

## The Twenty-Five Methods of Clean and Virtuous Living

1. Don't get excited.
2. Be aware of cognitive biases.
3. If you find yourself feeling defensive, run a meme-check.
4. A day without doing one thing that has a permanent benefit is a day not worth living.
5. Expectation is the root of all suffering.
6. No regrets.
7. Keep your damn mouth shut.
  - a. Never say anything you would not want everyone to know. There is no such thing as a secret.
  - b. Volunteering information is giving people the leverage they need to destroy you.
8. Listen to everything; let the weight of evidence determine your conclusions. Disregard emotional appeals.
9. Comport yourself with dignity.
10. Do it yourself.
11. Don't waste time trying to talk stupid people out of their stupidity.
12. Don't lend out anything that you'd miss if you didn't get it back.
13. Know what your bad habits are. If you can't change them, work around them.
14. Do not emulate those you do not wish to be like.
15. Don't let yourself get kicked around by people stupider than you.
16. Never give anyone a second chance.
17. Clean up your own mess.
18. Don't get on the bus to Abilene.
19. Don't be afraid to cut your losses and run.
20. A cluttered room is a cluttered mind.
21. Stick to the routine.
  - a. Allow usage patterns to determine item placement.

22. Do not become attached to people or things.

23. Don't eat.

a. If you couldn't look it directly in the eye and murder it yourself, you have no business eating it.

b. Volunteering Restrict calories to under 1200 per day.

24. Don't consume media that you don't want to remember forever.

25. One thing at a time.

**The goal is gradual, and cumulative, self-improvement.**