

mythreelessons.

Hi friend :-)

So, I'm emailing you on a Friday night. But this week has been... well, historic. For a few reasons. Even if you aren't in the USA, this is a critical moment in our history, and I want to encourage you to **make space for it** — because, in this historic moment, **making space is what the world needs from us.**

This week, we saw someone who — in the face of defeat — openly proved to us that he's ready and willing to drag down American democracy with him:

He falsely claimed victory.

He spread doubt, and misinformation.

He emboldened white supremacists.

He called the voting system (the same one that elected him in 2016) fraudulent, and took legal action against it without any real grounds or basis.

And he delegitimised the democratic voting system by trying to stop vote counting.

Regardless of the outcome, the fact that this election was as close and as tense as it was is enough to say that we still have a lot of work to do. It's not over. This has to stop. And that responsibility lies with *us*. With *you*.

People like you who actively try to be better human beings. Who listen to themselves, to others, and learn from the world around them. Who make space for new ideas, and make space for people who aren't like them.

Because you're here, in a community like this, means that you have the chance to impact someone. You have the power to impact someone. Nurture and keep that curiosity, and that compassion. Nurture and keep making that space. You have no idea how important it

is.

Here are my three lessons this week.

(If you know someone who would enjoy this mailer, please forward it to them! If you were forwarded this mailer, and want to see more of them, click [here](#) and just hit “send”!)

#1

Truth doesn't need belief to be true: We struggle to resolve most differences in opinion because we think we're talking about *truth*, when in fact we're talking about *belief*. For example, soccer fans don't change teams when they lose, because they *believe* they're the best without needing to scientifically prove it. So, when you find yourself talking to someone who believes in something you don't, trying to prove that you're right won't work. In the end, remember that one person might need to accept the difficult possibility that their belief has no evidence. So, lean into those conversations with compassion *and* humility.

#2

Retirement is when you stop sacrificing today for some imaginary tomorrow:

Nothing else to add to that one, really. Makes you think, no? It's a quote from [Naval Ravikant](#) — who also inspired the next lesson, which is...

#3

Generalists are not multi-taskers. Specialists are not experts: I wrote a [post](#) recently about why being a multi-hyphenate is one of my strengths, but in short I think that the more experiences you open yourself up to, the better you'll be able to adapt to challenges (and you'll also probably be a nicer human being too). Ravikant said this, which I quite enjoyed: *“Specialisation is for insects. I don't believe in this model of trying to focus your life down one thing. You've got one life just do everything you want.”*

For now, please be gentle to yourself and those around you. If you need a smile, you can [check out a little comic I made](#) about a moth. His name is Elijah.

And remember: *Make space. Sit in it. Make space. Sit in it....*

Until next time,

J.

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And, if you were forwarded this email, and want to join our community of thinkers, feel free to sign up by clicking [this link](#), and just hitting "send"! :-)



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