

# The Personal User Guide: Celebrate and Share What Makes You Tick

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## What This Is, Why It Exists and How This Helps

We give ourselves the great gift of awareness by giving others a window into what makes us tick. Helping others learn about you also helps you learn about yourself.

### What This Is

This is an organized instruction manual dedicated to *you*. Think of it as a framework for you to build what's important in your life.

Better yet, this template explains why the important things are important and how you go about getting them. Completing this will make it simple to communicate many things to others (and to yourself when you need a reminder) like:

- The belief systems you follow and the significance of certain relationships in your life
- How you want people to engage you and how you like to engage with others
- Your goals, areas of growth, and ways to generate certain feelings or actions

And once this is complete, you have a package of information to share with someone that would otherwise take *forever* for him or her to learn. Although this guide may seem long, you can complete it in thirty minutes or less if that's all you have time for.

### Why This Exists

This was created to help you make sense of your world and to help others get the best experience from interacting with you. Although this is intended for everyone, it's especially useful if you struggle with communication issues, misunderstandings, or having people "get you." It's the best resource around to take the mystery out of understanding what drives you.

[See the article at JoelZaslofsky.com](http://JoelZaslofsky.com) introducing The Personal User Guide for the full context.

### How This Helps

Most user guides are hard to navigate and not very helpful. This one is different.

This one gives you irreplaceable insight by viewing yourself through the eyes of others and how you want to be perceived. You'll soon see how constructing the framework to logically document what is seemingly unexplainable has some *huge* benefits.

And this guide goes way beyond explaining *what* you are. The real value comes from defining *why* you are who you are and *how* it came to be this way. When you can concisely share your personal blueprint, you and everyone else win. **Embrace this properly and it will be an amazing resource.**

### Additional Guidance

As all sections of this user guide are optional, you may not feel comfortable completing certain parts or may not want to provide detail in certain areas. That's fine, but keep in mind the more you put into this, the more you

and everyone else get out of it. It's advised to clear your calendar and remove all distractions like kids, Internet, TV or hobbies before tackling your guide. Don't feel the need to complete this in one sitting and come back to it as time allows.

### A Note About Formatting

This guide was not designed to be printed and hand written. All the tables and fill in the blank sections expand automatically based on the amount of information in them. If you need to print and hand write this guide then expand the sections where you need more room by navigating to it and pressing <enter> a number of times until it's large enough.

## Related Documents

If there are documents related to this guide – like a personal FAQ or an important online profile – list them here.

Document Name	Author	Description	Purpose, Comments or Notes	Location of Document (e.g. website link)
My Story	Joel Zaslofsky	My story since my personal renaissance in April 2010.	A short origin story of my personal renaissance (a.k.a. how I've radically evolved).	<a href="http://joelzaslofsky.com/mystory/">http://joelzaslofsky.com/mystory/</a>

## Version Details:

This guide is intended to be updated periodically. Keeping track of the versions will help you and others see how you evolve.

Version #	Date	Version Notes (e.g. what was added, modified, or deleted from the previous version)	Location of Document (e.g. website link or filing cabinet in home office)
1.0	03/19/2012	Initial version.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v1.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v1.pdf</a>
2.0	04/12/2013	Annual updates made and uploaded with the new design.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v2.0.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v2.0.pdf</a>
3.0	03/10/2014	Annual updates made.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v3.0.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v3.0.pdf</a>
4.0	02/04/2015	Annual updates made.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v4.0.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v4.0.pdf</a>
5.0	02/03/2016	Annual updates made.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v5.0.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v5.0.pdf</a>
6.0	2017-10-04	Annual updates made.	<a href="http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v6.0.pdf">http://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v6.0.pdf</a>
7.0	2019-01-27	Annual updates made.	<a href="https://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v7.0.pdf">https://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v7.0.pdf</a>
8.0	2021-02-15	Periodic updates made.	<a href="https://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v8.0.pdf">https://joelzaslofsky.com/wp-content/uploads/Joels-Personal-User-Guide-v8.0.pdf</a>

## How I Interact with the World

*We all interact with the world in unique and seemingly unpredictable ways. Describe your preferences, the environment you thrive best, and major “don’t try this with me” items to build the framework for the rest of your user guide.*

### Communication Methods

*The why, how, and what of communication. What methods do you use to communicate, how do they change based on context or the person/group, and how often is each used? Example: “I always use the phone for any important interaction with my family but never with friends or co-workers.” Get specific about your strengths and challenges.*

I prefer to communicate face-to-face, even if it's virtual (e.g., video call platforms). I love the spoken word and the nuance it allows, which is missing for me in the written word. Plus, I'm a slow typer and would rather not write. I don't like social media much and, when I use it, I'm generally just briefly browsing.

