned. Smooth.”

Nobody is a master on their first try. So when you fail miserably, utterly, and in the most embarrassing fashion:

You raise your hands in triumph, and proudly exclaim, **“PROWESS!!!”**

Then you do your best again. Never aim to fail. Never fail on purpose. **Do your best. Learn from and laugh at your worst.**

It really isn’t THAT bad. Did you just fail publicly? **“No autographs, please.”**

IMPROVE----(At your own pace, toward your own standard)

Conditioning is about habituation. Ponder the operations of a paragon, and play the role as best as you can until it sticks.

A little bit done now is better than no progress at all.

Discipline – will yourself to complete priorities that you don’t feel like doing.

Your mind is made to be a realistic simulator of cause and effect in both physics and psychology. Meet every point of confusion with a **“How”** and **“Why”**. Upgrade the realism on that simulator of yours with new and cross-referenced knowledge.

The Science of Karma: Cause and Effect

Cause and Effect is: “this makes that happen”.

Negativity radiates (...so does positivity – *represent!*). If you are a negative person who commits mentally or physically harmful actions on the regular basis, you are tallying up all sorts of **Karmic Debt** that will eventually be repaid. **If you mistreat others, others will mistreat you. If you impose violence as a solution to non-violent problems, you are a problem that will inevitably get solved with violence.** If you malign others for sport, you will draw the attention of your superiors who will malign you for sport. If you are the type of person who spends your life angry and scowling, your physiognomy will eventually reflect that. When others see such a person, they will not feel inclined to be benevolent towards a Sour Samuel.

The more negative you are, the more likely others will be negative to you.

The more harmful decisions you make, the more likely those decisions will return to bite you either in the form of: Revenge, Direct Reaction to your negative behavior, Indirect Effect of your negative behavior, Discrimination at what your visage seems to represent, Discrimination based on what they’ve heard from those around you, Discrimination based on what they’ve seen you do, or, Random and way overdo Tremendously Bad Luck. If you are the cause of others’ misfortune, then others will want to bring misfortune to you; and if you meet misfortune, others are less likely to assist or empathize.

Others will eventually, utterly, ostracize you unless - when upon Negative Nancy in the mirror: you choose otherwise. Otherwise, you might utter “WHY”s, when wondering why you wasn’t wise.

Wise up. When Nancy’s afoot: **“Silence is usually the answer.” (if you’re feeling mean).**

So if the proclivities of my character – or the stresses in my life – incline me to be negative, how might I make the desired conversion towards positivity?

Most people can’t just jump into the mindset of harvesting and refining the silver lining. This is especially so if the situation(s) causing negative mindsets are severe. **The clue to all amelioration is comprehension.**

Contributing Factors towards Negative Attitudes

What are we doing here? I’ll tell you. We’re **identifying your negative cognitions for the sake of their eradication**. First, you must be able to **identify** what influences are gnawing at you. Even if you ‘know’ as a concept what you are feeling, it often remains an abstraction (outside the reach of reform) until you consciously identify it with words, and an understanding mind.

SO WHAT’S GETTING YOUR GOAT?

Hunger
Stress
Trauma
Loneliness
Overwhelmed

Sleep Deprivation
Low Physical Activity
Unreleased / unvented Negativity
Uncertainty
Fear / Intimidation

Insecurity
Social Isolation
Guilt
Others’ Behaviors
Relationship Difficulties

Now, we take things one issue at a time. Start with the issue that is stressing or troubling you the most, and take it through the steps of **Emotional Processing** below. Then, reflect on the axioms of **Negativity Utilization** in relation to your issue(s). THEN, go forth, and consider any **unwanted negative encounters as opportunities to understand Psychology** (what people think, how they think, and why), **and the universe** around you (what’s everything made of, how’s it made, why’s it made, how it works).

EMOTIONAL PROCESSING

1. Identification of Emotions and Feelings

- a. What emotions are you feeling now? Name them. **"Name it to Tame it."**
- b. Slogan: **"Hello _____ (insert negative emotion)! I hope you aren't staying for long this time..."**

2. Identification of Causes

- a. What were your expectations? What actually happened?
 - i. What were your motives?
 - ii. What were their motives?
 - iii. Learn to recognize **Cascade Effects** (when one thing causes many subsequent events)
- b. Slogan: **"Something went wrong....I think it was when _____"**

3. Analysis and Thorough Description

- a. **WHAT** are you feeling? ("Name it to Tame It")
- b. **WHY?** (ID the causes)
- c. **How** does it feel (in detail)?
- d. Slogan: **"Listen up, Me! We have an emotional situation on our hands! Here's the rundown..."**

4. Knowledge, Understanding, Experience, Wisdom

- a. **WHAT** has made you feel better in the **PAST** with such feelings? (**and was it healthy/safe for you?**)
- b. What **TRIGGERS** the emotion(s)
- c. Inventory what works, and apply it to future situations (assuming it's healthy and safe for you and others).
- d. Slogan: **"Every time _____ (insert cause), _____ (insert effect) happens"**

5. Closure and Acceptance

- a. Is the situation **REDEEMABLE**?
 - i. Yes? **Organize your intentions, plans, and actions on paper. Visualize. Plan Contingencies.**
 - ii. No? **Journal about every Lesson from the Situation.**
 - a. **It wasn't all for nothing.** Become better from it.
 - iii. Partly? **Do what can be done** (and what is worth doing) for the situation.
 1. **Use the emotional pain as a reminder of what happens when X _____.**
- b. Closure means being able to proceed into the future unburdened by the damage of the past.
- c. Slogan: **"Well.....That was fun..."**

6. Fortification

- a. What needs to be done to prevent the same misfortune from happening again (if applicable)?
- b. Slogans: **"Remember what that FELT LIKE?...NEVER AGAIN!"** **"This looks familiar..."**
"Don't do it, Me!!!" **"Lesson, I learned you already! BEGONE!!!"**

7. Improvement

- a. Lesson List: **Keep adding them lessons to the list until the Pros outweigh the Cons.**
 - i. Get creative if you have to; but you extract every ounce of silver lining from that situation, soldier!
- b. Slogans: **"Ahhh, my plan to go through all of that X - just to learn Y lesson - worked to perfection I see!"**
"Thank you God / Universe for such a lovely learning experience. You could've gone a bit lighter on the misfortune, but maybe that's just my preference." "Uphill!!! Face-first!!!"

8. Sarcastic Agreement

- a. Whether someone else is insulting you, or you are insulting yourself, **the Number 1 response to such negativity is – and always will be: Sarcastic Agreement.**
 - i. Assume your improvement is a given, and lean into the **"work in progress"** of your current self.
 - ii. There is not, and never will be a comeback for properly dispensed sarcastic agreement.
- b. Slogan: **"Sounds about right."** **"Uphill work!"** **"No autographs, please."**
"I know, right! I'm slippin'!" **"FACTS!"** **"More or less."**

NEGATIVITY UTILIZATION

Before anything is said, it should go without saying, that the things to be said below, are “easier said than done”.

True that. But it is doable.

Every single moment of pain and suffering in your life can be learned from. Nothing is worthless, not even unavoidable agony. **If you can willfully reverse a negative mindset once, you can do it again.** Reflect on the purposes of your negative mindsets below. Apply these maxims to your specific situations and study your circumstances for positive yields.

Time for a NU Perspective!

