

# CHRIS'LL DEAL WITH IT

episode notes




## EP 32 - On Principles

Status	Published ✨
Publication Date	@June 18, 2023

 [www.ChrisKreuter.com/CDWI](http://www.ChrisKreuter.com/CDWI)

© 2023 by Kreuter Studios - All rights reserved

 *AI Statement: All elements of this episode are products of the author, Chris Kreuter, and made without any use of AI tools.*

This episode kicks off our summer PRINCIPLES series.

- Clearly defining your principles is a crucial element to living a life aligned with them.
- By more firmly defining these guideposts, we provide ourselves a stronger foundation to face opportunities & challenges of our lives.
- Most of us live our lives with principles, even if we've never codified them.
- These principles typically evolve throughout our lives. They can take the form of maxims, aphorisms, mantras, and internal soundtracks.
- They evolve from a variety of factors:
  - Our parents
  - Religion
  - Philosophy
  - Mentors
  - Friends

- Experiences (both positive & negative)
- Education
- Books
- Favorite characters & shows
- Economic realities
- Necessary responses & mindsets that helped us deal with specific situations, or something that must be dealt with regularly over a long period of time

Over the next 13 episodes, I'll review each of my 13 core principles.

- The goal is to provide a little insight into how they were developed, as a guide to the process of discovering & uncovering your own personal code.
- For each episode, I'll answer a few key questions:
  - Where does the principle come from?
  - Why is it important?
  - How does living it impact myself & others?
  - What does living the principle look like in action?
- Developing my personal code started with a deep audit of what elements of life were the most vital to me. Or in other terms: *How do I want to live my life?*
- I whittled down a long list of brainstorming ideas into a concise list. One that was simple, straightforward, and unambiguous. A list I could keep clearly in my mind & heart.
- I wanted them to be ambitious, connecting with ideals larger than myself.
- This code has become the keel that keeps me afloat through turbulent times, without becoming too restrictive or proscriptive an anchor, preventing me from changing to new directions.
- I feel these principles have some universality.
- There are many who might disagree with some or all. But this code has worked well for me.

## **My Code Of Principles:**

1. Live by the law of expenditure
2. Train the mind, body, and soul
3. Relentlessly seek knowledge
4. Everyone has something to teach
5. Find solitude to think deeply
6. Don't be afraid to ask for help
7. Own your words and actions
8. Make this self your best self
9. Thoughtful opinions held loosely
10. Live minimized and organized
11. Create beneficial things with passion
12. Success is found in the effort
13. Make wrong things right

- I've noted on past episodes about how I go into each year with a yearly theme, rather than resolutions.
- With that clear theme in mind I align goals to it, ensuring that both theme & objectives resonate with my principles.
- A key part of maintaining momentum during the year are those yearly & quarterly reviews. I did a deep dive on this process back on Episode 13 - so I won't rehash all that here:

EP 13 – SEASONAL SUMMARY: Q3 – Summer 2022

 <https://www.chriskreuter.com/ep-13/>

- For each of these quarterly reviews, I consider each principle one at a time. I'll write down reflections on how I've lived & acted each principle. This exercise will help me identify areas where I need to realign with it, ensuring I stay on course to the person I aspire to be.
- In the case of developing a yearly theme, that theme often develops as a result of reviewing my principles over a longer time scale.
- ***What works for me won't necessarily work for you.***
- I'm in no way advocating for this specific set of principles. They're no gospel, no prescription for what ails anyone.
- They are simply what allows me to thrive and live my values.
- One of the main reasons my principles have worked so well for me thus far is that they were crafted from who I've grown to be, and who I aspire to be.
- It's a deeply personal process, as it should be for anyone else.
- That's why I'm dedicating this summer to principles, helping to showcase their power and providing plenty of context on how they can influence our mindset & actions.

### **Episode 32 Quote:**

Let's kick off this principles series with a quote from the philosopher [Jiddu Krishnamurti](#).

*Understanding of the self only arises in relationship, in watching yourself in relationship to people, ideas, and things; to trees, the earth, and the world around you and within you. Relationship is the mirror in which the self is revealed. Without self-knowledge there is no basis for right thought and action.*