

[There's a weird thing with google spreadsheets that are iframed in sites--if you ever visited the page where this is hosted it can automatically 'share' and you'll find it in your shared folder.]

Hey there! My name is Joe Benun. (Also known as JB, J-Bizzle, Juice[y], Giuseppe)

Intro:

- **About This:** This documents a fragment of my stream of consciousness, from potential startup ideas to nonsense phrases. I leave a timestamp by most of the thoughts, and if I substantially update I indicate such.
- **History:** I end up emailing/texting my pals too much with this whacky stuff. Told by a tight friend to use twitter--but I didn't want to fit my thoughts into any box. I figured a running google doc was a pretty minimal and flexible medium. On the cloud, easily downloadable and reformattable, with comment-ability is neat. Trying not to have photos on purpose is pretty good exercise, too.
- **Why:** Gotta make sure to EAT in life. Ethics. Accountability. Transparency. This doc primarily focuses on working on the T. (And for those tea fans like myself, use the TEA mnemonic. Use the ETA one and people will ask what flight you are taking.)
- **How to Comment:** If you wanna comment on anything here--love it! Just make an indention under the bullet point and start with a hashtag (#)! No need to leave name or any info.

So like:

- This is Joe's random thought
 - # I am a comment

You can also go to the "Say Hey" part to just leave a regular note to say hi or make a random comment.

Structure of page:

- 1) **Ideas:** Random ideas on potential things to create.
- 2) **Assorted Aphorisms:** Bite sized statements. English candy.
- 3) **Nonsense Phrases:** The beauty of this stuff is that they are entirely made up. Yet seems like they could mean something--perhaps an innuendo due to its ambiguity. It's like metaphor meeting the Jabberwocky poem. Some of it I started to line up in rhymes.
- 4) **Moments:** Random thoughts microblogging point on life that fit in no particular category. Stream of thoughts. More like what a regular twitter is.
- 5) **Say Hey:** A guest book or random comment section if you wanna say anything.

1) Ideas

(From most recent->oldest)

- Magnetized weights with a magnetic-type mat whereby you can strengthen the 'gravity' of the weight. A way to just bring a mat and light weights, and increase resistance Been thinking in context of weights in anti-gravity (as there are health hurdles for space-faring folks in low-gravity without weight bearing). Another was a 'reverse' ironman suit that constricted movement to add resistance to certain movements. Or like some sort of neoprene type suit with magnetic bands or resistance in places. Or a viscous-type liquid to move through in a tub (would be more for advanced rehab). Could just have the

mechanical manipulation without magnets for a lot of stuff as well. Different pros/cons. [Oct '16]

- Been moving the internal cogs more seriously on self-sustaining gym that gives back energy. Was talking about with cousin JDB as well. Thinking about in context of fun simple machines. Could imagine having it as more of a playground as well, like pushing a sandbag up a hill, and at the top having some sort of pulley that the sandbag would pull down and power a generator. Then there is the more hamsterwheel type stuff, or pushing/pulling. Whatever it is. Or can be more like a traditional gym. Hacking the barbell/dumbbell would be interesting. If there was a way to harvest internally could be epic, externally there is the band/pulley stuff. [Oct '16]
 - # Slam Balls on a platform which absorb impact, or battle ropes attached to a wheel :0 -JDB
- Been too long. Backlog of stuff. Just one on my mind--standalone pullup/dip bar that fits neatly in a backpack. Wonder if 'new' materials that are lighter and stronger (maybe bamboo, for example), along with some interesting applications of simple machines for the joints and leverage. On one hand, really like the idea when going places to be able to exercise with just bodyweight, or having fun with using random objects around. But on the other, I'm finding it hard to resist not doing pullups on door/posts--and don't want to mess up anything or break delicate stuff :). And probably some lateral applications as well. Fun to think about this one. [Oct '16].
- Vanguard meets Insurance, as it were. Low fee head, everyone being a jointly owned by investors in the fund, like an insurance company owned by the policy holders. And based on the year, could offer refund/dividend, as it were. Incentive structure gets interesting. Leverage AI and blockchain as well, if not for fun. :) Can have similar model with a bank, could make sense for any industry that tends to have management/partner heavy kind of approach from top-down. [3/10].
- Something that I was wondering for a while, portable temperature regulating / self-boiling tea cup/mug. Not something that just keeps warm. Something that you put a tea bag in, room temp water, you put in desired temp and 3 min later you are all good. Just found this --
<https://www.kickstarter.com/projects/deandavidv/the-temperfect-mug-coffee-and-tea-at-the-perfect-t/description> -- but uses existing energy if hot. Anyway, prob some stuff out there, or in other peeps' mind (like with any idea :)). [3/10]
- Shared/group reading list/conversation app. I way to stay in touch and be in communication with friends, but surrounding particular articles/books/convo/etc.
- Real-time comments/discussion like twitch for learning. Like if the article reading apps had a live feed to discuss whatever as you are reading it. Longer form (books, audiobooks, etc. might be harder). Maybe with podcasts. [3/4]
- Signing up for courses where you have to sign up in groups. Peeps can fake to get around...But will reduce chances of dropping out. Maybe peeps gotta all complete parts of assignment, and it's not made to do alone. So you get a bad grade if you only do part of it or whatever. Group projects/assignments. [3/4]