- The Purpose of Forgetfulness is:** Freeing up usable Memory.
Is also: Storing Away Harmful memories
- The Purpose of Loneliness is:** Emotional Independence
Is also: Empathy
Is also: **USABLE TIME**
Is also: Un-swayed Reflection & Introspection
- The Purpose of Physical Pain is:** Valuing Self-Maintenance
Is also: Alert to Biological Issue
Is also: Acclimation to Pain (as a Fortification for the Future)
Is also: Valuing Health (and default functionality)
- The Purpose of Depression is:** Induce necessary THERAPEUTIC CONVERSATION
Is also: Honorary Sentimentality
Is also: Inducing a Needed Separation from X
- The Purpose of ADHD is:** Learning Brevity
Is also: Dancing “The Complement” with Discipline
Is also: Concentrate and/or Compartmentalize
Is also: Multi-faceted Education and Action
Is also: Upgrade Group Efficiency
Is also: to Keep It Moving
- The Purpose of Outrage is:** Inducing Education (thus fostering Understanding)
- The Purpose of Heartbreak is:** Acceleration toward Ideal Future
Is also: Self-Improvement
Is also: Red-flag Identification Training
- The Purpose of Irritability is:** Empathy Education
Is also: Learning Patience & Tolerance
- The Purpose of Anxiety is:** Future Priming
Is also: Self-Evaluation
- The Purpose of Despair is:** Contradictory Tenacity & Resistance (new or revised Ambition)
- ALL failures are Instructive. Every accident and mistake refines our understanding.**

Ideal Self

1. **Define** your Ideal Self (*on paper*)
2. **Plan** the exercises necessary for improvement into a schedule (**ON PAPER**).
3. **Habituate** their exercise.
 - a. *Habituate on the fly tidiness, too.
4. **Refine** all of your rough edges as they are identified. Habituate refinement.
5. **Repeat** until Ideal Self is actualized (this may take years or decades – but is 1000% worth it).
6. **Plateau.....**
 - a. ...Or, if you’re feeling froggy: Define a new “Ideal Self”, and **repeat the whole process indefinitely.**

Repair, Rebalance, Restabilize, and Rejuvenate via Comedic Internal Monologue.
ALL jokes at your expense (with the undertone of the future inevitabilities being a brighter place).

MULTIPLE CHOICE

Life is the forkiest forked road that ever forked in forking existence. Remember this: you will always be forking. And most of the forks will have many prongs. **Multiple Choice is – and always will be – the best method of operational organization ever. In Multiple Choice, you create a list of different options concerning the situation you are facing.** The options are usually numbered, like “A, B, C, or 1, 2, 3”.

Habituating multiple choice thinking strengthens the mind and develops improved processing and analysis power. **Think about various solutions for each and every problem, and run through realistic simulations of various ways each solution could go.** Use Multiple Choice to select the best option *or combination of options*. **Use the causes of your numerous failures to develop the skill of anticipation and foresight.**

**The best solution or answer to any complex problem is often a combination of multiple options
–with some selections playing a larger or smaller part than others.**

How will the Reader respond to this passage on Multiple Choice?:

- A. Reader will move on without reflection.
- B. Reader will reflect, agree or disagree, and continue.
- C. Reader will be interrupted, bored, or distracted and attend to something else.
- D. Reader will vehemently disagree and verbally give Multiple Choice “the business” in the form of emphatic critique.
- E. Reader will perhaps discover the total usefulness of Multiple Choice for the first time (congratulations!).
- F. Reader dramatically discontinues this document due to its derpish and un-poetic language (or other such valid reasons).

So when your fork finally comes up, you can fork your mind into options available for each fork in front of you. And at the end of the day, when all is said and done, you can look inside and realize: ...that all this talk about forks has made you hungry.

HOW TO: EVALUATE

Analyze and apply the points below:

- **Logic:** What happened? What needs to happen to rectify the whatnot? **Based on what?**
- **Fairness:** What is the unfairness? Are you sure? **Based on what?**
- **Cause:** What caused X to happen? Sure? **Based on what?**
- **Options:** There’s more than one way to solve a problem, **come up with at least 3 options to resolve your issue(s).**
- **Reasons:** **Even if you disagree with the motives and intentions, do you understand what led to X? Based on what?**
- **Motive:** Why did X person/people do what they did? No emotional answers. What do you think *their* reason was?
 - What would they say? **“Motive” is the most important factor to understand about a person’s behavior.**
- **Validity:** What would an objective outsider say if they were observing? What would a group say? **Based on what?**
- **Actions:** What actions need to be taken in order to restore your own personal equilibrium? Don’t dally.
 - Plan. Double Check. Triple Check. Evaluate. Take Action.
 - **Ensure your actions don’t cause personal or property damage to others.**

HEALTH

“Use it well, or lose it over time.” The less you use it, the quicker you lose it (via deterioration).

That’s how the entire body works upon entering full maturity (beyond 24yrs). Including your muscles. Including your brain. **Mental and Physical Health affect each other in many direct and indirect ways. Mental and Physical exercise is how you stay healthy.** ...Along with a healthy diet, of course. There are generally 3 different statuses of a person’s Mental or Physical Fitness: **Improving, Plateauing, and Declining.** Do not permit yourself to plateau or decline. Resist.

Habitual Mental and Physical exercise is essential for your ideal form.

Active Already?

You are consciously and consistently exercising your body and mind.
Even if the schedule is irregular, it is always consistent.

Salute to you.

Now, add a tiny bit more Quantity (of time) and Quality (of experience) onto each session. Acclimate to increased load.

Oscillating Commitment?

You have committed to exercise but are consistently interrupted or thwarted in your intentions by this or that. You may occasionally slouch for a good spell, but then come back and maintain activity for a while...and this may happen often. Your commitment is oscillating due to exterior (or internal) factors. **Plan, crunch numbers, recalibrate, apply new method(s).**

Slouching

You have no reason not to be exercising, but you're not doing it anyway. **Hey, slouch wouldn't be a category if so many of us didn't do it.** The best motivator? **Behavioral Activation!!! Jump right into it!** Do some jumping jacks or push ups. Dabble in science. This very moment. A little now is better than none at all.....*NOW, soldier!!!* Let's go! Let's go! Let's go!

PROCRASTINATION

Got a little linger in you? Belay parlays on the weekly basis? Are you a "going to do it tomorrow"er?

You're doing this because you have an aversion to the Belayed Task (BT). Aversions may be things such as associations with: Inadequacy, Boredom, Uncertainty, Fear, Anxiety, or some other sort of mental or physical insecurity. That insecurity is acting as a repellent to your concentrated attention. Do you know what the appropriate solution is? **Behavioral Activation!!! Jump right into the task** (when applicable).

Its usually not as bad as you anticipate it to be. And if it is (or worse), throw a lil' cheek on it to pull you through.

Turn your internal monologue to "Sarcastic Comedy" setting. "OhhHHHHhhh the humanity!!"

And if you have trouble "jumping right in", then you pull your hands up in front of your face and look at them. Your hands are tired of your laxity. They're going to drag your whole body over to what you're supposed to be doing right now, and you must watch them get the ball rolling with the appropriate actions almost as if they have a will of their own. In this POV adventure, you might notice that your hands don't "do" side quests. They're magnetically drawn to top priority main quest.

