

# Be Your Own Hero: Simplicity- Stress and Clutter Management

## Synopsis

Starting a business, a movement, or any large endeavor has a way of getting very complex. There's a lot of moving pieces- and as things get more complex, it is not unreasonable for you to find yourself stressed. This week's class goes over techniques for predicting, identifying, and dismantling stress to ensure it doesn't get the better of you.

## Key Points

- Starting a business, a movement, or any large endeavor has a way of getting very complex. There's a lot of moving pieces- and as things get more complex, it is not unreasonable for you to find yourself stressed.
- Stress can show up in a lot of ways, leading you to grind your teeth, encounter more fatigue, and develop a series of health deficits, but it also causes you to make worse choices.
- Taking time to find a sort of 'happy place' of quiet thought can make a big difference- it will allow you to identify where you physically represent the stress, **and understand the factors that contribute to that stress.**
- Stress often comes in our weaknesses- when we're forced to excel at something we are not the best at. But learning to strengthen those weaker skills can cover those gaps.
- If you want to overcome stress, there's a few important steps.
  - Know your Stress Points
  - Identify the Best Solution to that stress point- in the long term.
  - Prevention is the best medicine- if you know what causes you the most stress, plan to avoid or conquer it from the start.
  - Each day make one key move toward your minimum viable product, and be content with that step, rather than beating yourself up for not being perfect.
- **The minimum viable product is your best friend.** It is an attainable objective that will allow you to launch and iterate without spending years in fruitless development, and allows you to avoid stress by not setting your expectations too high.
- To identify your minimum viable product, you must identify the true goal of your project. What is most essential? What is superfluous or extra?
- Six questions will get you there quickly- Who, What, Where, When, Why and How?
- Clarity comes from the simplicity of well-defined goals and objectives.
- This will influence the way you broach your project to other people as well- by removing distractions and focusing on the MVP, you can gauge someone by hooking them with the key points, rather than the miscellaneous elements that might not matter.
- A direct path to your goal enables you to know what you need to work on each and every day.
- For instance, Superhero Academy started with 8 classes, then twelve, then 52, and then it was turned into a full belt system, and future iterations will likely include more as well.

## Weekly Challenge

- Figure out what's on the path to your MVP.
  - List out the distractions
  - List the additions which can come later
- Ask yourself- What's the MVP of your lifestyle?
  - What do you truly want from your life?