- Instead of 'read later' for text, 'listen later'. There's a nice easy built in tool to convert browser text to iTunes audio file. Thinking more generally of having it saved to a mobile app, and can be listened to (along with the text highlighted along as well). A different variation be tailored for emails as well. To listen during a commute. And maybe even just send recordings back. [2/22].
- Wrote this one own on a notepad. But essentially, a simple, affordable, and functionable sneaker that is good for most things. Think of it like soylent meets a sneaker, or at least those that eat soylent might be interested in a sneaker that is super simple, durable, breathable (rainproof, perhaps with a cover), you can run with, etc. For those who don't care about how their shoe looks, and prize functionality, simplicity, and affordability. One shoe for everything. Maybe even 3-4 main pieces, that could perhaps be modular (google vs apple though). Another take, same insole+outsole whole piece, and maybe an upper for dress, for rain, and for casual. A potential mechanism would could involve a mechanistic hack on that one outsole-insole piece, where the upper can be hooked into the bottom with hole for a hook of sorts. And a tab cut from the insole could be pulled and folded over at the bottom/back or something like that to tighten the upper connection. [2/22]
- Came across a data breach from employees stealing info that needs to be accessed more often. Was thinking about a randomly rotated two-person system, where to decrypt certain high level info it needs to be cleared by another random person at the company. Like they get a random email, and you gotta click the link to accept. Random to prevent collusion. There's more holes here than solid material, but just an idea. [2/5]
- Play-doh of sorts for adults, something that would be appropriate to keep on a business desk. That looks cool, fashionable, and a way to showcase a person's creative chops. Maybe in some sort of cool class box that opens up, or whatever it is. I imagine this stuff is out there somewhere as an arts/crafts thing. I was wondering as a clean desk-version, almost as a brain-storm object. Cross between play-doh and silly putty, that you can write on, erase, take a pic about. Can be used for more physical hands-on creative brainstorming for things you wouldn't normally associate with hardware. [1/19].
- Been thinking about edtech and VR, for more practical things. So like learning how to be an electrician, immersing yourself in a VR world where you can practice. Or learning how to garden, or whatever it is that is more skill-based. Beyond that, wondering about the fitness space. More I'm not sure, but I'd imagine fitness DVD and other fitness tutorials meets virtual reality platform not geared for the athlete. VR headset designed with the athlete in mind: sweat resistant, maybe slightly cooling even, lighter, wire-free. Wondering how to get over the disorienting aspect that can come with it [1/19] Maybe it needs to be semi-transparent. Sorta how google glass doesn't interfere with what you see, just adds another layer [1/20]
 - Interesting idea. Was playing around with my HoloLens in the Brooklyn College library and came across the phrase "50 mononuclear cells per deciliter" - I ask myself : "what actually IS a deciliter?!" I've used graduated cylinders before (maybe twice?) but I don't intuitively know what it is. I've been using this concept for the last two years, but every time I retrieve the thought, the association I make

is to a bunch of WORDS, not an episodic memory or object. Then I look around at the myriad books in the library. Architecture, art, etc. Imagine if we had a similarly comprehensive library of DIGITAL MODELS to interact with. Game changer. Lets chat ,Joe. - Hayeem