CAUSE AND EFFECT

- **The most important thing for a human being to learn to do with his or her mind is to make it a realistic simulator of cause and effect in both physics and psychology.** If you learn to be (capable of being) completely objective – and learn resourcefulness as well – there will be no problem in your entire life that you are incapable of solving. You will inevitably find every answer you seek, the only variable is "time of discovery".
- Instead of reacting emotionally to unforeseen circumstances, do your best to consider all of the events of the past that could have possibly led to this circumstance. Turn "I can't believe X happened" into "*How* did X happen, specifically?"
- ...Wasn't this covered earlier? YES! It was. **It is very important.**

POSITIVE HABITUATION

Make positivity a habit. Do this by being relentlessly positive for as long as you can handle it; do this until it sticks. The best way to accomplish "Relentless Positivity" is to practice it while working on any kind of personal or career problem. When the problem gets solved you feel accomplishment – which eases the effort needed for positivity. Make this habitual, and you will abolish the influence of negativity upon your behavior (though, this certainly doesn't happen overnight). **If you can do something about it, you do (and did). If you can't do anything about it: think about how it could've been prevented and apply it to foresight.**

Habituation of this principle (when paired with resourcefulness) develops imperturbability.

This mental principle (Relentless Positivity) is the single most important thing for your health.

*If you're an American with Internet access, you have access to all the information you need to discover the cure to any malady you have (and the technology is there to create the cure if your theory is correct). The best thing to do about "incurable" maladies is to work on it yourself. This is the final word on positivity through disease. If you're ill: do something about it. The effort alone (needed for the fight) will boost your immune system; as will the inherent hope present in every effort at something.

MERCY

The quickest way to reform a corrupt person into a just one is to show mercy when punishment to them is entirely justified. "Was it accidental or intentional? Why did they do it?" Hindering somebody with more difficulties does not aid reform. **"How would my potential offenses affect my life if X were done to me? Short and long-term."** Never yield to corruption, but remember that corruption is a potential trait of *humans*. **Are you the type to cripple the body, pride, property, or self-esteem of your fellow humans when unnecessary? You aren't. Do not allow your emotions (even if justified) to suppress this truth. Be merciful whenever possible (and safe) to do so. Mercy (in major and minor situations) is the apex of human discipline.**

LIBERAL VS. CONSERVATIVE THINKING

Unfortunately, these terms have been co-opted to refer to politics, but they are actually modes of thought and behavior that need to be balanced appropriately to live a healthy life. **Liberalism is risk-taking. Conservatism is caution.**

In the phrase “Look before you leap”: ‘Looking’ is Conservatism, and ‘Leaping’ is Liberalism. If you stand in place all day looking and never leaping, that’s cowardice (excessive conservatism). Fear of being wrong and/or being left behind hinders formidability (and corrupts dignity). If you leap from one place to another without retaining (or *conserving*) the valuable principles from the leapt-from locations: that’s hypocrisy (excessive liberalism). Indiscriminately leaping from one novelty to the next hinders the nurturing of valuable principles. An appropriate balance of liberalism and conservatism is necessary for any human life.

SOLIDARITY

Optimism, Resourcefulness, and Tenacity are the keys to Solidarity – which is one of the keys to happiness.

“I can work with this.” (Resourcefulness)

“There is no emergency I cannot handle.” (Optimism)

“It’s getting done. Period. The amount of assistance I have only affects the amount of time it’ll take.” (Tenacity)

That’s what solidarity sounds like.

EDUCATION

“Education never ends, Watson. It is a series of lessons, with the greatest for the last.” – Sherlock Holmes

When education ceases, you start experiencing a slow neural decay that you don’t notice until it begins interfering with your daily living in old age. Loss of heartbeat isn’t an irreversible condition – brain death is. **Maintaining mental stimulation (and neurogenesis) in the form of education over the course of life retains cognitive acuity until death.**

Adulthood (once attained) is your brain’s default setting. Every new thing you learn is an upgrade to your mental and/or physical being. Once the contentment of “good enough” is reached, people usually stop willfully upgrading. If you don’t upgrade and maintain the system (your brain), there is only one place for it to go at the end of the plateau: downward.

In addition to that: **“The best thing for being sad...is to learn something. That is the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honour trampled in the sewers of baser minds. There is only one thing for it then – to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting.”** – Merlyn (The Once and Future King)

INTEGRITY

Integrity is maintaining principles when it would be easier and more convenient to abandon them to fit a circumstance.

- Holding onto concepts and principles *that can be proven false* is **not** integrity, it’s laziness; it’s easier to stick with what you (think you) know than it is to admit a fault and relearn what you might’ve had wrong (or misunderstood).

MATH

Mathematics is the backbone of humanity. Every conceivable subject of human life either involves math directly, or can have mathematics applied to it (the subject(s)). **Without mathematics there is no technological era, there is no technology, there is no modern humanity...**Something so universal might be worth a learn.

An entire half of your global understanding (of the way everything everywhere works) is dependent on your arithmetical understanding. **Conveyance Communication** (including thinking/communicating to yourself) is one half, **Arithmetical Understanding** is the other half. Words can conceptualize an invention, but its concretization was propelled on arithmetical tracks.

RESOURCEFULNESS

“I can work with this.”

Resourcefulness is arguably the most valuable survival tool one can have at their disposal. **Resourcefulness is using whatever’s available to achieve your aims, objectives, and/or goals.** The conventional way of doing something is just as often the best way to do it as it is not; but innovative *resourcefulness* is what first brought the convention into existence in the first place (at the time of its conceptualization).

When the conventional way is ineffective – or unavailable to you – resourcefulness will most likely produce a more worthwhile effort in the same direction.

Incompetent people blame others for their troubles; competent people blame themselves.

Incompetent people complain about problems. Competent people solve problems.

THE COMPONENTS OF BEING “SMART”

“Smarts” are your total combination of: **Creativity, Intelligence, Wisdom, and Common Sense.**

- **Creativity** is a resourceful imagination in creating and combining ideas.
- **Intelligence** is your ability to store, retrieve, and comprehend information.
- **Common Sense** is the most basic (usually inherent) understanding of cause and effect. “*This makes That happen.*”
- **Wisdom** is refined Common Sense acquired from experience.

Use the component that you’re most gifted in to make gains in those that you could use improvements in.

DREAM CAREER / PURPOSE

What do you want to do for the rest of your life? Many people know what it is the moment they see it; many people don’t. If you’re undecided on the issue: **simply choose something that is fun and productive that you’d like to get paid to do.** Choose two or three careers to start with, then, narrow it down (or, pursue them all). Switching career pursuits is common; but remember that all knowledge is useful when creatively applied. Instead of dismissing the knowledge of your old pursuits, see if any of its principles can be applied to your new interests. Do any new ideas come to you when merging Old Pursuit Knowledge with New Pursuit Ambition?

If you can’t figure out what you want to do, here’s a resource that may be of assistance in narrowing down – or decisively selecting – your career field/purpose: **“Careers: The Graphic Guide to Finding the Perfect Job for You” – by DK Publishing**

- If you can’t find an example of what you want to do anywhere: pioneer the vocation. See: - **“The Entrepreneur’s Curriculum”**

THE CRIPPLING EFFECT OF “NOT THINKING ABOUT IT”

Do not run away from your problems by “not thinking about it”, and hoping the things that upset you will go away. They won’t. **The more you run from a problem, the more it hurts you in the long run.**

Repressing negative thoughts enforces them by activating – and thus reinforcing – their neural pathways in the brain (preventing elimination of the thought(s). This is why “don’t think about it” is not a good solution to any dire (or mildly important) problem. Here’s how REPRESSIVE COGNITIVE BUILDUP occurs.

