

PREFACE

WHAT IS IN THE BOOK? THIS BOOK HAS BEEN CREATED FOR A DAILY FORMAT. MONDAY THROUGH FRIDAY, THERE WILL BE FOUR DAILY QUOTES ON ONE SINGLE TOPIC, SATURDAY WILL INCLUDE A SHORT STORY/PARABLE/EXCERPT, ETC., AND SUNDAY WILL BE A BLANK NOTEPAD WITH SOME QUESTION PROMPTS FOR AN AREA TO REFLECT. THE QUOTES WERE SELECTED USING UNIQUE CRITERIA ACROSS THE FOUR CATEGORIES OF RELIGION, PSYCHOLOGY, PHILOSOPHY, AND CULTURE. ALTHOUGH SOME INDIVIDUALS MAY APPEAR IN MULTIPLE CATEGORIES GENERALLY, IT IS WARRANTED BASED ON THEIR IMPACT. THERE ARE 520 QUOTES DURING THE 26 WEEKS AND 26 EXCERPTS EACH SATURDAY. THE QUOTES SPAN NUMEROUS DISCIPLINES, CENTURIES, CULTURES, RACES, RELIGIONS, AND WORLD VIEWS. THERE WAS AN INTENTIONAL EFFORT TO INCLUDE DIFFERENT PERSPECTIVES AND SOURCES FOR EACH SELECTION SO THAT THE READER COULD ANALYZE THE WORLD FROM OTHER POINTS OF VIEW.

ALTHOUGH THIS BOOK HAS AN IMMEASURABLE AMOUNT OF KNOWLEDGE, THE GOAL IS THAT THE READER WILL EXTRACT THAT FOR THEMSELVES. THIS BOOK CONTAINS QUOTES THAT WILL BOTH REAFFIRM AND CHALLENGE YOUR BELIEFS. IT ALSO CONTAINS MOSTLY SIMPLE-TO-UNDERSTAND STORIES TO ENSURE THAT THE SIMPLE LESSONS ARE REMEMBERED. WE OFTEN TELL KIDS STORIES TO TEACH THEM LESSONS OR MORALS, BUT WE GROW OUT OF CONSCIOUSLY LEARNING FROM STORIES. ALTHOUGH WE STILL SPEND HOURS IN STORIES EITHER ON A MOVIE SCREEN OR NOSE-DEEP IN A BOOK. EACH SUNDAY, YOU WILL HAVE AN OPPORTUNITY TO WRITE DOWN THOUGHTS ABOUT THE WEEK THAT CAN BE USED AT ANY TIME DURING THE WEEK. THIS SPECIFIC TIME OF REFLECTION CAN BE USED FOR

UNIQUE THOUGHTS, SELF-REFLECTION, OR ANY WAY YOU SEE IT MOST HELPFUL. OVERALL, THIS BOOK IS A DAILY JOURNAL FROM WHICH YOU CAN REPEATEDLY GO THROUGH AND GAIN NEW INSIGHTS. THIS TOOL CAN BE A REGULAR PART OF YOUR SELF-DEVELOPMENT AND INTELLECTUAL JOURNEY.

WHAT IS IN IT FOR YOU? THE GOAL OF THIS BOOK IS TO BE AN EDUCATIONAL TOOL THAT ENCOURAGES AND ENLIGHTENS READERS. I HOPE IT WILL ALLOW PEOPLE TO DO ALL THE FOLLOWING: ENCOUNTER WISDOM FROM THE PAST AND PRESENT, WRESTLE WITH THOSE IDEAS ON THEIR OWN, LEARN FROM THE QUOTES, AND DEVELOP THEIR OWN INSIGHTS. MOST PEOPLE ONLY LEARN IN ORGANIZED SETTINGS LIKE GRADE SCHOOL OR COLLEGE, BUT OFTEN INDIVIDUALS ARE NOT GIVEN ROOM TO THINK UNGUIDED. INSTEAD, THEY ARE TOLD INFORMATION AND MUST MEMORIZE IT JUST ENOUGH TO PASS A TEST. THIS COLLECTION OF QUOTES CAN CREATE AN ENVIRONMENT TO EXPLORE NEW TERRITORIES OF YOUR MIND AND FORMULATE NEW WAYS TO SEE THE WORLD. A WORLD THAT IS MADE UP OF INFORMATION. THIS BOOK'S CONTENT SPANS HALF A YEAR MEANING 26 WEEKS. DEDICATING A FEW MINUTES A DAY TO READING AND THINKING ABOUT THESE IDEAS CAN HELP MAKE EVERYONE A STRONGER INDIVIDUAL.

