

I haven't had time to write this year because I've been busy. Truly, this year, I felt that I couldn't stop pouring myself into my work.

I used to be good. I used to recommend treating your work like a swimming pool, and being intentional about ~~keeping~~ ^{getting in & out} keeping the phone out of the bedroom, not checking emails until an hour after I wake up, etc.

This year I popped the floatie & dove in.

I snuck onto NVIDIA's campus to sell to them in January.

I started waking up at midnight & checking my emails.

I'll never forget a massage where I told the masseuse I had a decision coming and I stared at my phone through the massage table. She thought I was insane when I asked her to pause.

I took off my Apple watch & Oura ring. I don't want to see my sleep score. 11 months in, my lower back hurts, I need to stretch, and I've never been fatter.

I have 1600 texts & 500 missed calls. I'm a bad friend, sibling, and son.

But I've never been so fulfilled.

You see, most people try to make life 5% better each year, but you only truly live when you've laughed & cried in the same day, better yet, same hour.

Life is not meant to be balanced. I now understand the pool metaphor is not about getting in or out but about submerging & being wet or treading air & getting dry.

5% better

You do 3 remodels a year. You set goals & hobbies.
You might read more this year.

But what if you burned it to the ground?
Take the big swing you've dreamed of.

Nothing lasts forever. Take the debt with your body.

I got married this year too. While peers
are having trouble with commitment looking for 5% better,
I left my laptop at home mid negotiation and disappeared
for a week to profess the love I have for my wife.
I cried saying my vows.

This is a ramble to say I got everything I ever
wanted by demanding it so and rejecting every piece
of advice given. I burned my 401k. I proposed on
Shrooms. I lived in the office for the last 7 years.
Life will give you everything you want if you demand it.

But you have to demand it.

You have to laugh & cry in the same day.

You have to take the apple watch off.

You have to ruin your massage.

But it's ok. You'll pay off the life debt.

Your wife would rather a week together
with your full attention.

Your friends will enjoy a facetime 1 week late than
a prompt reply to "how are things." **But poor Mom I'll call her
more.**

A month of religious yoga will fix your lower back.
Fast & lose some weight.

Debt can be paid off much faster than searching
for the light inside you once it's been put out.

Break out.