1. **First, you intentionally try to avoid thinking about an issue.**
 - a. But “neurons that fire together, wire together.”
 - i. You’re still thinking about Issue X. You’re firing Issue X neural pathways in the brain (to inhibit consciousness of it), and thus reinforcing the thought-patterns.
2. **Constant reinforcement of the suppression of Issue X, over time, makes it less difficult to suppress Issue X.**
 - a. Yet, you’re still reinforcing the Issue X neural pathways. It’s easier because you’ve reinforced that negative issue so much (without facing it) that the Issue X neural pathways have “wired together” and have less distance to communicate (due to the neuroplasticity of the pathway that you induced by repressing the thought).
 - i. They’ve wired into NEGATIVITY patterns – since almost all of the thoughts you ever feel the need to repress are negative ones. Issue X is now associated with Intense Negativity.
3. **Continual habitual behavior (such as thoughts of Issue X) produce a reflexive response over time. You now automatically suppress the Issue X neural pathways.**
 - a. It has officially entered your “subconscious”. Your subconscious manipulates your behavior without you knowing it. It is an autopilot for your true motives, one that steers your behavior without you knowing.
4. **Intense mental stress – often in the form of failure, a tragedy, and/or a disruptive complex developed around an issue – triggers a cascade of negativity.**
 - a. **All emotions are contagious and accrual.** The negative emotion you experience contemporarily will begin a reinforcement loop that will crescendo until it gets back to Issue X.
 - i. **Issue X – which has been building up momentum ever since you began suppressing it** – may now be much more of an intense mental stress than your current situation. Issue X ambushes and amplifies your negative thought train and may cause you to suffer mental and/or physical malfunction.

*That being said, if you’ve been trying to solve a problem in the very best way that you possibly can – with everything in you – and still are not reaching a solution: *then* taking a break with another activity has the potential to clear your cognitive workspace. This can ease your way into the dawning of a solution, now that the pressure of failure has been released – giving creativity more room to enter the scene. “Failure” = the amount of time you’ve worked on the problem without producing the optimal solution for it. Once you realize the absence of a solution, “failure” tends to merge with - and become part of - the original problem. Working on something else (temporarily) evicts failure from the equation and gives you more room to work with.

FEAR

The more you learn and exercise, the less you fear – because you have the resources to solve any problem.

That is **the only way to eliminate fear: Solidarity.** It really is as simple as that.

SUBCONSCIOUS

Make it a lifetime goal to eliminate this evil-doer (the Subconscious) at all costs. Your subconscious keeps secrets from you. **If you want to get the most out of your brain, it's best to have absolutely, positively, NO secrets from yourself.** Not knowing why you do something isn't necessarily a recipe for success to anyone trying to live a reasonable and sensible existence.

You eliminate your subconscious by facing every problem you have head-on until you have a solution to it, and by **asking – and seeking the answer to – WHY you do and think everything you do and think.** Permanent elimination of your subconscious will bring you to a better understanding of yourself, everyone around you, and everyone you will ever meet.

How emotions react and interplay with each other is as predictable as controlled chemical reactions. All humans have the exact same spectrum of emotions (just at different intensities according to genetic inclination and cultural influence). If you understand the triggering principles of emotions in one human (yourself), you have the tools to discover the triggering principles of emotions in every human (regardless of them being triggered by different circumstances and context).

TERMINOLOGY

Get in the habit of describing everything you don't immediately know how to explain. Take your time, and come up with an explanation that everyone (from adult to child) would understand if you explained it to him or her. **Use your brain to simulate explaining things to people. Keep practicing** hypothetical explanations of yourself explaining what you're trying to understand until you understand it.

CREATIVITY

Creativity is a resourceful imagination. **What you lack in resources you can compensate for in imagination.**

Your imaginative capacity will increase with more resources (knowledge and experience), and more practice.

NEGATIVITY BIAS

When left to linger, human thought has a habit of tending towards negativity. This is a survival mechanism that has certainly done well enough for itself to get us this far in history. **The more we think about mistakes, potential for disaster, altercation, or danger, the more likely we'll be ready for it when it arrives. This is called "Priming", and it's an exceptional tool.**

Negativity Bias' are meant for developing contingencies, not projecting assumptions onto those around you. If you want to be in the right 100% of the time: prepare for treachery at all angles, and ***assume everyone to be innocent until you come across direct proof to the contrary. Assume accidents until proven otherwise.*** Use Multiple Choice to familiarize yourself with the potentialities for a situation, prepare a quick solution for each, and let the natural course of things prove or disprove your inclinations.

Completely ridding yourself of negativity bias would not be a beneficial thing, but the more you can tweak it towards objectivity, the more judicious you'll be in your decisions.

CONFIRMATION BIAS

Confirmation Bias is the thing that makes us think we're correct all of the time. This is all well and good, but if you want to truly be wise, also consider the fact that you're wrong all the time. **Habitually considering your potential for misdiagnosis will – over time – balance out your decision-making processes to perfection.** "Perfection" meaning always having an appropriate action plan for all potentialities, and most random operators.

If YOU were the people on the other sides of the decisions (that you're involved in), what would YOU be doing? What would your reasons be for your actions? If there is a reason your Confirmation Bias is active, there must be an alternative somewhere, potentially challenging your viewpoint. Why? What would their reason be? **What is the basis behind the other parties' Confirmation Bias?** If you consider all scenarios (with Multiple Choice), you can ***know*** the future (while still not predicting it). **Considering all the possibilities will allow for success even when your prediction was wrong. "Darn! It was E! I was sure it was B!"**

–But you came up with 'E' in the first place. You were partially right, just not accurate.

Negativity Bias and Confirmation Bias, when combined, can be a host to some of the worst traits and behaviors one could imagine. At the same time, **if you refine these two traits to be Truth-Detectors, Contingency Conjurers, and Master Prognosticators, you will be as close as a person can get to predicting the future...which seems like a pretty useful trait.**

What happens when something is done habitually? It becomes automatic, no? **What happens if you habitually begin considering four, eight, a dozen, or two dozen different alternate scenarios for circumstances?**

The rigor of the task defines the length necessary for behavior to become habitual.

THE NATION OF YOUR BIRTH

If you love it: Help improve it.

If you hate it: Help improve it to a lovable status.

If it's unbearable: Move to another country whose general cultural ideology matches yours.

POSITIVE VS. NEGATIVE TRAITS

All people (in the United States) have equal opportunities to increase their own aptitude at whatever rate they wish. What you lack in resources you have to make up for in resourcefulness. There are innumerable traits that one can choose to improve or eradicate at will. Below are the most influential Positive & Negative traits in crafting your Ideal You:

Most of the hundreds of humanity's traits are in "Neutral" territory, and the person exhibiting the traits (or practicing the behavior) is what dictates its value.