WHY WAS THIS BOOK WRITTEN? I CREATED THIS BOOK FOR THREE REASONS. THE FIRST IS A SIGNIFICANT NEED FOR CRITICAL THINKING IN OUR SOCIETY. IN TODAY'S WORLD, MOST PEOPLE ARE NOT ADEQUATELY EQUIPPED TO THINK FOR THEMSELVES, CAUSING THEM TO BE AT THE MERCY OF WHICHEVER DIRECTION THE WINDS OF SOCIETY BLOW. THIS BOOK PROVIDES A UNIQUE ENVIRONMENT TO SET ASIDE TIME AND EFFORT FOR THINKING. THE SECOND REASON IS THAT THE EDUCATIONAL SYSTEM HAS DEVOLVED TO WHERE LEARNING IS NO LONGER A PRIORITY. LEARNING HAS BEEN REPLACED WITH AN ATTEMPT TO PUSH KIDS THROUGH A SYSTEM WITH MINIMAL EFFORT.

WHETHER IT IS MOTIVATED BY GRADUATION RATES, SECURING FUNDING, INDOCTRINATION, OR A LACK OF CARE, WE ARE SUFFERING AS A COMMUNITY. WITHOUT STRONG MINDS THAT CAN THINK INDEPENDENTLY, WE ARE LOSING THE ABILITY FOR DISCOURSE, EFFICIENT PROBLEM-SOLVING, AND CREATIVITY. LASTLY, THERE IS AN EVER-PRESENT NEED FOR COMPETENT INDIVIDUALS. INDIVIDUALS ARE THE BASIS FOR EVERY COMMUNITY AND ARE RESPONSIBLE FOR THE WELL-BEING OF THE WORLD. BEING AN INDIVIDUAL WHO ENCOUNTERS IDEAS, PROCESSES INFORMATION, RETAINS WISDOM, AND CAN ARTICULATE IT TO OTHERS IS A FORCE TO BE RECKONED WITH.

KEY TAKEAWAYS

- YOUR THOUGHTS WILL PAINT THE 'COLOR' IN THIS BOOK
- A DAILY DISCIPLINE OF READING AND THINKING IS A CRITICAL COMPONENT OF BEING A WELL-ROUNDED INDIVIDUAL
- THE GOAL OF THIS BOOK IS TO HELP YOU, BUT IT REQUIRES A PERSONAL EFFORT

INTRODUCTION

YOU HAVE PROBLEMS, AND SO DOES OUR SOCIETY, AND THIS BOOK WILL ADDRESS ALL OF THEM. THAT WAS A JOKE. HOWEVER, EACH INDIVIDUAL AND THE ACCUMULATION OF INDIVIDUALS (OUR COMMUNITY) WOULD BENEFIT FROM OUR ABILITY TO THINK MORE CRITICALLY AND BE AWARE OF THE WISDOM THAT HAS BEEN PAINFULLY OBTAINED THROUGHOUT HISTORY. BETWEEN THOSE TWO ELEMENTS, WE CAN REDUCE MANY OF THE PROBLEMS WE FACE ON AN INDIVIDUAL AND GLOBAL SCALE. OUR LANDSCAPE OF PERSONAL DEVELOPMENT AND EDUCATIONAL STRUCTURES FOCUSES MORE ON DID I GET THE DESIRED RESULT. FOR EXAMPLE, DID I WAKE UP AT 5 AM, OR DID A STUDENT GET A PASSING GRADE ON THE TEST? ALTHOUGH GETTING THE PROPER RESULT IS CRUCIAL AS A FEEDBACK MECHANISM TO KNOW IF YOU ARE DOING SOMETHING CORRECTLY, YOU CAN BE LEFT WITHOUT INSTRUCTIONS OR PROGRESSING WHEN YOU HIT THE SNOOZE BUTTON OR FAIL AN EXAM. WHEN YOU START TO ASK YOURSELF QUESTIONS LIKE: AM I NOT DISCIPLINED ENOUGH TO GET UP IN THE MORNING? DID I SPEND ENOUGH TIME STUDYING FOR THIS EXAM? THESE ARE TWO SIMPLE EXAMPLES OF THE NECESSITY OF BEING ABLE TO REASON THROUGH A SITUATION. LOOKING AT THINKING AS A TOOL OR SKILL ALLOWS IT TO BE SHARPENED AND REFINED.