- A community subscription-based airport network +airplane model, for regular peeps like me :). [1/19].
- A smart-backpack. Let's you know what contents are in it (or at least easier to find things), how heavy it is, fibers shrinks/expands to adjusted capacity (without slack), and more. [1/4/16]
- Another idea been floating around, though with zero research. Collapsible food containers. Carry a lot of food to work, takes up a lot of space on way back. [1/4/15]
- Guacamole in Israel. But seriously. With avocados so cheap here (comparable to U.S.), you'd think guac would be all over. Maybe I've just missed it, but one store I saw had it, it wasn't real guac, and had eggs. Although that brings up an interesting way to make guac cheaper in U.S., with some sort of filler (thinking along vegan lines, something healthy with a substitute). [1/4/16]
- Was thinking about this pre traveling: a shower suit of sorts. Think like some sort of wetsuit with a bit more room and made fo some sort of impermeable membrane (the general feel as some sort of polymer/silicon/etc.), with booties at the bottom, and a 2 liter bottle attached to the side of each ankle, through a one way valve connected to the suit. there's then a peddle on bottom of food connected via tube of sort to the bottle. You fill one side with soap/water, and then pump it throughout the body and into the other container. you then dump that 2nd container, and then just pumping with nothing in it should pump air to dry. One cool thing to think is how to get the water up and evenly distribute. I'm thinking along the lines of some sort of tree-transpiration biomimicry deal. :) [1/3/16s]
- A semi permeable screw on cap onto a faucet, cleaning water (high powered laser?), with add-ons to add flavoring. [12/4]
- Glassdoor for startups, perhaps considering the shorter lifespan of some of these companies, perhaps tied to the founder(s) more than the actual biz itself. So getting into a new company you get an idea of what to expect. I guess the idea is to get a better sense for what you are getting into before joining a startup. Joining a year old co aint gonna have much co history on glassdoor, but the founder(s) have a history of which people's experience with them might be helpful. Reminds be of crunchbase, but different.[11/18]
- An internal mobile-viewing preview/editor for gmail emails from browser. (inboxsdk.com) [11/3].
- Some sort of way collective communication community, contacts/access/privacy self-policed. Beyond email. Addressing some fundamental issues with communication these days (spam, hacks, etc.) things weighted with community trust. Maybe block chain involved. [10/29]
- A couple of things that been thinking about on and off. First is trying to bring letter-writing into the 21st century, making it easy and seamless. Thinking along the lines of a co. that

will send you every specified time period a certain amount of envelopes with stationary--of which you can customize online, and select in advance who you want to send it to. We pick it up from you when you want and deal with all the shipping/postage/etc. Second idea is basically like sabbath/holiday-grams gifts of sorts. Send weekly gifts to a list of people. Harry and David for holidays/sabbath, except a lot cheaper. Can be a simple message, or a donation in lieu, a piece of fruit or a bottle of wine, flowers, etc. Lightweight. 9/6.

- So many on-air giveaways and stuff. If there was an app that gave instant push notification for on-air questions, and the # to call. Kind of circumnavigates them wanting prizes for the actual listeners. Sorta reminds me of this program a dude made that would automatically sign up for the random RT giveaways out there on twitter.
- Smart weights. Machine-based easiest prob to measure output metrics (TIT, force generated, etc.), would be cool to do with dumbbell or bar. But now wondering if better is a sensor to wear that can monitor. Like something in the palms could sense the amount of weight when benching via pressure sensor, and via accelerometer and such could figure out all rep count. Wonder if could work somehow with pushups as well, and is sensitive enough could detect reps, in addition to weight, and calculate based on that. All would sync with a nifty app. While I am personally old fashioned with workouts and don't do for performance, there is no doubt a lot of guessing going on in the gyms these days. And now that I think about it more, some sort of glove might be best. And maybe before each workout you say the kind of workout you are doing, and based on that it figure out the rest. But like the sensing on supinated vs pronated grip when moving a dumbbell would matter, for example, on pressure sensing. UPDATE: Ha. Ok. I googled smart gym glove, and voila (<http://oxstren.com/>) :P [8/22]
- Email inbox structured in the form of an online newspaper. Like actually. Modular-like layout. Pictures. Featured section. Breaking news, Instead of share/print/etc, there's reply/forward/etc. [8/21]
- This past week I've been getting more into aesop's fable. Wanna start to read one a day. And then I started realizing that there are a bunch of things I'd love to learn at the start of every morning. I'd personally love an email with the fable of the day, some history, a science fact, some ancient philosophy wisdom, etc. Like a 15 minutes worth of learning something new. They have these daily news emails, those are ok. But I'm less interested in hearing media crazes. Then it occurred to me...Imagine if you could sign up to receive an email every day, and you get to check off the daily things you want to learn, or get in your inbox. There could be pre-set configurations with fun names (like a "cultural buff" would be like foreign language + geography + history + fable). Examples of some modules:
 - Short story / fable of the day
 - Philosophy excerpt of the day
 - History of the day
 - Science fact of the day
 - Amazing personal profile of the day
 - Code of the day

