

There Ain't No Such Thing As A Free Lunch...

time. effort. money. faith. health. blood. sweat. tears.

everything costs something, and everybody has to pay.

this should not be seen as a threat.

in accepting that everything costs. that everything is earned, or at least paid for, gives us an framework to own our decisions. to accept and embrace the responsibility of doing what is right for us and those we care for.

act deliberately.

wield the knife, carefully and in full consideration of the consequences.

travel light. travel fast.

it was Heinlein who said that "the most expensive thing in the world is a second-best military establishment, good, but not good enough to win"

it is best then, to think of each day as a battle.

do not waste time on half measures.

if you are going to play, than play to win.

if you are going to rest, than fucking rest.

focus. forethought.

do. learn. fail as hard as you fucking can just to get up and do it better next time.

take what you want. and pay for it.



remember: the price for what you want will most likely include the things you least like to do.



the airdyne leaves no-one wanting.