TO SHARPEN THAT TOOL, THIS JOURNAL PROVIDES AN OPPORTUNITY TO PAIR NON-LINEAR THINKING WITH QUOTES AND STORIES. NON-LINEAR THINKING CAN BE CHARACTERIZED BY HAVING MULTIPLE STARTING POSITIONS TO ANALYZE AND APPLY LOGIC TO ANY GIVEN TOPIC. IT ALLOWS FOR A MORE CREATIVE APPROACH THAT IS LESS STRUCTURED BUT MORE COMPREHENSIVE IN SCOPE. THIS TYPE OF THINKING TRANSLATES TO EVERYDAY LOGIC, STRATEGIC BUSINESS PLANNING, AND THE CREATIVE PROCESS. COMBINING A NEW WAY OF THINKING AND THE INFORMATION IN THIS BOOK WILL DRAMATICALLY

INCREASE YOUR INTELLIGENCE AND REASONING ABILITY.

THIS BOOK IS NOT ABOUT ME, AND THE INTRODUCTION IS INTENTIONALLY SHORT SO THAT YOU CAN FOCUS ON THE CONTENT FROM WISER INDIVIDUALS. WITH THAT IN MIND, I HAVE DONE A LOT OF THINKING WITHIN MY SELF-DEVELOPMENT JOURNEY AND MY ACADEMIC PURSUITS. I HAVE READ NEARLY ONE HUNDRED BOOKS IN THE PAST COUPLE OF YEARS AND CHALLENGED MY BELIEFS DAILY. ALSO, MY ACADEMIC JOURNEY FROM A BACHELOR'S, MASTER'S, AND NOW A PH.D. PROGRAM HAS CAUSED ME TO GROW AS A RESEARCHER. I ONLY MENTION THAT TO SAY THAT I AM NOT AN EXPERT OR DIFFERENT IN ABILITY THAN ANYONE ELSE, BUT THAT I HAVE SPENT A LOT OF TIME THINKING ABOUT THESE TOPICS. THIS JOURNAL CAN HELP MOLD YOU INTO A MORE EXTRAORDINARY THINKER WHEREVER YOU ARE AND WHATEVER YOUR CURRENT GOALS ARE. HOPEFULLY, YOU CAN BECOME INFLUENTIAL AND BE QUOTED IN A SIMILAR BOOK IN THE FUTURE.

THE PRIMARY BENEFIT OF READING THIS BOOK IS THE ACCESS TO DISTILLED WISDOM ACROSS PHILOSOPHY, PSYCHOLOGY, RELIGION, AND CULTURE. FOR PHILOSOPHY, THERE ARE QUOTES FROM STOICISM, EXISTENTIALISM, HEDONISM, TAOISM, RATIONALISM, RELATIVISM, BUDDHISM, AND MARXISM. WITHIN RELIGION, YOU CAN OBTAIN A PERSPECTIVE ON THE JUDEO-CHRISTIAN BELIEFS FROM ANCIENT TIMES TILL TODAY. THERE ARE QUOTES FROM ISLAM, CATHOLICISM, JUDAISM, ATHEISM, AND HINDUISM, TO NAME A FEW. IN PSYCHOLOGY, YOU CAN EXPECT SELECTIONS FROM FREUD, JUNG, KIERKEGAARD, PETERSON, FROMM, ROGERS, AND MANY OTHERS. LASTLY, INDIVIDUALS LIKE MUSK, ROOSEVELT, FRANKL, COELHO, DA VINCI, SOLZHENITSYN, CHOPRA, AND TWAIN ARE FROM THE CULTURAL SECTION. THERE ARE SOME RELIGIONS, PHILOSOPHIES, DOZENS OF PSYCHOLOGISTS, AND HUNDREDS OF INFLUENTIAL INDIVIDUALS NOT NAMED WHO ARE REFERENCED IN THIS BOOK. ON TOP OF ALL THE