POSITIVE TRAITS

- **Smarts:** The more of each category you have (Creativity, Intelligence, Wisdom, and Common Sense), the smarter you are. Having excess in one trait can balance out laxity in others. All sane people consider "smarts" a good thing.
- **Physical Strength:** The stronger you are, the more you can help in an emergency (or anything less than an emergency).
- **Morality:** The less violent, thievish, fraudulent, malicious, neglectful, and hypocritical you are: the more moral you are. It's not that complicated.
- **Integrity:** Your principles should only give way to *proof*, not convenience.
- **Discipline:** The number one determining factor in any planned success (major, minor, yearly, decade-long) is discipline. Everything that needs to be done in that plan requires discipline. Every short and long-term goal requires discipline. Every type of personal improvement imaginable requires discipline. Keep focused on your immediate priorities and keep going. Develop a personal slogan to aide redirecting yourself: "back to work", "anyway", "Re-routing".
 - **Mercy:** requires discipline. You are not the type to injure or humiliate your fellow humans when unnecessary.
- **Maximum Potential:** Is there any way X could be any better? If the answer is "Yes": keep working until the answer is "No" (if time allows). **Aside from "Morality", Maximum Potential is the most important concept in becoming your "Ideal You".**

NEGATIVE TRAITS

- **Violence:** When monkeys aren't smart enough to solve something, they sometimes use violence, too. You are not alone.
 - Though, perhaps you could do a little bit better than that.
 - **The one to initiate the first attack (or impose the threat of attack) is the one in the wrong – 100% of the time.**
 - **There is no excuse whatsoever for being so emotionally frail that you can be provoked into initiating violence from words. You deserve any damage you may suffer if you initiate a physical confrontation.**
- **Spite:** Spite is taking time out of your short-term and long-term goals, hobbies, interests and/or responsibilities for the sake of nursing or satisfying a grudge. **This behavior does not benefit anybody.** It makes you petty, and the people who are wise enough to appraise your character will (justifiably) eliminate you from their social circles.
- **Jealousy:** Jealousy is nothing but an actively comparing Inferiority Complex at work. "This person has what I don't." "That person acts like I don't – but wish I did." "I deserve X much more than *that* person does." Etc.
 - And whining about it will rocket you in the right direction, correct?
- **Hypocrisy:** Hypocrisy is the opposite of integrity. See "Integrity" above, think the opposite, and that's Hypocrisy.
 - **Practice what you preach or you're not worth listening to.** If you've been found a hypocrite in one matter, how does anyone know you're not the same in other matters?
- **Rage:** Anger is one thing; rage is excessive anger that proves disruptive to your own life and the lives of those around you. There are plenty of times where anger is forgivable; **rage is anger carried to inexcusable extremes.**
 - Even if rage is justified, it will degrade your efficacy in achieving justice or closure.
 - **Education is the cure to Rage. Individuals filled with rage are helpless in a circumstance; education provides intellectual resources that offer new solutions to old problems.**
- **Obscurantism:** Obscurantism is the idea of anti-education; occasionally, even to the point of oppression – where knowledge and wisdom is intentionally kept from discovery and/or learning.
 - Being indifferent to learning is not a crime (nor even immoral – though you can argue its 'negligence'). Those that are *opposed* to learning are the exact definition of "stupid". Those that would *suppress* the opportunity to learn are villains – considering the primary reason to prevent education is for the sake of oppression.
- **Neglect:** **Negligence of responsibilities is imposition through omission.** Others compensate for – or suffer the consequences of – your ineptitude (either directly and obviously, or indirectly and subtly).

This information is meant as a way to gauge your self, *not a way to compare yourself with others.* Who do YOU want to be? Are you currently behaving better or worse than your Ideal You? What behaviors would be necessary to bridge the gap to your ideal?

RELAPSE AND REGRESSION

Relapse and Regression will always occur, in everything – it's part of the process. The more you actively attend to any shortcomings, the less likely you are to regress. Check your faults in every way you can. That is the only way to prevent regression.

COMMUNICATION

There are dozens of different personality types). Referencing all of them would probably make this section pretty lengthy.

So let's use current – and common – terminology.

Introverts primarily bounce their ideas and thoughts off of themselves for information or amusement.

Extroverts primarily bounce their ideas and thoughts off of others for information or amusement.

Both are necessary and beneficial to the world.

- There are dozens of variations for each one (including “half-and-half”, “circumstantial”, and “asymmetric balance”).
- Introvert A might find Extrovert N annoying – if Extrovert N's bouncing thoughts interrupt their thought-stream.
- Extrovert F might think Introvert J is rude (or worse) because Introvert J never talks to anyone.
 - If Extrovert F has only been around other Extroverts his or her whole life, he or she learns to think that extroverting is the only way to communicate.
 - Extrovert F has probably only witnessed silence as a response when receiving a cold shoulder from other Extroverts. This could even be the only time Extrovert F him/herself intentionally remains silent (when cold-shouldering).
 - Extrovert F therefore assumes that Introvert J is either cold-shouldering, or experiencing Social Dissatisfaction, Mental Difficulties, or Physical Difficulties.
 - In reality, Introvert J might just be thinking or daydreaming a lot.
 - If Introvert B grows up with a mix of communicators – but many more Extroverts than Introverts. Introvert B may or may not understand the several different styles of communication. **Having a mix of different types of people in your life will foster a better understanding of behavior.**
 - If Introvert B is **not** in the know, and moves to a new territory, Introvert B may expect others to come to him/her, because that is what the majority of Extroverts in his/her life did.
 - If Introvert B is in a land of other Introverts (and doesn't know it), Introvert B may develop Social Dissatisfaction, Mental Difficulties, and/or an Inferiority Complex. Other people had always come to him/her. Now they don't. “Why? Do they suck? Do I suck? What's wrong with me?” Etc.
 - In reality, the other Introverts might just think Introvert B doesn't want to be interrupted in his or her thinking. **If you want to be welcoming to others, its as simple as smiling.**

FORGIVENESS

Holding grudges holds you back from everything. **Once you have learned everything you can from a situation, forgive any parties feeling genuinely guilty for their actions, and keep it moving.** If the parties are untrustworthy, cut off communications with them (after forgiveness) to prevent future stress. **When paired with foresight and discretion, forgiveness can only be a good thing.**

Treat others as you would like to be treated if you had screwed up as badly as they have (irrespective of how they'd behave if the situations were reversed). The more forgiving you are, the happier you will be with everything in your life.

AMBITION

Ambition is not a mandatory component for life, nor something that has a standard outside of yourself; but generally, the more competent a person is at one thing or another, the more they're going to pursue further achievements in their field (until there are no achievements left in the field, or years left in their life). **Work until you get to where you think you belong.**

When maintaining a healthy lifestyle, the more you have to do, the longer you'll live. Once you forego improvement and productive work, you begin a slow mental and physical deterioration that worsens with a lack of mental and physical stimulation. **Ambition is as close to the fountain of youth as humanity is ever going to get.**

NEGATIVE INTO POSITIVE

Every time anything goes wrong you have an opportunity to learn something from it. This is a literal “ANYTHING”. Including bumping into something, including forgetting why you walked into a room, including everything. If you do this enough, you will notice general patterns. Certain reasons for your mishaps, failures, accidents, and negligence will have traits or concepts in common. **Laugh off your mistakes, do your best to alter them in the future, and when you continue to fail (on your way to not doing so anymore) laugh it off as a speed bump toward inevitability.**

Your observations will develop into foresight,
and you're going to gain the invaluable side effect of having learned to notice subtle patterns.

L O N E L I N E S S

Loneliness (when thought of as “isolation”) is your best friend. The more you have, the more time you can put toward your personal endeavors. The more time you put into improving in your field, the better you become. The better you are at what you do, the happier you will be...You also get paid a lot more – if you’re into that sort of thing.

