



New Folder / 2023 in review

Left job
Started start up
Brother arrested
Hired like 10 people
Start up has been a grind

Biggest changes
More ray peat health practices
So no more fasting. Eating more. Sleep is better
Walking a lot more
Married
Expecting child

Less social media

- went viral multiple times
- Doubled my following.
- Gained 25k followers from 30 to 55
- Have been thinking about longer term content such as YouTube. But haven't made the jump

Impact of mother's illness.

Education

- importance of it
- Realise when you're not progressing as a symptom of not learning.

Observing reality

- sobering

Newer

Older

4th February 2024

Crypto optimism. A sc essay.

30th November 2023

Sukuri 2023 wrapped

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