

## Change the World

I believe that in order to change the world, you must first change yourself.

### Create the World You Want to Live In

Every action matters. The small things add up, creating a ripple effect that reaches further than we realize. The simplest act I can think of is *smiling and saying hello to your neighbors*. This small gesture can go a long way, potentially making someone's day.

### Spread More Kindness

It's easy to slip into nihilism, but **it takes a childlike naïveté to stay optimistic in this modern world**. Embrace that childlike state—remain in a state of play. Laugh more, dance, sing, and spread joy to anyone willing to listen.

### It's Our Duty to Be Strong

As men, it's our duty to be strong. That means *no drugs, no alcohol, no smoking, and no porn*. We need to rise above our primal tendencies. **To be a strong man requires discipline and self-control**. Every single day, we should prioritize our physical health, putting our physiology at the forefront. This means heavy lifting in the gym and eating more red meat.

We should strive to become the strongest version of ourselves—physically and mentally.

*A strong body creates a strong mind, and ultimately, a healthy soul.*