My communication style is open, informal, and matter-of-fact. My most meaningful communication occurs in a one-on-one setting or in small groups.

### Authority Figures

*Explain your approach to dealing with authority and how it will be received depending on the person (e.g., mom, police, boss, etc.).*

I've taken on quite the contrarian and skeptic mindset over the past few years. I used to rarely rebel against authority figures, but I have no issue with it now. I'm skeptical of most people with fancy credentials and actually find myself valuing the contributions of "normal" people more.

### Handling Stress

*Stress can be subtle, brutal, motivating, incapacitating, and everything in between. Think about what the triggers of your main stress points are and how you manage them. How would you like to manage them in the future?*

I take criticism well and it doesn't stress me out. However, my main stressors come from things, not people. Think interacting with inanimate objects like formatting web pages or trying to fix the kitchen sink.

I handle stress best through ritual reflection (e.g., daily meditation and silent work breaks), long conversations with friends or my wife (Melinda), and breathing techniques. When managed poorly, I cope with stress through sugar-binging, shutting down emotionally, or getting obsessive about a specific task until it's done.

## Honoring Traditions and Messing with the Status Quo

*Do your values come from honoring traditions or messing with the status quo? What are your values and important traditions (individual, family, business, cultural, religious, etc.) and how do you celebrate them?*

I respect people's faith traditions, but I haven't had much personal use for them since I became an atheist at age twenty-five. However, I was born and raised Jewish and that's definitely shaped who I am.

Doing business in most conventional ways doesn't interest me at all. I'd rather walk my own path, do things informally, and surround myself with people I can say "dude" and "heck yeah!" with. My priorities are ever-changing and can shift rapidly from one month to another. I value traditions, but often enjoy change more.

## Free Time

*Your general approach to free time (e.g. fast paced or slow, structured or unstructured).*

I used to value unstructured free time over just about everything else. Nothing was better than time to play video games, watch TV, hang out with friends, or be with Melinda. I'm still comfortable with unstructured time and enjoy it, but it's become less important to me.

I currently use my free time playing with Grant and Clark, my two young sons, Melinda, talking walks with my dog (Lucia the Samoyed), curating awesome experiences (online and offline), seeking new concepts and ideas to integrate into my life, and more. Since I'm so extroverted, I normally fill free time with social interaction and I love scheduling reoccurring hangouts with friends and family to ensure too much time doesn't pass between interactions.

## Preferred Learning Method(s)

*How do you prefer to learn (e.g. listening and reflecting, visually, experiencing and immediately doing, etc.)?*

I'm rather analytical and prefer to process new information gradually. I don't have a preferred learning style (e.g., listening, watching, or doing), although I find myself learning the most via audio (e.g., podcast episodes or audio books). My best learning is self-directed, but I do benefit from group learning as well.

## Belief Systems and Blueprints

*There are a variety of frameworks that govern how we see the world. Talk about whatever movements or labels are important to you.*

### Labels and Phrases That Define You

*If you could only use one word or a simple phrase to label yourself, what would they be? Multiple labels or phrases are encouraged (e.g. spiritual affiliation, how you analyze your thoughts, movements, or philosophies you believe in).*

(In no order of importance): Connector, sun worshiper, experimenter, facilitator, community animator and organizer, outdoor human, bringing people together, rewilding, quantum biology enthusiast, intentional, simple-living advocate, intensely grateful, papa, hubby, supportive friend, atheist, philosopher, Experience Curator, fanatical spreadsheet creator, extrovert, project manager, World Domination Summit fan boy, uncertainty chaser, and personal renaissance.

