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How To Build

Outcome Independence

1. Outcome Independence (OI) as a super-power. It's a "leverage skill," meaning it improves all areas of your life.
 - a. Your business/income
 - b. Your dating
 - c. Your interpersonal relationships (men and women)
 - d. Your family life
 - e. Your overall level of happiness
2. The precise meaning of OI.
 - a. Want the result, don't care about any individual interaction.
 - b. Want the macro, don't care about the micro.
 - c. Airplane analogy
 - d. Mission and long-term goals
3. The Rule of One
 - a. You don't need any ONE of anything to accomplish your goals.
 - b. Client, customer, job, company, woman, country, city, etc.
 - c. Family members can't be replaced (though sometimes they can!) but they can be mitigated.
4. Redundancy – "One" is the most dangerous number.
 - a. Engineering definition: The duplication of critical components or functions of a system with the intention of taking over for another if something breaks, thereby increasing reliability of the system or to improve actual system performance.
 - b. One is the most dangerous number. Never rely on just one thing in any area of life. It makes you outcome dependent.
- c. Always have 2+ "things" in every area of your life.
 - i. Customers, businesses, income streams, staff members, investments, countries (Five Flags), currencies, banks, women (Alpha Male 2.0), and so on.
5. Ask yourself "Why do I care?"
 - a. When getting outcome dependent or angry, ask yourself "Why do I care?"
 - b. Listen to the answer from your mind. Then ask it again about that. "Why do I care about *that*?"
 - c. Keep going until you get a "dumb" answer. Then link it back to the original scenario.
 - d. Alternate approach: Ask yourself about your other options.
 - e. Alternate approach: Ask yourself if this will matter in 6 months. If not, why are you pissed about it now?
6. Reduce reactivity
 - a. Reactivity creates outcome dependence. To reduce reactivity:
 - b. At least 7 hours of sleep per night
 - c. Hard exercise at least once every 48 hours
 - d. Drink lots of water – stay hydrated
 - e. Avoid caffeine, drugs, alcohol, and smoking
 - f. Constantly refocus on the big picture: your Mission and long-term goals.
7. Get rational
 - a. Zone of Concern, Zone of Control, Zone of Influence (slides)
 - b. Are you getting outcome dependent about something you literally can't control or fix? If so, you're literally being insane.
 - c. "How much actual control do I have over this particular scenario?" For example, politics.
8. Reduce internal rules