



My Life in Lists of 30

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210 pages

Focus

Leadership & Management
Strategy
Sales & Marketing
Finance
Human Resources
IT, Production, & Logistics
Career & Self-Development
Small Business
Economics & Politics
Industries
Global Business
Concepts & Trends

Take-Aways

1. Write your own lists
2. Be creative and resourceful
3. Make your own random Observations/Comments
4. Reflect often and give yourself an honest review
5. Revisit your biases and preferences
6. Realize your true self-worth
7. Give yourself credit for milestones
8. Try your own 30 Day Challenge
9. Give back to your community by sharing and mentoring
10. Dream big and crazy
11. Have a vision
12. Figure out what you want
13. Take the first step by doing something
14. Create systems that work for you
15. Write your ideal job description
16. Build self-confidence
17. Prepare for a speech (even if you don't need to give one)
18. Life is about making lasting memories and telling epic stories
19. Stay meaningfully connected to people
20. Complete your side projects
21. Keep the promises you make to yourself
22. Keep a journal and write for yourself
23. Stay motivated by figuring out why
24. See the world and its wonders
25. Learn how to cook so you can share the joy of food
26. Have a routine that reduces your stress
27. Appreciate the beauty of life

- 28. You don't need a reason to be kind
- 29. Leave the most important list item for last
- 30. Tell her you love her, everyday

If it wasn't obvious, I love writing lists of 30. They help me sort out my thoughts and stretch my imagination (the last 5 are always a challenge). It's taught me to ask better questions and actively shuffle concepts in my mind more effectively.

This books is a mash of lists of 30s tied together with a resemblance of a story that highlights my random observations/comments. I cover topics around careers, lifehacking, food, travel, productivity, writing, and overall day dreaming. I hope it's as interesting to read as it was to write.

Relevance

What you will Learn

- Writing full lists of 30 can be fun, productive, and frustrating (in a good way)
- Stretch your creativity to complete your full list by asking the right questions and talking to the right people
- You can make a list about almost any topic
- Systems make everything work better

Review (as written by my fiance)

Clemens is a constantly productive life hacker/innovator with a knack at coming up with lists about any topic. He places these lists in easy categories that outline his core passions. It's an inspiration seeing him power through everyday with his contagious positive energy and thirst for more. If you don't know him, this pseudo-autobiography with his lists of 30 will definitely give you a glimpse of the man I love.

Summary

“Nobody wants to live the life they have, but rather the life they envy. What is real and what's just an Instagram filter?”

“If you are authentic with your goals and don't give answers to

Writing Lists of 30

The process of writing lists of 30 is more important than the result. The idea is to dig deeper and be more creative with answers. As you work through these preferences, you start to see the topics differently and ask yourself new questions to get another interpretation and perspective. Start with a simple one - What are your 30 Favorite movies? Then advance into something more interesting - What are 30 things you're grateful for?

Career & Ambitions

There is no cookie cut career path for everyone. It's actually all about your continuous learning, transferable skills, and taking

appease different groups, you'll be happy with your personal choices towards that direction."

"Independence is a funny thing. We search for it all throughout adolescence just to realize we all just want to belong."

"My system works for me because it's catered to my reality. It keeps me productive, happy, and balanced."

*"In my life philosophy of **perfect simplicity**, I believe much more in the connections we make and the emotions we share than the things we have."*

"A TED Talk a day will help the motivation stay. I just made that up."

"Maybe that's why I like food so much... It's not just the excellent mouth feel; it's the way it brings the family back together."

opportunities where you least expect them. To increase one's opportunities, grow your brand and your network of trusted sponsors. Let people see your unique value proposition that distinguishes yourself from your peers. What can you do that only *You* can do?

Relationships

Whether professional or romantic, relationships build communities and teams of trust. This dynamic is essential to all forms of productivity and advancement of society. Nurture these relationships and they will surely bring you happiness. If you have a significant other, remember to put in the hard work and show them how you feel.

#LifeHacker

Create your own systems surrounding:

- your routines,
- process of setting long term goals,
- weighing choices for difficult decision making,
- approaching problems/analysis,
- using your tools,
- learning how to learn, and
- maintaining relationships

These systems will guide you through life and should continue to be re-evaluated. When you evaluate your routines, also keep in mind how you feel by the end of it. Know which routines help you de-stress and unwind. Minimalism can also lead to fewer headaches and higher productivity.

Smarter Every Day

Continuous learning is a mindset more than a habit. It's important to understand that we're more than just our majors in college. The expertise we pursue during our waking and working lives is our pure passion. It does not need a university degree to prove such. If you ever feel deflated, motivate yourself with the little things that help your community.

Writing, Food, and Travel

Write because it's therapeutic. Keep your eyes open and those observations sharp because the world is filled with surprises at every corner. Embracing the joys of food and travel will open your mind to a complex world of wonders and new perspectives. If you want to be a bad idea bear, you should make sure you have the

right koalafications.

Day Dreaming

Have fun with the questions and topics you explore. We used to be so inquisitive when the answers took more effort to find. Think about what you really want to do if you had the time and energy to do it – and then do it. Make sure these actions all fulfill your underlying desires and keep you pointing in the right direction of your personal moral compass. Pursue those day dreams as if they were goals and aim for more.

Writing for Me and You

Writing for an audience, a paycheck, or a career is completely different than just scribbling in a notebook. There's a time and place for both and you need to determine for yourself why you write all together. When you write to reflect and project, you'll find a lot more things to be thankful about and a lot more happy memories buried in the corners of your mind. Reach in and embrace it. Write the lists to clear those cobwebs and remember what you already know.

“Sometimes I day dream about having kids, but then I immediately use my free time wisely and plan more vacations.”

“No matter what title people wind up giving me in business, the simplest are always the best: “friend”, “brother”, “son”, “soul mate”, “future husband”, and one day, “Dad”.”

About the Author

Clemens Wan is an avid blogger (www.seelemonsive.com) that writes about travel advice, culture, early career advice, public speaking, geeky things, assorted hobbies, photography, 30 day challenges, and just life in general. He’s written over 500 entries in the past 7 years and continues getting inspired by clever conversations and random observations/comments. He tweets, yelps, food spots, updates statuses, tumbles, loves papa bear, and is thoroughly linked into the interwebs.