### How I Express Myself

Physically	Despite not being a particularly touchy-feely person, I <a href="#">love giving and receiving hugs</a> (and will settle for a high-five). I'm quick to smile, laugh, or show my easy fascination with everything and slow to show anger or annoyance. I practice simple-living by, for example, owning very few clothes and having mastery over my calendar.
Emotionally	<p>I like to express what I'm feeling in a transparent, real-time, and obvious way. Generosity, candor, vulnerability, and accountability – Keith Ferrazzi <i>Never Eat Alone</i> style – are my default.</p> <p>I show positive emotions more strongly than negative emotions. This is both how I'm wired and an intentional effort to highlight that most of life is amazing.</p>
Spiritually	I express spirituality through philosophies like simple-living, yoga, or Stoicism. And through daily rituals like literally worshipping the sun when it rises each day – even when it's behind the clouds. For the most part, I gave up my spiritual side when I gave up Judaism.
Intellectually	I was an unabashed intellectual as of 2015, but I've since withdrawn a bit from that self-identity. I enjoy few things more than deep conversations about meaningfully bringing people together, rewilding, or mitochondria.
Other (Specify)	N/A.

### What I Care Passionately About

*The ideas or causes that energize and drive you. Really dig into why you're passionate about them.*

1. Ancestral health via quantum biology and rewilding. My optimal life comes from honoring the way humans have evolved and what my body and mind expect me to provide them. This includes the

sunlight and artificial light in my life, the water I drink, the magnetism around me, how I move my body, the way I eat, how much tech I allow into my life, and so on.

2. Asset-Based Community Development. There are so many gifts, resources, and skills within each community and almost all our issues can be resolved by what already exists. I don't let external institutions or one-size-fits-all solutions determine where the joy, growth, and belonging can come from in any community I'm a part of.
3. I care deeply about what humans consume, how much we use, and why we consume the things we do. I constantly ask myself, "How can you ensure that the world isn't a crappier place for the next generation?" I'm happy to sacrifice in the short-term to make the long-term picture better. In other words, I want to make the simple, sustainable choice the default (and easiest) one in my life and everyone else's.
4. I'm constantly thinking about bringing order to my life and that of others. Whether it's a physical environment through minimalism or informational environment through curating and Excel spreadsheets, I'm always seeking to organize. The world is naturally chaotic, but order helps create eustress, build efficiency, and brings me closer to harmony with nature.

## The Role of My Relationships

*Some relationships are more important than others. What role does each relationship play and how significant is it?*

### People

Relationship	Role
Significant Other	Melinda is the most significant person in my life. She's often my memory (mine is <b>terrible</b> , which explains the need for curated spreadsheets), sounding board, lover, and many more things.
Friends	I rely on friends to keep me grounded, bring new personal and global awareness, and provide intellectual fulfillment. I love my good friends – and tell them straight-up that “I love you” – but I’m always looking for new ones. The only thing I can’t get enough of is friends.
Parents	My mom and dad gave me the blueprint for many aspects of my life. I nerd out about personal finance because of my mom and honor the role of health and family because of my dad.
Grandparents	<p>I didn’t have a strong personal connection with my maternal grandparents, but my love of dogs probably comes from them.</p> <p>My paternal grandparents were both special to me, especially my grandpa who lived to 100 and died in July 2013. And my grandma Etta showed me how to care for the sick and overwhelmed. Her simple touch and talk is the reason I want to be “mothered” when I feel sick or discontent.</p> <p>“Big Irv,” my paternal grandpa, is one of the most inspiring people I’ve ever known. I aspire to age with grace, to put family and health first, and to value being a global citizen in large part because of him. He was a captivating storyteller and I want to emulate him even more because of it.</p>
Siblings	My older brother, Aaron, is my only sibling. Being two years younger and one school grade back growing up, I was always following in his footsteps with baseball, school (he’s the reason I went to college at UW-Madison), and just about everything else. I value our relationship for many reasons. Among them is that he’s the person I can get stupid, crazy, or careless with and not have to worry about it. For the first 20+ years of my life, I wanted what he wanted, dressed how he dressed, and let him lead the way for me. We’re great friends and have more shared background than anyone else.
Co-workers	I had various co-workers at my decade-long corporate gig. For the most part, they didn’t have a large role in my life, although many served as unofficial mentors. As the guy who runs the Puttytribe community now, my co-workers are my team members and I consider them friends. Co-creation is much better with fun, smart, folks – especially with my mastermind group of many years.
Children	My first son, Grant, was the catalyst for my personal renaissance. Separate from what he’s done for me – making me more patient, silly, engaging with nature, loving of other people’s kids – I do anything I can to make his days more fun and his life healthier.