If you consider lack of society “loneliness” rather than “isolation”, it is likely that you consider loneliness a negative thing.

- If you consider loneliness a negative thing, the very best way to conquer it is to train yourself to accept it as permanent state of life. Adopting this mentality may seem difficult, but **it’s the key to not only time management, but optimal social functioning as well.** “Nobody cares – or will ever care – about anything I do.” Okay, now what? What do you like doing? Do that thing in a fun and productive manner that produces achievements you can accomplish solo. Most things can be accomplished solo, it just takes longer than with a group. Once you realize that success is built on achievement, not status, you no longer care about status (or the opinions of others).
 - How often do others offer anything more than their opinion when communicating?
 - **Are social conversations more often: (A) Opinion Exchanging or (B) Fact-Trading Education?**
 - Which is more useful? Facts can be learned solo, and opinions are more redundant than many realize. You’ll come across all the opinions you’re missing from social functions over the course of culling your data for credibility. **With a total approach to the pursuit of ‘B’, you will naturally come across scenic tours for all of ‘A’s content. ‘B’ is called Research when done solo.**
- **If you don’t expect any friendly associations, every sign of it is like a pleasant surprise.**
 - Your expectation of amicability is the cause of your disappointment by its absence.
- Do not let loneliness lead to resentment; or a myriad of solo accomplishments lead to a superiority complex.
- Lastly, if you want company: find it. **The people around you are not all the people in the world.** Shyness BEGONE!

ANGER

100% of the time: **Anger is a response to some form of helplessness or another.**

- **Angry at yourself?**
 - You’re helpless to change what already happened (and you would’ve preferred to have operated differently).
- **Angry at someone else?**
 - You wish they would’ve acted differently, or they could comprehend something they misunderstand (and you’re helpless to elucidate), or they are behaving in a manner you disapprove of – but are helpless to do anything about, etc.
- **Angry at your environment?**
 - An incident, accident, death, or natural disaster has happened; your plans have been altered, and the circumstance has you helpless to make things (your expectations) as they would’ve been before the incident(s).
- **Angry at everything?**
 - That’s an Inferiority Complex. Traumatic experience(s) have left you feeling helpless in daily life (reflecting feelings of helplessness or inferiority during the traumatic event(s)).
 - Or, your lack of success has made you feel helpless, and it’s easier to excuse yourself by blaming the world than it is to tackle the uphill battle that all worthwhile successes face. Eye your ideal, and *keep going*.

EGOISM AND ALTRUISM

Egoism is putting your own needs and wants before anyone else’s.

Altruism is putting your own needs and wants before anyone else’s.

Both – and everything in between – are perfectly acceptable and beneficial. To each their own.

- **Egoism** only becomes a bad thing if gains are made through immoral means, and/or when the egoist compares him/herself to others (with an active superiority complex).
- **Altruism** becomes a bad thing when not paired with education. You have to be at least somewhat educated in order to be sincere in your intentions. **If you are not wise enough to practice discretion, you may feed the root of several other problems by not properly tending to the one you are trying to solve.**
 - The only people that are not worth helping are the ones that aren’t willing to at least match your efforts in solving their problems. If somebody isn’t even mildly self-sufficient before your assistance, they will continue to be so after your assistance – and will continually need further assistance.
 - The sole exceptions to this are those with Clinical Depression, Severe Physical Trauma, Recovering Addicts (circumstantially) and/or Physiological Deterioration (Alzheimer’s, Dementia, etc.).
 - **Generosity leads to entitlement unless a conscious effort is made by the recipient to make sure it doesn’t happen.** Knowing this allows both sides to keep an eye out for such behavior.

EXPECTATION

The only reason for expectation is to either set up a plan, surprise, or experiment; or to prepare contingencies for a potential failure. Expectation will be the root behind almost all of your disappointments. Either have contingencies ready for potential curve-balls, or don't expect anything at all (and be surprised when things turn out your way). **Do the best you can with your responsibilities and occupy your time with other activities if the result of your work and/or behavior is not immediate.**

ROMANTIC LOVE

Romantic Love should be a surprising *addition to life, not a goal.*

If you make "finding a relationship to be in" a goal you are setting yourself up for failure. Set minimum standards for what your ideal partner would be like. If anything less than your ideal presents itself: decline (or reset standards) and continue your career/purpose pursuits.

Romantic Love should be a surprise that you experience over the course of pursuing your own personal purpose, career, hobbies, and/or interests. In this way, you're much more likely to find someone compatible with you. Lust can (temporarily) be satisfied with promiscuity, genuine love cannot be. **Don't use the affection of others as a replacement for personal self-esteem. You fail at love because you aim for it while trying to control the outcome.** In order to control the outcome, you'd need to control your significant other's behavior.

If you wait to meet someone with copacetic and/or complementary affinities and behavior, you're much more likely to find what you're looking for. Do not let social influences dictate your standards and/or decisions concerning romance/love.

A romantic relationship is not a communal thing.

RESPONSIBILITY

If you neglect duties that you are contractually, legally, or morally obligated to perform: you are in the wrong.

If you are put in a position where a contract or legal obligation demands that you inflict personal or property damage onto an innocent party: you are responsible for breaking the contract on the spot (or as soon as safely possible).

Familial obligations are culturally relative; but if somebody depends on you for sustenance, it's generally best to provide them with as much support as possible until they are old enough, healthy enough, and/or ready to support themselves. If they show no interest in self-sufficiency (and no interest in vocational pursuits), it is best to develop contingencies concerning disassociation from the individual.

INSPIRATION

Don't wait for somebody else to show you that it's okay to do something. If you don't see any examples of what you want to do, it's up to you to be the first. **The only question to ask is the legality and morality of the pursuit. "Is what I want to do legal and moral?"** If the answer is "no"...don't do that thing. If the answer is "Yes": compose a plan of action and get started on it. Welcome the opportunity to learn from failure and keep it moving. Inspiration should come from within as often as possible.

STANDARDS

Learn to set attainable standards, achieve them, and then set the standard higher. **Add skills and positive traits onto your life in layers, and improve at whatever pace is most fun for you** (and capable of sustaining you and your dependents).

- **If you are tangential and have difficulty staying focused on one thing:** fill your standards with short-term goals and use the momentum of each successive achievement to propel you through to the next one. The investments you've made in your endeavors will develop a long-term focus as **your tangents learn to only cover the things within your line of progress.**
- **If you are particularly patient and determined about a project/career/endeavor that you know you will never cease working on:** set your standards as high as you can imagine ("Radical Ambition"). Then, use every day of your life to add one more tangible asset (in knowledge, experience, people, or property) onto the structure you're working towards.
- You are the only one that determines your standards.

ACCIDENTS

If you have never had an accident (or ten) before: you are more or less the smoothest operator in human history – congratulations. If you *have* had an accident (or hundred) before, how much did you enjoy it when people pointlessly reminded you that you made a mistake? Wasn't that fun?

Is it possible that it would be more beneficial to simply point out the cause of the accident (if not already known) for the sake of future prevention? **Asperity is unnecessary. What do you remember more: the correct method of operation and/or prevention of the problem you caused, or your feelings pertaining to those hostile to you?**

Most people are less inclined to agree with someone hostile toward them. **Whether you are correct or not: if you are hostile towards somebody for an accident, they will spend their negative emotions grudging you – instead of evaluating themselves (which is the key to prevention).**

If the accident was nobody's fault, don't look for somebody to blame. Clean up the mess and keep it moving.

