

The Path to Thriving in a World of Abundance

"There's unlimited resources for everyone to thrive together."

We live in an era of unprecedented abundance. With Amazon, high-speed internet, and iPhones in our pockets, we have access to virtually anything we desire: endless food options, TV shows, and products—all at our fingertips. It's truly the greatest time to be alive.

So Now What?

In a world overflowing with instant gratification, I believe the answer lies not in accumulation, but in *subtraction*—removing the superfluous to find joy. This new path means:

- **Leaving the phone at home**
- **Quitting social media consumption**
- **Letting go of video games**
- **Removing toxins like drugs and alcohol**

To embrace life fully, we must step away from the unlimited earthly pleasures constantly within reach. True fulfillment comes from removing the distractions that cloud our minds and drain our energy.

Setting Higher Standards for Ourselves

To thrive, we must *set higher standards*. Start with your **physiology**—before everything else. I believe:

"A clean body makes a clean mind, which ultimately makes a clean soul."

Treat your body like it belongs to something greater than who you think you are. In doing so, you create the foundation for a life lived with purpose and clarity.

The Adventure Awaits

The adventure of a lifetime is waiting right outside. The outdoors is where we're meant to be, where we reconnect with our primal essence. Each day offers a new chance to *become* more. This journey calls for shedding preconceived notions and embracing a *state of play*. For me, that means dedicating myself to:

- **Physical movement**
- **Photography**
- **Weightlifting**
- **Fasting**
- **Meat consumption**

I aspire to become more through each of these practices. Every step, every moment outside, every lift—each brings me closer to my true self. This is my path in a world of abundance: a journey defined not by what I gain, but by what I choose to let go.