Relationship	Role
	<p>He's the sparkplug of every day and makes me want to be – and actually become – a better man.</p> <p>My second son, Clark, is a true gift and a wonderful little fella. He's seven-years-old as I publish this version of TPUG and nobody makes me want to be more mindful or more present than him. I missed out on some great moments in Grant's young life, so I'm grateful to have a chance at redemption with Clark.</p>
Other (Lifeline Group)	I'm in a Lifeline Group (a.k.a. mastermind group) with four other people who keep me sane and supported in my business. They rock and I bust my hump to support them however I can.
Other (Business Partner)	Emilie Wapnick is my business partner and we provide the direction, resources, and team that supports the Puttyverse. We have <i>totally</i> different personalities and skill sets, but complement each other super well.

## Things

Relationship	Role
Money	I want money to have as small a role as possible in my life, so I'm constantly challenging myself to want and need less money.
Light	I'm convinced that everyone's personal health story is fundamentally a story about the literal light in their life. Humans are electro-magnetic beings and light of all kinds drives our biological, mental, emotional, and spiritual health. The sun is my best friend.
Freedom	This is hard to address because freedom takes so many forms. The freedom to change who I will be and express who I am is a big one. Besides the many freedoms allowed by law, I prize the freedom of risk taking, the freedom to travel, and the freedom to break with social norms.
Personal Possessions	I am unsentimental when it comes to personal possessions. I don't care much for design (of clothes, cars, electronics, etc.) and, if it doesn't have a practical use, I probably don't have a need for it. I actively work to reduce the number of possessions in my house (which sometimes drives Melinda crazy).
Where You Live	<p>I've lived in the Minneapolis-St. Paul, Minnesota area all my life except my four years in Madison, Wisconsin for college. My parents are here, my brother and his family are here, and many of my good friends are here.</p> <p>I love this metro area for the climate (I'm happy when it's 10 degrees F), for the friendly people, for the beauty of the lakes and natural environment, and for the rich personal history. It would take something radical and unexpected for me to permanently move to another city.</p>
Work	Work used to be somewhere I went, not something I did. It used to be all about the money. But now work is about the impact and the "thank you"s. I do what I do to fulfill a number of missions and to use my diversity of interests, skills, and passions to help others.

Relationship	Role
Technology	I love change and technological advancement. I'm comfortable with new tech and I'm always learning to adapt new (or old) technology to help myself and the people around me. However, I'm wary of technology's ability to enslave when it should be about empowerment (e.g., video games, Facebook, or smartphones).
Nature	Nature is where I seek silence and to spark my creative thinking. Being outside – especially outside the city or in the sun – is increasingly important as I strive to spend more time slowing down or coming to a stop. Enveloping myself in nature fills me with a sense of gratitude, contentment, and abundance I can't find anywhere else.
Other (Specify)	N/A.

## The “Do”s and “Don’t”s of Communicating with Me

*Explain the strategies or tactics for communicating with you that produce the best outcomes. For example, should I engage you head-on or tactfully? Should I be formal or make heavy use of words like “dude” and “hon?”*

### Good Strategies or Tactics

1. Make sure you have my full attention before talking. I have a poor memory and I'll probably forget what you said unless I'm undividedly yours.
2. Don't rush my decisions. Let me analyze and consider information from various sources first.
3. Take responsibility for your own actions and errors.
4. I don't need formal interaction, dress, or attitudes in any situation. Let's keep it loose, informal, upbeat, and fun. Come as you are (unshaven and disheveled is OK).
5. Challenge me head-on and in the moment. I don't mind conflict, don't get defensive easily, and prefer immediate feedback.
6. Be open and honest, even brutally so. Don't butter me up first. Just lay it on me.
7. Show me what you're feeling and thinking. I don't like guessing.
8. I need to feel helpful and of service to others. Appeal to that if you want me to take action.
9. If you don't like interacting with me or are doing things purely out of obligation, stop. Use your time and energy with someone else, but let me know that I'm not worth your time.
10. I don't care about personal interest stories and generally regard talking about them as a waste of time. That means you can skip sharing that cute thing you saw in the news. Let's connect about topics of substance.
11. Ask me to explain my words or justify my actions and I'll give you the context you need to understand (time allowing).

