

Martin Tobias Values and Supporting Concepts
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VALUES

- 1 be a good father and husband present model financially secure and helpful
- 2 respond with kindness. do the next right thing.
- 3 live in the present.
- 4 tranquility, wisdom, courage, temperance.
- 5 always growing, know thyself.
- 6 live on purpose.
- 7 live ingratitude.
- 8 lived for connection and love.
- 9 creation over consumption.
- 10 health over wealth.

SUPPORTING CONCEPTS

- 1st mountain is significance and security. David Brooks
- 2nd mountain is growth, connection, contribution. David Brooks.
- Only focus on what is in my control. The stoics.
- The journey is more important than the destination. Martin Tobias
- I must have hard problems to solve every day. Flow. Martin Tobias
- Practice the pause. Meditation.
- Awake. Be aware of your stories and choose which story to engage with and your reaction. The Stoics
- I am not my feelings. I am a consciousness. Sam Harris.
- Give what I want to receive.
- Keep judgments in check. The Stoics.
- I connect the desperate dots. Range over specification. Martin Tobias
- Simplification over optimization. Martin Tobias
- Make the best decision you can with incomplete information. Annie Duke thinking in bets.
- Say I feel instead of you did. Gottman
- you need 5X positive bids for connection versus negative bids. Gottman