



FARM Hands 2019 (Q4)

"The greatest superpower is the ability to grow yourself."

Each FARM Hand described in few words

Habitué: right routines

Historian: right reality

Hacker: right resourcefulness

Heuristician: right rules & routings

Hustle Muscle: right readiness

Harmonist: right relations (& roles?)

(Their version of the 3 Rs (instead of "Reading, Writing and 'Rithmetic".)

If the Hands wore T-shirts with their adaptations of the Nike "Just Do It" slogan:

The Heuristician: "If X, Do it. If Y, Do that. If Z..."

The Hustle Muscle: "Do it Just ... (e.g. 5 minutes, X pushups, write Y words, etc.)

The Hacker's says "Adjust".

Habitué: "Do it. Do it. Do it. Do it..."

The Harmonist: "Just do it together."

Contrasts & Comparisons

The Hacker is a rule breaker vs. The Heuristician is a rule maker, though both are fond of tools & technology.

The Heuristician is a decision maker vs. The Habitué needs to be told what to do—and often trained as well, though both can be counted on for their productivity.

The Hacker and the Hustle Muscle both are creative, optimistic and street smart—and can surprise you. Neither are that dependable nor do they value elegance.

While Harmony can be thought of as extroverted feeling, The Historian's mantra is accuracy or introverted thinking.

Hand in Hand: How the FARM Team works together:

"Many hands make light work"

Though each has his or her own superpower(s), they're much more powerful when they combine forces. Not only do these synergies allow them to avoid or compensate for their respective weaknesses, their union creates composite characters with additional, often more sophisticated superpowers. Below are examples of the hands working in tandem.

Dynamic Duos:

Habitué + Heuristician = "**Autopilot**": better habits, flexible habits, more dynamic, adaptive habits

Habitué + Hustler = "**Hustle Muscle Memory**". The best use (perhaps?) of your willpower: getting going is the most difficult part. Overcoming inertia and building momentum

Habitué + Historian = **Habit Tracker**: record habits—both good and bad—to identify them

Hacker + Habitué = **Habit Hacks**: re-engineer (bad) habits

Hacker + Hustler = **Brute Force Attacker**: ugly and effective

Hacker + Historian = "**Hack & Track**": OK, that's a clever trick, but will it do the job? Let's see...

Historian + Hacker = "**Track & Hack**": I've seen the data, let's try this...

Historian + Heuristician = **Feedback Loop**

Hustler + any one = get it going... The hardest part is usually just starting. After that, momentum can take over. While The Hustle Muscle is a self starter, 1) that Will Power won't last and 2) he needs something to start

Triumvirates:

Hacker + Heuristician (+ Historian) = "**Self Choice Architect**". The Rule Breaker and the Rule Maker together develop simple heuristics into full-blown algorithms. With the Historian, they recognize that we wander around a Choice Architecture¹ designed by others: while it may not seem constraining, we are "nudged"² in one direction or another—and that is usually enough. We tend to take whichever option requires the least effort (i.e. follow the path of least resistance) due to inertia, status quo bias, and the "yeah, whatever" heuristic.

¹ https://en.wikipedia.org/wiki/Choice_architecture

² https://en.wikipedia.org/wiki/Nudge_theory

Heuristician + Historian + Habitué = going upstream from determinism.

Basically, if you have a polluting habit, go upstream to find and remove it—or upstream a bit further to simply avoid it.

So, The Historian 1) tracks/records actions, habits, patterns and paths and identifies the issue. And with the Heuristician, they redesign replacement steps: if __, then __. The Habitué later turns that into a new habit / adapts that as new habit.

Basically, this addresses—and reconciles—the sticky problem in philosophy, psychology and other neurosciences of free will vs. determinism.

Suggested additions to the Pantheon:

These FARM Hands are characters in development. Some represent our shadow self³, which while typically deeper and darker, is nevertheless essential to our survival and thriving. Can introduce and give them a trial run. Demo day, training day:

The Hermeneutician (AKA the Meaning Messenger) styled after Hermes, the reputed messenger and interpreter of the gods, he interprets our actions, emotions, dreams... to help us understand ourselves.

The Hypocrite⁴ shows how our inconsistency is a natural part of who we are, that we are made up of multiple selves, who at varying times rule the rest of our aspects.

The Hypothesizer challenges the status quo and imagines other realities. While proposing explanations for phenomena, he also questions assumptions, promises, simplistic predictions and the experiments to test those assumptions. Such true experiments are controlled and defined, including outcomes: success, learnings... Even without running experiments, simply asking hypotheticals (e.g. “What if I didn't care about _____ What would my behavior be/what decision would I make?”) is illuminating.

The Heretic: a skeptic, who doesn't follow the crowd...

³ [https://en.wikipedia.org/wiki/Shadow_\(psychology\)](https://en.wikipedia.org/wiki/Shadow_(psychology))

⁴ Inspired by Robert Kurzban's [*Why Everyone \(Else\) Is a Hypocrite: Evolution and the Modular Mind*](#)

Though there's still **conflicts between the hands**. For one, they are myopic. They generally see the way they know as the most important way and the solution—and often want to take the lead. Even when they successfully work together, each tends to claim credit for it, e.g.:

Hacker: “what a great hack”

Historian: “it’s all about the tracking!”

Habitue: “it’s routine & repetition”

Heuristician: “it’s making the right choices”

It’s the Harmonist alone, who claims: “see what we can get done when it's us all working together”.

Yet over time, though working with the other hands, they develop better understanding of their own weaknesses and blind spots. Eventually, they seek more opportunities to work with the others.