

Time To Time Read

☐☐ Legal / Criminal Terms

- Life sentence
 - Appeal
 - Frame up
 - Hold up
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☐☐ Phrases & Expressions (Everyday Situations)

- Heads up
- Things went sideways
- Are you wavering
- Thrown to the wind
- To collide
- I can tell him when he gets back
- Sorry i took a second to place you
- I got to go, I'm running late
- Let me know if there is anything I can do to help
- Let's settle our beef
- That could prove difficult
- Said the angel on my shoulder
- I wouldn't even know from where to start
- That's what I'm getting to
- Questions burning in the back of my mind
- We've gone through this
- The way as it stands right now
- We'll strip it out
- I was turned around
- She's obviously crushing on you, she's only human
- I hope i didn't give you the wrong idea
- I hope our paths crisscross again sometime
- The place is so eclectic and full of life
- Get back to some semblance of normalcy

- How you would have handled that
 - I just expect more from you than most people
 - Hard to tell since we've never used it before, my best estimate would be X give or take
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☐☐ Mindset / Ethics / Values

- It's not value judgment it's ethical one
 - Regulate my diet to maximize my well being
 - I did what i thought was correct
 - With practice comes mastery, with mastery comes knowledge and with knowledge comes strength
 - Hopes and dreams are seeded into the sidewalk, and sometimes they blossom
 - Understanding the power of relationships
 - That actually goes a step further than..
 - Which is why
 - A norm, a standard of how things should be
 - Be a voice, not an echo
 - If death has no cost, life has no worth
 - This is where my knowledge starts to wane
 - Being a good leader means knowing which battles to fight and which to delegate
 - Sometimes you have to concede a battle to win a war
 - Victory stands on the back of sacrifice
 - Immediate gratification has no value
 - Not the commitment that falls in line if everything goes right, but the commitment that says : I am going to stay true to what I said I would do long after the mood that I've said it in has left.
 - You can't start the healing process until you're man enough to own your mistakes
 - Given the information you had at that time, you made a reasonable choice. You were trying to help
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☐☐ Personal Growth & Philosophy

- The fights used to find me
- Propensity, what's the likelihood of someone doing something
- Trying to make something special out of everything my parents could gave me
- You only get scars once you're healed
- Less of a team and more of a living organism that can evolve
- We've all got a monster inside of us, we're responsible for what it does when we let it out
- If I was meant to be controlled, I would've come with a remote.
- Life is simple, just make choices and don't look back

- Everything on earth has been done before. Your success isn't at the expense, or being taken away, by somebody else doing it. You are unique, your advise or how you put it to execution.
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☐☐ Psychology & Emotions

- Temper
 - Throat
 - Distasteful
 - The psychiatric term for crapping on one guy when you're upset about something else is called displacement.
 - High risk activities; when risk is involved, it occupies my entire brain, freeing me from other thoughts, it's meditative.
 - Psychology Concepts
 - The brave doesn't live forever, the cautious doesn't live at all
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☐☐ Wisdom, Quotes & Reflections

- One cannot think well, love well, sleep well, if one has not dinned well hahaha
 - Leon Megginson - it's not the strongest of the species that survives nor the most intelligent. It's the one that is the most adaptable to change.
 - Adaptation is a messy business. For every success story there is an evolutionary dead end that leads to extinction.
 - African Proverb : When there is no enemy within. The enemy outside can do you no harm
 - A question opens the mind - a statement closes it
 - We're born astride the grave - we're dying the minute we're born - it goes fast so don't waste it
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☐☐ Finance & Business

- Assets VS liabilities
 - Earned Income, Portfolio and Passive
 - ESBI
 - employee-self employee-business owner-investor
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☐☐ Miscellaneous & Pop Culture

- I chill harder than you party
 - I'm glad I didn't shoot you, it would've been a kindness. Peaky S5E5
 - You seem real pretty. And I ain't talking about how you look, i'm talking about your vibe.
Your vibe is pretty
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☐☐ Problem Solving & Decision Making

- Problems solving 101 - what's the goal - what are the obstacles - what resources do we have - what resources do we need
 - We need to sharpen the story
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☐☐ External Resources

- https://conversationstartersworld.com/questions-to-get-to-know-someone/#somewhat_personal
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