

Life Goals?

Dear friend, a thought on my mind; perhaps the best way to approach life is to consider our life goals, and also for us to become more critical and discerning on how to achieve those life goals.

For example, our creative life goals, and also, what we want to achieve in a single day, in a week, or our lifetimes.

1. Mastering your physiology

I just hit the legendary 975 pound atlas lift, powered by ERIC KIM OMAKASE COFFEE, and a realization for myself:

I have a passion and a lust for ever more.

For example, it seems at least for myself, the direction and path I desire is to always have higher numbers.

For example, when I consider my younger days when I was 16 years old, and I had my 1991 Sentra SE-R, 5 speed coupe, and the joy that I had was always changing the modifications and things on it, do you ever give it more horsepower, torque, improve performance, etc.

However, I was never interested in comparing my car with other people. In fact, I had deep pride in my car, and how unique it was. The Sentra SE-R, the B 13, a unique model built from 1991 to 1993, was practically unheard of, even when I was a teenager. Similar to performance to an old-school BMW M3, and *superior* performance to the Honda Civic SI, which was also very popular when I was a teenager.

It seems that nowadays, at least in cars and car culture, we are obsessed with having more horsepower, more performance points, etc. It seems that the traditional benchmark in holidays is to have the Tesla model S plaid, 1000+

horsepower etc. I think this is what drives us, both metaphorically and literally, for example the dodge hellcat, SRT, dodge challengers etc., everyone wants to have the mythical 1000+ horsepower. But a funnier life goal and path:

Maybe a better life goal is instead, to desire to lift 1000 pounds.

I am fairly certain that I should be able to atlas lift over 1000 pounds, within the next year or two. I find this to be an interesting pursuit, because the only things I require is **courage and time**. The courage to attempt it, and time.

Also, focus. I think focus is a critical part of the equation, as the criticality of focus is that before you attempt a certain lift, when you load up over 10 plates on the bar, you gotta focus. You must focus to channel all of your energy, guts, courage, chutzpah into that one single given moment.

Why? Several things. First and foremost, you must focus and hype yourself up in order to have the courage to even attempt it in the first place.

Second, you want to be successful. The courage necessary for the attempt is critical, but technically **the desired outcome is to be successful. To succeed.**

Truth be told I don't really care for "failure", that is not being successful. If I try a given day give it my all, even if I had supreme focus and I was not successful, it doesn't bother me that much. **I'll just try again in a few days, in a week, and if I have a long enough runway, I know I will eventually be successful.**

2. Time

The reason why I believe time to be a critical component is at least in the context of weightlifting, if you attempt a one rep max, consistently, at least once a week, every week, let's say for 10 years straight, certainly you'll get stronger in the long term.

Are having a more long-term vision towards the future is a good one. Why?

I'll give you an example. This summer me Cindy and Seneca spent about a month and a half in Asia, about two weeks in Hadong South Korea, and about a month in Saigon Vietnam. Because I did not have my typical gym, I noticed that my strength went down a little bit, or at least my technique and familiarity went down a little bit. But ultimately in the long term vision of things, I was not really affected. Actually, within about a week of coming back, or two weeks of coming back, I've been able to hit **greater** personal records than I had *before* I left to Asia. For example my rack pull, before leaving I was able to do eight plates, 25, five, and a 2.5'er. But a few days ago, I was able to supersede that old personal record, by doing a plate and a 35, 845 pounds. Therefore, even though I was gone from the gym for about a month and a half, I was able to achieve a new personal record that was *5 pounds greater* than I was before my trip.

Also my atlas lift. 970 pounds was my new personal record before my trip, and after my trip, I was a little bit concerned if I lost too much strength and chutzpah. But even though I am still jetlagged, and I am sure that my strength waned a bit, I'll be able to hit a new personal record of 975 pounds. That is 5 pounds more than it was before!

Therefore my big suggestion life is this; maybe in terms of vision, it is good to think at the three month, six month, year, 1-3 year, five year, 10 year, 20-30 year spans.

For example, I remember after I graduated UCLA, and I was living in West LA, and there was a tiny Tesla showroom dealership in the area. This is when Tesla was still just the rebranded lotus car. This is one there was only a Tesla roadster. I think Tesla was already IPO'd public at the time.

I think the genius of Musk, Jeff Bezos, etc. is that their vision encapsulates very long periods of time.

For example, SpaceX. Or thinking about colonizing space and mars. Certainly we have to think at the decade, 20 year, 30 year, 40 year time span. To think short periods of time is not useful.

