
The Subtle Art of Not Giving a F*ck Summary PDF Cheatsheet

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? 1. The Self-Awareness Onion: Discover the values controlling your emotions

To care less about other people's opinions, you must become aware what you find important which are your values. First feel your emotions and notice causes them. Then examine why you have that particular reaction to uncover your deeper values, beliefs and metrics.

? 2. Good vs Bad Metrics: Choose the right values for your life

Bad values create a worse existence for us and the people around us. Good values guide us towards more fulfillment and well-being. Good values are long-term, within our control, and never fully achieved. For example: honesty, curiosity, perseverance, etc.

? 3. Deathly Wisdom: Purify your values by remembering we all die

Mark's direction in life totally changed after his close friend suddenly died. Facing the reality of death helps us see what is truly important in life and what we should stop worrying about. So remember that you'll die to clarify your values.

? 4. Life is Suffering: Choose the pain you prefer

As Buddha said, "Life is suffering" which basically means everybody's life has problems. There is no escaping problems so the real question is: What pain or struggle would you prefer to have? Your answer to this will reveal the right path forward for you.

? 5. Feedback Loops: Allow yourself to feel bad sometimes

Our culture can make us believe being unhappy is wrong. So we may get stuck in a negative feedback loop of feeling bad about feeling bad. The cure is to accept we all feel negative emotions sometimes, no matter what our life situation is.

? 6. Positive Rejection: Free yourself by committing to one thing

Many young people believe it's restrictive to commit to one person, place or profession. But commitment allows us to invest our time in what we value most and opens up a new set of deeper experiences.

? 7. Anti-Entitlement: Be okay with being unremarkable

Our society tells us to believe we're all exceptional, but that is logically impossible. So this leads many people to develop entitlement that is either self-aggrandizing or victim-based. The cure is to acknowledge we're not remarkable and enjoy our lives anyway.

This is just a sample!

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and more. Listen to full-length audio summaries, take fun quizzes, and get personalized recommendations at GrowthSummary.com