FAMILY

The potential cultures for family life are innumerable. There is no single way to determine how a human should act in cases of family relations and circumstances. If – like most people – you carry an affinity toward many or all of the individuals in your family: the better you become over time (through self-improvement), the more you'll have to offer your family. If you resent your family in any way (spitefully or justifiably): pay back any debts owed to your family, and disassociate yourself from their negative influence (imagined or actual). **Genetics is an inalterable association; family is a choice.** You have no choice in whom you are genetically linked to (unless willfully parenting a child). You – and only you – choose the identity of your family.

The Human Curriculum is focused on the person (and not family) because the better you (the person) are, the more you'll have to offer your family (if inclined toward their happiness and success). If your family is a negative influence over your progress and life (or the progress of other family members), this curriculum should provide all the wisdom necessary to gain solidarity – and thus: disassociation.

*Career/Purpose doesn't have to come before family, but it should always be on equal status. If you put your entire purpose into other people, you will suffer mentally and physically should their unexpected death or illness occur. Because your reason for being isn't balanced between yourself and others, you lose much of yourself when the "others" suffer or die.

If you can help, do so. If death occurs: you have no (or fewer) regrets – since you have done everything you could to prevent it. Cherish positive memories, forgive any unresolved issues (after understanding them), and keep it moving.

EMOTIONS

Learn to recognize negative emotions by their presages and you can see them coming, and reprimand yourself before they expand.

Harboring negative emotions increases your negativity as a person. Overindulging in positive emotions decreases your vigilance. The disposition of "Calm, Alert, and Inquisitive" is the best plateau for optimally navigating emotional reactions to any situation. Yelling makes you look like a fool. Anger discredits you. Sadness is largely dependent upon perspective. Hate is petty and irrational. **The key to thwarting all negative emotion is competence. Nothing's ever that bad when you always have a plan to either make things right, make things as good as they can be, or keep it moving despite the unalterable 'bad' that just happened.**

TENACITY

If you have access to food and water regularly, there should be nothing in existence that can stop you from attaining your ideal accomplishments. If something is stopping you: name it. Is that thing invincible? (The answer is always "No"). If your obstruction isn't invincible: devise several (moral) ways of overcoming it, and keep trying until you do. If you've committed crimes and have been detained in a detention facility, alter your objectives to be accomplished from the inside (see: Prisoner's Curriculum). If you are suffering from a severe injury or illness; that ain't nothing but an obstacle. **The bigger the obstacle, the better you generally are (and the more you gain) once you overcome it.** "I guess I gotta deal with this now" is as 'downtrodden' as tenacity gets. The idea of you dealing with it (successfully) is – and should be – taken for granted as inevitability.

DEATH

Life's a one-way mission. Go out *doing* (things).

If you want to honor somebody that died: identify their best positive traits, and use the best examples that you can remember to amplify your own behavior (for the better) involving such traits. **Imagine them convivially coaching you.**

Did the person who passed prefer you to be sad and depressed, or in good spirits? If they preferred you to be in good spirits: do you think they'd enjoy the fact that you are sad and/or depressed over something that they could not help? If the deceased *preferred* you best when you were sad: you might want to reevaluate why you're mourning them.

SPITE

Know it, and **call it out the second you sense it in yourself.** EVERY time. **Mock yourself for spiteful feelings and behaviors.** Is the person or group that you dislike obstructing you (or an associate) from accomplishing your goals? If not, you are being petty.

If nobody but you is demanding justice from nothing but commentary, you are being petty. The other person is, too; but to the rest of the world you are just two petty people. Your friends will either tell you the truth (pettiness), or encourage you in fear of hurting your feelings (since they know "pettiness" is an undesirable trait – and they don't want to be the ones to tell you)...or, they're petty themselves (and enjoy the drama).

STAGNATION LEADS TO PREJUDICE

Humans have a habit of generalizing what they don't understand for the sake of having a passing grasp's worth of information (this is called "heuristics"). **Once humans learn what amount of information is "good enough" to get by, they cease learning and hit a plateau of mental improvement.** Once a person is on a "good enough" plateau of behavior, he or she rarely chooses to improve unless prompted by necessity. **This cease of education results in new information and/or (seemingly) irrelevant information getting generalized into previously existing stereotypes that are solely based on your limited experience.**

Your prejudices become solidified as general facts of life the longer they remain unchecked by new information, people, and circumstances. This happens to 100% of all people, all the time. The only way to eliminate prejudice is to actively seek the truth in all things. Until you have a comprehensive understanding of all personality archetypes that the human race has to offer (psychology), a conceptual and technical (mathematic) understanding of physics, and a vast understanding of several hundred cultures, subcultures, and their influence on all types of personality archetypes: you are not as well-informed as you believe.

If you truly have an understanding of what you think you know, you should be sure enough of your knowledge (the supposed truth) to listen to what others believe to be the truth. From there, you can analyze the merits of yourself and others, as well as the cultural influence of others' perspectives – and your own. If you always think you're right, you should be able to prove it on the spot. **If you get upset at somebody challenging your knowledge: you are either impatient, or a fraud.**

GENES

Genes are (primarily) scripts for proteins. Their expression dictates anatomy and physiology. Genes are tendencies, not fate.

- Life is one part **Nature (genes)** and one part **Nurture (Culture and Environment)**. If you live in the United States (regardless of your socioeconomic condition) you have access to everything necessary to thwart almost any disadvantageous genetic tendencies.
 - Epigenetics is the science of how your genes and gene expression modify over the course of your life.
 - **Gene expression modifies based on behavior. You directly control your interaction with your Culture and Environment. You have direct control over the traits you develop.** Psychological habituation towards positivity creates neuroplastic and epigenetic changes that positively affect your immune system, daily behavior, and social functioning.
- **You have everything available to change, amplify, alter and/or develop any traits that you might want.**

THE BIOSPHERE

Pollution negatively affects the planet. The more pollution, the more negative the effects on current and future generations. This is common sense. For minimal effort ways to positively affect the biosphere: learn to garden, and plant a few trees (maintaining consideration of neighbors, planting legalities, and pest potentialities). For professional knowledge and potential careers in environmental remediation, see: **"Environmental Remediation Curriculum"** (coming soon). ...Or, invent your own similar style of document. Nothing saying we can't all work parallel paths towards the same goal.

INSECURITY

The Five Causes of Unhappiness can be narrowed down into two categories: Mental Insecurity, and Physical Insecurity.

Mental and Physical Security are necessary for **any** entity (person, group, organization, community, and nation) to live a free and healthy existence. **Overcome Physical Insecurity by learning to defend your physical body and those of your dependents (in addition to healthy living). Overcome Mental Insecurity by educating yourself as much as possible on all the things that you regularly come into contact with – or, all things in general.** By knowing the ins-and-outs of the world around you, there will be few problems that you can't easily solve.

DEPRESSION

- Depression is ingrained helplessness. **Fun Productivity, accomplishment, and purpose (or repurpose) cure depression.**
- **The more critical the case, the more tenacious/persistent the treatment needs to be.**
 - Depression builds over time; eliminating it could take equally as much (or more) time.
 - Genetically based clinical depression has been building up over time (by the survival of the responsible genetic combinations). There's more than enough time and resources over the course of a lifetime to combat the tenured tendency until it is eradicated from behavior. However, the contrary momentum (positive productivity turned habitual) needs to be relentless.
- **Making palpable and/or measurable gains in a direction that the individual knows to be worthwhile overcomes the feeling of helplessness (or sorrow) through continuous exposure to the contrary (competence, progress, and joy).**

SPACE AND SPACE POSSIBILITIES

The colonization of space and extraterrestrial bodies will create millions of jobs on Earth and abroad, and ensure our survival as a species in the face of cataclysmic catastrophes.