- Foreign languages phrases of the day
- How X works of the day...
- Bio/Health fact of the day...
- Geography of the day...

Then at the end of each week either there would be some sort of review or test to help you just review some of the things you've learned. I could do it for myself manually (and I might just do it simply out of mailchimp as an MVP). Just load up 3 weeks worth of preset material and schedule it. [8/20]

- Tinder to find volunteer buddies / dates. You gotta commit to donating \$1 to a person's cause if you match. [8/18]
- A website dedicated to sharing morning (or other) routines plus some sort of reminder system or gamified/reward system to keep you up to yours. If enough people choose to 'adopt' your routine, then a person can get some subscribe points youtube model like. Ok. it's late now, and rambling. But you get the idea. [7/29]
- Jump rope that works with an app. Ah. I take that back, found it online ha (<https://www.kickstarter.com/projects/1990698791/smart-rope/description>)[7/27]
- Self-heating and steeping tea/coffee thermos. Did a quick google, things seem to be more of maintaining temperature though. [7/20]
- Home water analysis system. To measure output based on particular appliances as well. For home-use Could be done super cheaply perhaps even just with auditory analyzing. Sensors associated with particular appliances that you know approx how much water being used. Like per/flush, or per/dishwasher. Would be annoying for peeps to have to stick sensors on each appliance and then in some way tell the app what each corresponding sensor is on. Could prob have a way for it to 'guess' based on the first use-case. Would also require energy for the sensors to run. But home water usage not as much of an issue in conservation for many as opposed to industrial/commercial areas.
- Crowdsourced producing of audiobooks. Whether part of a community (like the teespring/apparel idea subscription-based) or otherwise. Love a book or just want listen to audio version--pool the money together and have a centralized process to make it happen. There's the crowdsourcing of the financing, but also potential crowdsourcing of the production (people coming together each do a part). In theory you can have both working in tandem where a community finances, upvotes, and pays people within the community to help produce, and the best one's get strung together. Just fun theory for now. [7/16]
- They prob have this basic concept, but a more high tech software-based chair. Or at least one that is cheap and has a charging port. They got 'em in airplanes [7/12]
- This one I've been wondering, not sure why didn't write down: some sort of compression clothing that uses electrical pulses, or some related mechanism to constrict the fabric. For massage. Athletic and medical purpose. [7/12]
- A piece that fits to any cup and turns it into a pourable pitcher, like with a spout. [7/6]
- Two layered mat/rug, the top is the fabric, the bottom is the rubber. Would make so much easier to wash, and change up. Different kind for outside, inside, but with same

base. Like you can sell one rubber base with an outside top and an inside top. Problem is now you are dealing with three pieces, instead of two. so q is if peeps would want that aspect. And cost is of course a factor. Also, a lot of mats hard to find right size and all. Imagine if it was modular of sorts as well. Disrupt the mat space! And perhaps even wall-to-wall carpets. The connection between the two layers has got to be real good. so people don't slip it moves. velcro would be annoying to deal with. Some sort of hooks on the ends that are part of the rubber part, that tie into a hole on the fabric part could be interesting. Also, there could be a lot more applicability here. With whatever kind of second surface people want. I wonder, though, the bottom rubber or whatever a material has got to be real good and versatile. Reminds me a bit of the modular toothbrush idea, and has some similar conceptual adoption problems as well, 3d Printing could make things interesting as well. And interesting shapes. I also feel like people shouldn't have to choose between a hardwood and a carpeted floor. Either you can easily remove the carpeting whenever you want, or there is a base where you can deal with both. Anyway, I'm blabbing here too much. [6/225]