I think the reason why I enjoyed reading Invent and Wander by Jeff Bezos so much, which is just a collection of his shareholder letters is that it is clear that Jeff Bezos had at least a 30 year vision. For example with Amazon prime, it was seen as pure insanity. Now we just take it as an expected thing. Fortunately for myself, I still see Amazon prime as pure magic and phenomenal. The same thing goes with Uber, etc.

3. Photo time

A thought that I've been having recently, I love the gym, but in some ways, going to the gym eats into my photography time. That is, time it takes me to review my photos, time it takes me to process my photos and upload them, or even time necessary for me to blog, write, send out email newsletters, do more website stuff, backend stuff, building websites, blogs, etc.

Time is a critical component. But the question is, how do we gain more time?

Technically you can't gain more time in a given day, or even a single lifespan. Let us assume that the maximum possible human lifespan is 120 years, but more realistically it might be around 80 to 90 years. I personally aspire to live to 120 years old, but whether I will be successful or not is uncertain. Why? I don't know if I will die traumatically in a car accident, if I catch some sort of random cancer or a disease, life is always uncertain. Therefore the consequence is in life, we must always be cautious, in terms of our time and our life.

The first thought I have is it is a good idea to **be insanely discerning with your time in your life**. That is, do not trade your time or your life for anything else what you do not consider important or critical to you. For example nowadays, the only thing I really care to do is my creative work, spend maximum time with Seneca, etc.

Everything else doesn't really matter to me anymore.

I think in life, focusing on innovation is a good one. Why? I believe the greatest boon to being American is our ethos of innovation.

4. Thinking beyond?

As humans, human beings, what is a good way to think about life in approach life?

I think a basic notion is to think beyond. Do you think beyond our small little bubble, or small town or city or county or state, or even our nation. It seems much more interesting to focus on the planet, the globe, etc.

I think one of the best things of traveling internationally is that it widens our perspective and worldview, that is, we can think bigger, more globally and beyond.

5. Mad max world

I think it is clear that climate, the world, weather temperature and other things are becoming weirder and weirder. My friend Seth calls this "global weirding"—the general idea is that certainly notions of "climate change" and "global warming" is too political and misleading. I think more robust concepts include pollution, and weird weather or climate patterns.

For example as I write these words, there is big news that this upcoming Monday or Tuesday there will be a massive hurricane in Southern California. I consider this very weird because currently they speak this, the sun is insanely bright and it's close to 100° degrees Fahrenheit. That's around 40°C.

I think currently we're living in a Mad Max world. What I currently witness is this:

During the day, it is almost too bright, the sun is too strong to go outside in the direct sun. The only solutions include wearing a baseball cap, a wide brimmed hat,

long pants and long sleeves, protect your skin.

For myself the heat doesn't really bother me, but certainly if the UV radiation from the sun is *too* strong, you can't really go outside.

I still prefer this insanely hot and bright and scorching sun weather over cold and damp and bone chilling, but still, the climate and the sun is brutal.

I was talking with some people, why California, why southern California, it seems that other states, the climate is not so good. For example Arizona Utah and Nevada, Las Vegas, Texas, Austin is almost *too* hot. Certainly the east coast has lots of great options, but for some reason people seem reticent to move to the East Coast.

Imagine living in the world in which the pollution and the sun and the climate is too unwelcoming outside. Then what do you do, just live in a mall for the rest of your life? Or live indoors for the rest of your life? Not desirable.

So my general takeaway point is given that climate, outdoors, the world outside everything is shitty, still **make the best out of it!**

6. Life philosophy?

It seems that the things which need to be beefed up is our thinking and our philosophy towards life, being alive, innovation and beyond. This will be the topic that we continue to work on.

[Philosophy by KIM >](#)

Think better

The promise of [ERIC KIM OMAKASE COFFEE](#) – think better.

[Drink better, think better >](#)

New experiences to uplift you and take you beyond

If you're hungry for a new embodied reality experience to take you beyond, some new [workshops](#) which might be interesting to you:

1. [Master Street photography in Philly, this upcoming October 14](#)
2. [Discover the creative meaning of your life in downtown LA, this upcoming November 4th](#)

Some new workshops I'm currently working on include a visual artist workshop, an introduction to stoicism workshop, etc. Stay updated on the [workshops](#) page or the [newsletter](#).

Now what?

[Hugging Face](#) – experiment with AI ART!

[Stable diffusion, introduction](#)

[OPENAI.com](#)

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