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Life advice you can actually use:

Elon Musk once said, "They laugh at you just before they applaud." Place more importance on solving problems correctly than looking smart while doing it. There'll be plenty of time for people to praise your intellect after you deliver them to the promised land. Get there first.

What's one thing you can get done now? I know, I know, you've heard it 1,000 times before. The key is taking action. The funny thing about advice? The good stuff gets repeated. Start by identifying the single most important thing you can do today.

Now go do it.

Caught not taught: You should feel intellectually uncomfortable in your peer group. Engage with people who are more intelligent & further along than you. It's intimidating, but you'll "catch" more knowledge, land more deals, & rack up wins just by being in the right place.

In what areas of life are you settling? Just "ok" & "good enough" don't sound interesting to me. If you're willing to settle for average, that's exactly what you'll get. Life has a funny way of giving you what you ask for. Want uncommon results? Take uncommon action.

Who you work with + what you work on matters more than how hard you work. I'm all for hard work, but if it's with people you don't enjoy on a project you're not interested in, what the hell are you doing? Get outta there. Life's too short.

What would I do if I wasn't scared? Often, what holds us back is fear. Fear of the unknown, fear of failure, fear of what others may think. Breaking news: People are often too wrapped up in their own world to worry much about yours. Put yourself out there. It's worth it.

Take note of the good days: Find as much pleasure in days that go well as you find frustration in days that don't. Humans are terrible at this-myself included. One thing goes wrong and your whole day is screwed. It doesn't have to be. You can choose what happens next.

Stop avoiding difficult conversations: Yes, they suck. The only thing that makes them worse-delaying them. Most of us spend more time worrying about having the conversation than the actual conversation will take. Sit down, say what you need to say, move on.

There is far more good in the world than we give it credit for. Go outside. Turn off the news. Don't read the comments. Quit interacting with negativity and you'll immediately become less negative yourself. Think of it as "mental fitness"

Pick your battles. Not every fight is worth fighting. It's ok to let someone else "win" once in a while. You don't always need to be right, and you don't always have to come out on top. Just because you're invited to an argument doesn't mean you have to show up.

"This is the way we've always done it." So what? Does that mean it can't be improved? Whatever "it" is, there are always aspects that can be made more clear, efficient, and simple. At best, it makes you sound lazy. At worst, you'll be left behind. Ideate, innovate, repeat.

99% of our problems stem from our inability to forego instant gratification. Relationships, fitness, financial wellness...All fall short of expectations when long term success is sacrificed for immediate pleasure. Lean into waiting.

"This has to be perfect." No it doesn't. Perfection is the enemy of progress. Don't become so buried in the details that you fail to move forward at all. To err is human. You can't catch every mistake, you'll never get everything right. Just. Keep. Moving.

My friend @wdmorrisjr said something once I'll never forget. "The biggest lie we tell ourselves is that if circumstances were different, WE would be different." No, you wouldn't. If you won't do it now, you won't do it then. Action leads to change, not the other way around.