## My Schedule

Whether it's a weekday or weekend, a national holiday, or some other meaningful time, tell us when you interact with the world. Also describe typical activities or routines you have on a given day or at a given time.

Time Zone	CDT/CST (U.S. Central)
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	Typical Weekdays	Typical Saturdays	Typical Sundays
Best Time(s) to Reach Me	Approximately 10:00 a.m. - 2:00 p.m.	Approximately 12:00 p.m. - 4:00 p.m.	Approximately 12:00 p.m. - 4:00 p.m.
Wake Up	Around 6:15 a.m. or earlier if it means I can catch a sunrise	Around 7:00 a.m.	Around 7:00 a.m.
Morning	Morning ritual(s) of silence and empowerment. It stays quiet until my boys wake up, then I do a morning routine with Grant and Clark until I walk them to school around 7:30 and then extend my walk solo. 8:15 - 11:00 is peak productivity time where distractions are limited and the most important tasks are done.	Morning ritual(s) of silence and empowerment. I try to get some snuggling in and then it's family fun time or whatever else is scheduled for the day.	Morning ritual(s) of silence and empowerment. Activities are usually focused around the boys or food prep for the week (e.g., grocery store run).
Afternoon	Reserved for work creations, Puttyverse team coordination, interacting with various people, and hanging out with my boys after school.	Varies from one week to the next and fluctuates too wildly to concisely summarize.	Varies from one week to the next and fluctuates too wildly to concisely summarize.
Evening	Dinner is between 5:45 p.m. - 6:45 p.m. The boys are in bed by 8:30 p.m. and I'm often not far behind them.	Varies from one week to the next.	Varies from one week to the next. Ideal time to catch up on the phone or video call with family and friends.
Bedtime	Around 9:30 p.m.	Around 9:45 p.m.	Around 9:30 p.m.

### Special Times of the Week/Month/Year

What are your rituals, traditions, and habits that regularly occur at certain times of the week, month, or year?

Weekly	Monthly	Annually
Weekly planning on Sunday nights.	Frederick Miller spring water run to fill up with 20 gallons of the best water in Minnesota.	The last weekend of February is the Deerfield, Wisconsin Public Library Trivia Contest with college-era friends.
Lifeline Group session on Tuesday afternoons for two hours every other week.	Family fun time outing with the boys.	Thanksgiving Day and extended weekend with family. This is my most important and favorite holiday.
Swimming class with the boys.	Extended Meditation or outdoor isolation the third Friday of each month.	Northern Minnesota cabin trip to catch out of town family in late July/early August.
Periodic coffee chats or video calls with friends and family around the world.	Cleaning the house the fourth Friday of each month.	Personal retreat day with my best friends and/or Melinda.
Having friends or neighbors over for dinner	A new member period for the Puttyverse where I'm booked with activity for two days.	

## How to Make Me Feel or Act ...

List the common, uncommon, and unexpected ways to generate an emotion from you or cause an action by you.

