

Achieving Happiness | Naval Ravikant on Save, Planet, Get Rich

with [Samantha Ryan](#)

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Intro

- Naval Ravikant ([@naval](#)) is a venture capitalist, co-founder of [AngelList](#), and co-host of both [The Naval Podcast](#) and the [Spearhead](#) podcast
- Host: Samantha Ryan ([@SamanthaRyNZ](#))
- Hat Tip to [@Slowwco](#) for this [tweetstorm](#) on takeaways

Be Wise, not Spiritual

- *“Wisdom is understanding long-term consequences of your action.”*
- You shouldn't have to work on your relationship
 - *“Find a relationship where you, naturally being you, makes the other person happy. And the other person, naturally being the other person, makes you happy”*
- Relying on authority for advice
 - *“I... reason for myself and make decisions for myself.”*

Internal v/s External Happiness

- People are designed to crave more & feel a brief level of satisfaction after reaching their goal.
- But soon they return to their baseline level of happiness & the process repeats over again.
- Naval's realization: *"What matters... is internal happiness & peace than any external material attachments!"*
- Are you happy right now? If not, ask...
 - What's wrong with you?
 - What is it that you're missing, that you believe you will get that will make you permanently happy?

Do What You Love & Enjoy

The best system is the one you love...

The Best Diet	The one you love following...	<i>"The best health food is the one you actually find tasty"</i>
The Best Exercise	The one you enjoy doing...	<i>"That's the one you're actually going to do and it's not going to feel like work"</i>
The Best Books	The ones you enjoy reading...	<i>"The most important thing is just developing a habit of reading which means enjoying it"</i>

The Ideal Life & Self-love

- “The ideal life would be one where...
 - *you had a hobby that as a by-product made you money,*
 - *you had a hobby that as a by-product kept you healthy,*
 - *you had a hobby that as a by-product made you smarter and more creative”* – Naval Ravikant
- The key: It has to feel like a hobby, not work
- Accept yourself for who you are, including the part that wants to improve
- Don't be so self-critical that you become miserable

The 4 Main Problems In Life

- Money | Relationships | Health | Happiness
- **Money:**
 - Money isn't going to solve all your problems but it will solve all your money problems
 - Money isn't a zero-sum game. You can get rich by creating value
- **Love:**
 - You get to give it but you don't have the right to expect it
 - If you expect love, you've given up your freedom to them
- To have **happiness**, you need to have a peaceful internal mind

How To Start From Nothing

- If Naval was randomly dropped into a country and wanted to build wealth, here's what he'd do:
 - 1) Find where the forward-thinking, intelligent people live and move to that area
 - 2) Find out what industry those people work in
 - 3) Find out what specific skills you can develop that don't feel like work for you
 - 4) Find ethical, honourable, and open-minded people and go work for them for free or close to it for a month in exchange for letting you shadow them
- At the end of the month, hopefully they will be blown away by your skills and hire you

Legacy & Saving the World

- Legacy doesn't matter. It is what strangers think about you after you're dead. *It's complete nonsense.*
- *Instead....*
 - Do your best work
 - Do something you enjoy
- Be honest with yourself, rather than worrying about your legacy
- Be honest, so you can actually succeed without hurting yourself
- Fix your house, Then the world
 - *"If you want to save the world, save your little corner of the world"* – Naval Ravikant

To Suffer, Inspire & Start Over Again

- Suffering can be a good thing
 - *“When you suffer you’re forced to see the truth for what it is, you can no longer put it off”*
- Power to inspire
 - *“Your only power in life is to inspire other people...”*
 - *“And the only way you can inspire them is by living the most genuine and authentic life to yourself as possible”*
- Start over again
 - *“If something isn’t getting you to the top, don’t be afraid to start over and become a beginner once again”*

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