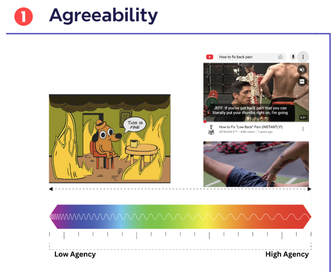
High Agency

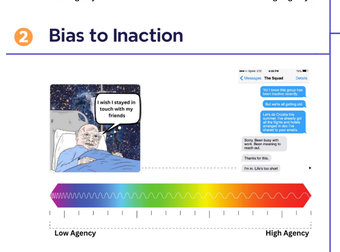
Low Agency Mindset

Low Agency Traps

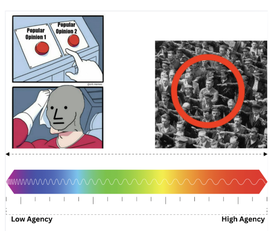
1 Agreeability



2 Bias to Inaction



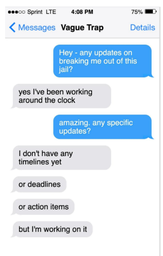
3 Muddy thinking



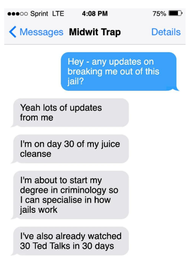
How to get out?

- Write
- Draw
- Talk to experts
- Walk

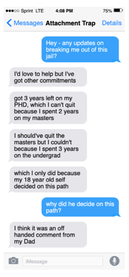
1 Vagueness Trap



2 Midwit Trap (Overcomplicates things)

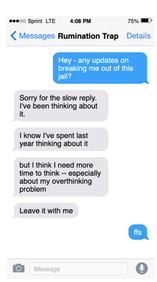


3 Attachment Trap



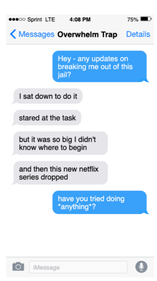
4 Analysis Trap

What minimal action can you take now? How to get out?



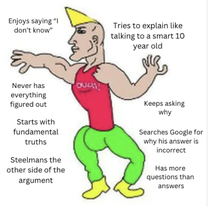
5 Overwhelm Trap

Break things down in small chunks How to get out?



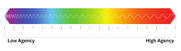
Last Principles Thinker

First Principles Thinker



High Agency

Spotting High Agency Folks

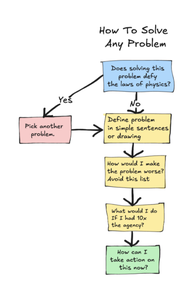


- Identify trends easily
- Unpredictable Opinions
- Treadmill Energy
  - Passionate
  - Filled with purpose
- Open to possibilities:
  - New projects
  - New learnings
  - New challenges
  - Solving the unsolved
  - Reinventing themselves
- Question the "question"?
  - Is it the right "question"?
- Out of box Hobbies
  - Going against the conventional
  - Ex:
    - Mindmapping
    - Touch typing
    - Visual Creativity
    - Presentations
    - Innovative solutions
- Learning machines
- Against social tide
  - "They say" --> *Who is they?*
  - "Science says" --> *What is the science? Can I see the primary sources?*
  - "Misinformation --> *What is your theory of knowledge? Can you show me the first principles?*
  - Question "status quo"

Benefits of High Agency

- 10x problem solving
- Makes you 10x in demand
- ! By default: People are low agency

High Agency Mindset



1. No "unsolvable thing:
   - If it doesn't defy the law of physics, it can be solved!
   - Solve problems that no one is thinking of
2. No "best practices"
   - Find what works in the context
3. No one "knows it all"
   - Figure it out!
   - Ask for help
4. No universal "normals"
   - Don't be afraid to stand out
   - It's okay to be weird (unpredictable)
4. No past or future
   - You only have the "present"
   - There's only "NOW"

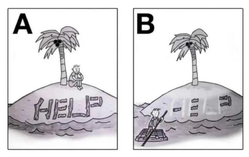
What?

- I know it when I see it
- Once you see it, you can't unsee it

Built on Skills:
1. Clear thinking
2. Bias to action
3. Disagreeability

High Agency Examples

The person who is reached out in case of troubles



B shows high agency "traits"

Putting man on moon before putting wheels on luggage