Emotion or Action	How to Make Me Feel or Act This Way
Happy	<ol style="list-style-type: none"> <li>1. Take a walk with me in the sunshine or on a frozen lake.</li> <li>2. Show me the gifts you want to offer your community and then give them freely.</li> </ol>
Sad	<ol style="list-style-type: none"> <li>1. Show me someone who has everything they could ever ask and is still ungrateful.</li> </ol>
Excited	<ol style="list-style-type: none"> <li>1. Tell me about this awesome book, blog, video, seminar, etc. that transformed your life and why.</li> <li>2. Offer up an opportunity to help you in some way.</li> </ol>
Motivated	<ol style="list-style-type: none"> <li>1. Start with why I/we should do something. Then tell me how we're going to achieve it.</li> <li>2. Explain how an action will benefit more than just me (i.e., another person or something in the natural world).</li> </ol>
Angry	<ol style="list-style-type: none"> <li>1. Make me try to build or fix something physical.</li> <li>2. Use more than one paper towel to dry your hands.</li> <li>3. Excessive water use, primarily from faucets and sprinklers.</li> </ol>
Loved	<ol style="list-style-type: none"> <li>1. Say the words "I love you" with warmth or a smile.</li> <li>2. Give me a big hug. I mean, a good one that lasts more than a split-second.</li> <li>3. Let me know you're thinking of me on a day that I don't expect you to (e.g., something other than my birthday, Father's Day, or an anniversary).</li> </ol>
Disrespected	<ol style="list-style-type: none"> <li>1. Apply your standards or judgments to how I conduct my life.</li> <li>2. Take a moral or ethical high ground based on your faith (or my lack of it).</li> </ol>
Appreciated	<ol style="list-style-type: none"> <li>1. Simply say a genuine "thank you," even for routine tasks.</li> <li>2. Explain how something I created (a birthday card, podcast episode, etc.) was meaningful to you.</li> </ol>
Annoyed	<ol style="list-style-type: none"> <li>1. Use acronyms that most people don't understand.</li> <li>2. Try to convince me to watch a TV show or explain why I'm "missing out" if I don't watch.</li> </ol>
Respect You	<ol style="list-style-type: none"> <li>1. Do things for free or selflessly.</li> <li>2. Be a member in a movement that's important to me.</li> <li>3. Actively work to make your community or the world a better place.</li> <li>4. Be humble.</li> <li>5. Have a passion for learning.</li> </ol>
Be Responsive	<ol style="list-style-type: none"> <li>1. Give me all the information I need up front.</li> <li>2. Let me know your deadlines and what happens if I don't make one.</li> <li>3. Approach me casually and openly.</li> </ol>
Other (Specify)	N/A.

## Goals and Areas of Growth

*By defining your goals – personal, professional, relationship, or other – and detailing areas of growth, you’ll better know what’s important to you. Remember: readers of this might be happy to help you achieve your goals or assist in your growth areas if they know what they are.*

### Goals

Goal Type (Personal, Professional, Etc.)	Goal Length (Short, Medium or Long Term)	Details
N/A	N/A	N/A

### Areas of Growth

Area	How Do You Want to Grow
Light	Get more full spectrum, early morning sunlight, even on cold days.
Work	Shift most of my work from online to offline.

## Things I Like to Do and Why

*What are the activities you like to do with other people or for other people? Why? What are the hobbies or actions that energize you? Are there things you love doing so much you would do them for free just for the enjoyment of it?*

1. Read blog posts, books, opinion writers, listen to podcast episodes, or watch TED Talks about a variety of topics. This is my main source of new ideas to experiment with.
2. Going to the dog park, especially if there's a frozen lake I can walk on. Getting outside, having a nice walk, and potentially seeing an Irish wolfhound is groovy.
3. Working through tough personal finance issues with friends and family. I'm really good at it and it's something tangible that I can say, "See, look what you did (and I helped you to do)!"
4. Yoga and meditation. The benefits are amazing and the breathing techniques also help me in my day-to-day life.
5. Curate. I love having an external memory that allows me to be a go-to resource for so many people in so many ways.

## When Trouble Occurs

### Problems and Possible Solutions

*List the number of ways that your typical problems may be fixed. They can be as minor as fixing a sweet tooth to as major as reoccurring crises.*

Problem	Possible Solution
My emotional, mental, or physical rhythm is off.	<ol style="list-style-type: none"><li>1. Ask me what's wrong and be prepared to be a good listener.</li><li>2. Get me some dark chocolate.</li><li>3. Get my butt out of the house and take me for a walk.</li></ol>
I have an irrational craving for something sweet	<ol style="list-style-type: none"><li>1. Help me eliminate my sugar binging.</li></ol>

## Special Notes

If there are special notes or something in particular you want to call attention to, do it here.