If you are interested in being a part of the national and/or global effort of space colonization, please see the **“Space Colonizer’s Curriculum”** (coming soon)...Or invent your own similar curriculum...Parallel paths and all.

HEROISM

Undertaking any task that has an extremely low likelihood of success is heroic (presuming morality, legality, and a purpose to the task). The only standard is the level of difficulty (and purpose) for YOU – not others.

If it needs to get done: Keep! Going! You got it!

Undertaking such tasks for the sake of celebration and renown is not heroism (regardless of success), it’s pandering for attention (“productive pandering”, in the case of successes). If your task is worthy of attention, it will get it (even if not immediately). If nobody appreciates it: either your evaluation of the task was an overestimate, or the entire society around you is blind to achievement. One is equally as possible as the next – as is everything in between. If the former (overestimation): improve what you already have, or find something else to put your efforts into. If the latter (societal blindness): keep your successes private and continue racking them up whether anybody notices or not. **The most heroic effort of all isn’t to resist negative reinforcement, but to lubricate and succeed regardless of a total lack of positive reinforcement. Working against concrete resistance is much easier than working against a vacuum.** Choose any hero from the thousands spanning the history of the sciences, philanthropy, and industry; almost every one was an outsider that faced both negative reinforcement and a paucity of positive reinforcement. Very few were “traditional” in practice – and the ones who were, often found it mandatory to break tradition for the sake of an idea, and/or for the sake of truth.

In all cases: Heroes face mountains worth of work.

There never was – and never will be – a lazy hero (whose heroism wasn’t accidental).

EMPATHY

Empathy is the ability to understand and share the thoughts, feelings, and perspectives of others. An expansive education – along with thorough questioning – is needed to understand the (potential) Genetic Influences, Cultural Influences, and Total Psychological Influences behind the perspectives of others.

Anybody can empathize to some degree (it’s a sign of healthy emotional functionality). **To truly “understand where somebody is coming from” takes a lot more listening and learning than it does talking.**

- “What are the **reasons/reasoning** behind X person/people’s behavior?”
- “What is the **motive** for X person/people’s behavior?”
- “Was X event **accidental, or intentional?**”

The quickest way to learn to empathize is to state the gist of the situation (**pain, guilt, fear, embarrassment, agitation, anger, obliviousness, etc.**), and recall how you feel when under such emotional influences. Chances are that your behaviors are similar to the individual you’re trying to empathize with. If not, what influences do you think played a role in shaping X person’s perspective? Ask questions to confirm or (justifiably) destroy your hypotheses (and keep your hypotheses to yourself).

INFORMED EMPATHY IS THE SINGLE MOST USEFUL TRAIT FOR UNDERSTANDING HUMANITY AS A WHOLE.

Very few people do irrational things *on purpose*. Emotion warps their judgment and weakens impulse control. If somebody is behaving in a belligerent or negative fashion: ask them questions that require structured answers. The executive part of the brain (responsible for higher level thinking) will be activated – diverting resources from the emotional parts of the brain. Listen to their answers, discover the root causes, and practice **Guiding Phrases** to steer them towards reason.

“After hearing your side, I can actually understand why you feel like that. But have considered...”

“I’m sorry you went through that. I’d be upset too, actually. What do you think are the best options for handling it?”

“What you’re suggesting is impossible because of _____. But let’s come up with some other options, cause now I’m kind of upset at what you went through, too.”

“I can’t pretend to know how you feel, but I would like to do whatever I can for you.

Please forgive me if you find my solicitations imposing. I’m just trying to help.”

“Don’t worry about it. I do that all the time.”

“Happens to the best of us!”

Summary / Takeaways

- **Negativity = Insecurity.**
 - **Identify Insecurities. Improve Until Abolished. Insecurities will be among 5 Causes of Unhappiness.**
- **Successes are inevitable, Failures are educational.**
- **Do your best. Laugh and learn from Errors. “That didn’t go as planned!” “Smooth!”**
- Personal Positivity contributes toward Positive Environment. **Personal Negativity contributes toward Negative Environments that will drastically increase the PROBABILITY OF BAD LUCK / MISFORTUNE.**
- **Every moment of Pain and Suffering can be learned from.**
 - **If you’ve Leveled Up with Silver Linings before, you can do so again, and forever, for the rest of your life.**
- **Making Negativity Utilization (NU) a habit is the single best thing any person can do for themselves.**
- **Multiple Choice:** is the single best way to plan anything and EVERYTHING.
 - Overwhelmed? Multiple Choice! Pretty confused? Multiple Choice!
- **Loneliness is your best friend** – stop acting like she ain’t.
 - Personal growth advances more independently than it does communally.
- **Depression is conquered by:**
 - **Physical Exercise**
 - **Action that contradicts the idea of Helplessness** (Contradictory Actions).
 - **Therapy and/or Therapeutic Conversation** with a trusted and honorable individual.
 - **Reframing your perspective on the future.** Using what you have to work your way to where you want to be – one checkpoint at a time.
 - **Puppies and kittens.** This is not a joke. The genuine, unconditional affection that you can get from animals (dogs in particular) is maximally therapeutic to an animal-lover.
 - If you like animals, and you are depressed, this is one of the only treatments that usually works instantly (and is as easy as visiting a shelter for a few minutes).
 - If you have the power to read, you have the power to think. If you have the power to think willfully, you have the power to change your thoughts. You just need convincing that depressive thoughts – even if justified by circumstance – are fleeting and nonsensical. You need overwhelming proof. The above points can be used to bootstrap back into that good ol’ gusto that makes the heart keep thumping even if the brain’s derping. Make it count.
 - **Use your harshest and most brutal lessons as a lever toward improvement or reform.**
- **Resourcefulness = “I can work with this.”** If you want to know how to be invincible, it’s by mastering resourcefulness on every level.
- You can always **IMPROVE to WHATEVER STANDARD** you wish (even if you are not there now).
 - Use strengths to improve weaknesses.
- **Subconscious**
 - **NEVER not-understand why you do things.** If you ask yourself: “Why did I do that?” and you do not come up with an answer: KEEP THINKING UNTIL YOU FIND AN ANSWER. Do not ever abandon this question without finding an answer. This is worth sitting down somewhere in silence and thinking about until you have a definitive answer.
 - A subconscious can ruin your life. All you have to do to avoid it is to sit down and think.
 - **Why did I do that? Why do I do this? What am I hoping to accomplish by...?**
 - **If you do not actively seek answers to major issues behind your behavior, you will continue to be the cause of your own misfortune.**

This curriculum is not meant to tell you how to be you. It is meant to be a handy resource for providing explanations to many of the ideas, concepts, and circumstances that are present in every human lifespan. If you agree with something, hopefully this will put the idea in a more concrete form (with words). If you disagree, disregard what you disagree with (or, ponder why you disagree). If this curriculum could talk, its only expression would be: “I hope this helps.”

www.theupwardeducation.com

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More to Add? Think something was missed?
Manifest your thoughts by giving your pen a paper to kiss.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.