



PRINCIPLES OF ANTIFRAGILE LIVING

Theme 1: Foundations

01 Start With What Matters

Know your values. Stay flexible in your methods.



Build A Safety Net

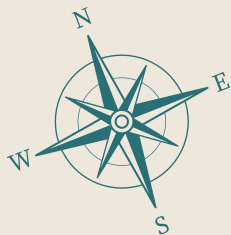
Create space to breath – financially, emotionally, physically

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)

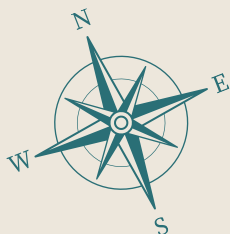
Train with challenge. Don't
hide from it. Recover.



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

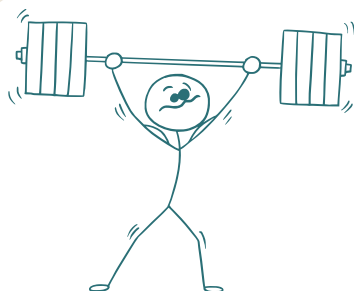
Less clutter. More clarity.
Greater simplicity.

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