Category	Notes
Eating	For about seven years, I ate Primal (Paleo + some dairy) 95% of the time. Ever since I discovered quantum biology in February 2018, food has fallen from the top spot of what I want to optimize for health and has been replaced by light. I pretty much eat whatever the heck I want now with zero guilt.
Sleep	I'm an enormous fan of sleep and it's super important to me.
Personal Care	I've been bald since about age 19, and I've shaved my head with a clippers once every couple of weeks ever since.
Most Meaningful Quotes and Why	<p>There are <b>far</b> too many meaningful quotes I've come across, so I'll only list a few that are relevant to this guide.</p> <ol style="list-style-type: none"> <li>1. "You either got more friends and more enemies, when you show the world your true identity." – Aceyalone from the song Junkman. This resonates with me because I try to be transparent and show everyone my true identity. It's exhausting to have different personas for different contexts.</li> <li>2. "Try not to become a man of success, but rather try to become a man of value." - Albert Einstein. This gets to the core of why money should not be important but the focus of life should be on creating value in other people's lives.</li> <li>3. "Life is really simple, but we insist on making it complicated." – Confucius</li> <li>4. "I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." – E.B. White</li> <li>5. "The prizes of our society are reserved for outer, not inner, achievements. Scant are the trophies given for reconciling all the forces that compete to direct our development." – Gail Sheehy. Achievements that can't be seen or touched are more important to me than those that can.</li> <li>6. "The choice isn't between success and failure; it's between choosing risk and striving for greatness, or risking nothing and being certain of mediocrity." – Keith Ferrazzi</li> <li>7. "The recipe and the ingredients we need to maximize our health and well-being are right in front of us, but modern humans seem to disrespect and disregard the profound legacy of our ancestors...With a few minor exceptions, we are indeed identical to our ancestors in how we metabolize food, respond to exercise, cycle through sleep phases each night, absorb sunlight, and deal with various other environmental influences." – Mark Sisson. This is the core of the Primal lifestyle to me.</li> <li>8. "Action makes stuff happen. Action is the fire, not the firewood. Action is the growth of a tree and the budding of a flower, not the soil or the nutrients. Action is the wind, not the high and low-pressure systems that create it. Action is the crashing of a wave, not the water that makes it. Action is the marathoner breaking a sweat, not the marathon being run. Action is the writing of history, not the memory of history itself." – Raam Dev. Raam reminds me that consuming without producing is meaningless.</li> </ol>

Category	Notes
	9. "There is nothing harsh about having to do without things for which you have ceased to have any craving." – Seneca 10. "If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month." – Theodore Roosevelt 11. "If you believe that playing by your own rules is a good philosophy for your life, then it's important to believe the same applies to others" – Tyler Tervooren. I play more and more by my own rules and need to remember to let other people do the same. 12. "Anything can happen in life, especially nothing." – Unknown. Left to our own devices, most people won't do anything special with their lives. I don't want to be one of those people.
Other (Specify)	N/A.

## Create Your Own Section

*This template would look very different if you created it from scratch. This section is intended as a supplement for you to add as much as you like. Examples of section names could be "Random but important information," "How I handle gossip", "High level visual of how I operate" or "Warnings." Get creative.*

Section Name	Content
Random But Important Information About Me	1. I refuse to go fishing because of an incident when I was nine with my cousins, uncle, and a severely bloody lake fish that wouldn't come off the hook no matter how hard I tried. 2. Yes, I know I'm 6'6" (2 meters tall) – but I don't want to be on your volleyball team. It's not fun for me.

## What Now?

Your prize for finishing this guide is a fountain of knowledge and the ability to share it. I hope it feels good to package up the essence of you and explain it in a way that would normally take people years to understand.

Now that you've invested the time to create this special resource, its value will be multiplied by the number of people who use it. And if you have the time, different versions for different groups of people could be useful. Be somewhat careful who receives this, but you may want to distribute it by:

- Emailing to friends, family, co-workers, or that cute guy/girl you've been trying to impress.
- Uploading it to your blog. You can then share it freely or control who gets access to it.
- Publishing the location of it on social media like Facebook, Twitter, Google+, Pinterest, or LinkedIn.

Reflecting on the new things you learned about yourself can also be extremely rewarding. Give it a try!

## Did You Find Value in This?

I hope you enjoyed completing this as much as I enjoyed creating it for you! I always try to give away my best tools and resources and this is just one of many. I would be grateful if you helped spread the mission behind this guide and JoelZaslofsky.com.

### Some Simple Ways to Show Appreciation:

- Email someone a link to the [original article](#) and explain why The Personal User Guide could be valuable to them.
- Post about this on your blog or wherever else you share your thoughts and ideas.
- [Send me an email](#) about your experience with the guide and its value to you. Direct feedback is awesome!