

# PRINCIPLES OF ANTIFRAGILE LIVING

## Theme 1: Foundations

01

### Start With What Matters

Know your values. Stay  
flexible in your methods.



### Build A Safety Net

Create space to breath -  
financially, emotionally,  
physically

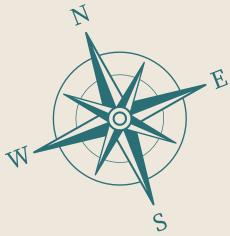
02

03

### Create More Options

Give yourself more ways to win.  
Design a life with choices.





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## Theme 2: Growth Through Challenge



### Learn By Doing

Try small experiments.  
Fail quickly. Learn rapidly.

04

05

### Do Hard Things (On Purpose)

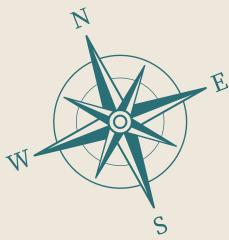
Train with challenge. Don't  
hide from it. Recover.



### Welcome The Unknown

Your life is a bold quest.  
Treat it that way.

06



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## Theme 3: System Enhancers



### Subtract To Strengthen

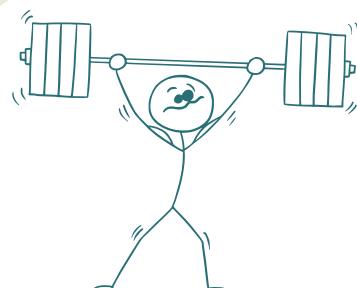
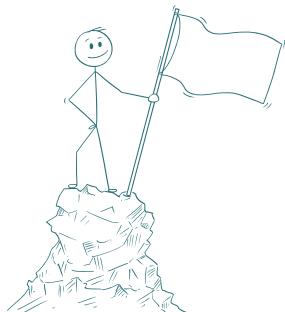
Less clutter. More clarity.  
Greater simplicity.

07

08

### Own Your Choices

Take responsibility. Don't just play the game—bet on yourself.



### Balance Your Life Like A Barbell

Protect yourself from the downside and open space for big wins.

09