QUOTES, THE JOURNAL CONTAINS COMMONLY TOLD ENGLISH STORIES, AESOP FABLES, NORSE MYTHOLOGY, ANCIENT EASTERN TALES AND KID'S STORIES WITH A LESSON. ALL THAT TO SAY, THERE IS AN IMMEASURABLE AMOUNT OF KNOWLEDGE ON THESE PAGES, AND WE SHOULD ALL LEARN FROM IT.

THIS BOOK HAS CURATED WISDOM FROM HUNDREDS OF INFLUENTIAL PEOPLE THAT SHAPED OUR WORLD—INDIVIDUALS WHOSE KNOWLEDGE HAS WITHSTOOD THE TEST OF TIME. YOU HAVE THE OPPORTUNITY TO LEARN FROM THEM ALL WITHOUT HAVING TO READ TENS OF THOUSANDS OF PAGES WITH AN ENDLESS AMOUNT OF FLUFF. HAVING THE INFORMATION SIDE BY SIDE IS ALSO A SIGNIFICANT BENEFIT COMPARED TO HEARING A QUOTE IN ISOLATION AND NOT HAVING ANYTHING TO COMPARE IT TO. THIS BOOK PROVIDES THEORETICAL AND PRACTICAL KNOWLEDGE WITHIN THE FOUR AFOREMENTIONED AREAS THAT ARE MAJOR BUILDING BLOCKS TO UNDERSTANDING YOURSELF AND THE WORLD. I GUARANTEE THAT READING THIS BOOK AND WRESTLING WITH THE IDEAS WILL MAKE YOU THINK MORE, BECOME MORE COMPETENT, AND HAVE A TON OF QUOTES TO IMPRESS YOUR FRIENDS WITH; I MEAN, BE MORE EQUIPPED TO WIN THE BATTLES YOU WILL FACE.

IT CAN BE EASY TO BUY A JOURNAL AND SET IT ASIDE ON THE NIGHTSTAND, BUT THAT WOULD NOT BE A GOOD USE OF YOUR MONEY AND THE POTENTIAL THIS BOOK HOLDS. THE BETTER VERSION OF YOU WANTS TO SPEND TIME IN THE BOOK, WITH A DAILY HABIT OF GROWING AND WRESTLING WITH IDEAS.

IF YOU DON'T, YOU CONCEDE MORE GROUND TO THE BAD HABITS AND NEGATIVE MOMENTUM. ANOTHER DAY, WEEK, MONTH, OR YEAR CAN AND WILL GO BY WITHOUT YOU PURSUING THE GOALS YOU SET FOR YOURSELF. I HOPE THIS SERVES AS A WARNING TO START, READ, THINK, AND GROW. THEY SAY THE BEST TIME TO PLANT A TREE WAS

20 YEARS AGO, BUT THE SECOND-BEST TIME IS TODAY. THE SAME GOES FOR YOUR PERSONAL DEVELOPMENT. THE MORE A PERSON PLANS TO DO TOMORROW, THE LAZIER THEY ARE. IF YOU ARE READING THIS INTRODUCTION, TODAY IS THE DAY TO READ THE FIRST QUOTES ABOUT WATER.

KEY TAKEAWAYS

- IT IS YOUR RESPONSIBILITY TO THINK THROUGH AND SOLVE YOUR OWN PROBLEMS
- WE STAND ON THE SHOULDERS OF THE PEOPLE WHO CAME BEFORE US. MAKE GOOD OF THEIR SACRIFICES
- YOUR HABITS CREATE YOUR FUTURE, NOT YOUR GOALS