- yelp / amazon review database for nonprofit donors / volunteers. [6/15]
- Over the ear earplugs of sorts. [6/15 update--just saw a kickstar campaign that is doing this, basically. but still room of course for lost cost)
- A platform that allows for outsourcing of some basic volunteer jobs remotely . Sorta related to the decentralized volunteer-in-a-box thing. Can help bridge gap with community service initiatives at school as well. Looks like from a brief google some peeps thinking about as well. (Though on-ground is super-important.) [5/14]
- Always wondered why energy/health bars are so expensive, still not quite sure. Might be part ingredients, part distribution. But I wonder if some walmart-esque innovation. Perhaps on the operational side of things, in addition to starting with not "let's make a bar and try to sell at affordable price" but "let's make an affordable product that is healthy" [5/14].
- A language learning company that focuses on teaching solely through songs. Each section, for example, is through analyzing a particular song. [5/7]
- 3D printing garments. Whether additive or subtractive. [5/6]
- Decentralized volunteer-in-a-box type programs for different scales. Like if there was a way to outsource certain volunteer tasks (would probably be scale dependent). So for example, if a shelter needed people to sew things together, you would send over the material, how-to, and sewing kit, along with return label. Perhaps more easily, for computer based tasks that need to get done, those can be outsourced to volunteers. Certain jobs might only make sense if there are enough people (like bringing in pounds of food in crates to make care packages) wouldn't make monetary sense to just one person. The packaging and appearance is key. Different variations could include a special volunteer-in-a-box for dates (followed train of thought from previous idea), to a birchbox volunteer approach.
- Dates with a social purpose. MVP model would be just finding 5-10 local nonprofits in an area that would be amenable to something like this, and setting up a little program. And so people interested can just go to the site and it acts as a portal. As I write this, just

googled, and looks like similar things are around. Still room for improvement in userflow pipeline :) [5/3]

- A super easy app that allows you to copy and paste a marked up outline (like this document) and turn it into a plain-text formatted outline. [4/30]
- Wanted this for a while--a shoe that easily picks up litter. Perhaps some sort of compartment that big debris and stuff enter and it has a chemical that dissolves or compresses the stuff. [4/28]
- Pulverizing a banana peel and take the outside fiber and reusing it to make stuff (cloth, bags, etc.). Would need lots of bananas, but could be interesting. [4/28]
- Something that allows you to easily have people pick up free stuff that you want to get rid of. Like you would take a picture of the thing(s), mark your location, and voila--people in the area can get push notifications based on the free stuff in a certain distance radius. The key would be knowing when someone else has already claimed it. Or when there is so much traffic in an area, the chances are slim. But just some quick thoughts. "Uber for free stuff :P" [4/28]
- Regarding the bin idea--got me thinking of really cheap and effective solutions to dropping items off or picking them up. Suburban, urban, rural solutions would prob need to be quite different, though perhaps with the same aspect.
- A method of cleaning plates and other objects without using water or harsh chemicals. Whether with air pressure or otherwise. Perhaps special cutlery and pots material could make it easier to find something that worked well together. [4/24]
- cubbies/bins/lockers found all around an urban area where you could drop things off and store securely small items on the go. A method perhaps of distributing and picking up items for people to store across the city. Like I was thinking people can leave food around in areas and they can always rely on having some food they want. They can also have other folks use the code to pick up stuff from areas. And you can continuously move items from bin location to bin location around the city (couriers could continuously make the routes). So you could even use to drop something off in your bin in downtown NYC, and then have it sent to a bin you have uptown within a hour or two for someone to pick up. Real estate and space is a huge premium in NYC and in many urban areas, so difficulty in partnering and finding locations (if imagine they would need to be inside and partnering with existing buildings.) Maybe works better in a suburb. [4/24]
- Crowdsourcing vending machine where people can just pawn the snacks they have. [4/24]
- Some sort of suit that you can step into that'll be a 30 second cleaning shower. I get the whole shower experience. But this would be the soylent equivalent for showering. I'm thinking there may be a way to do without water even. High pressurized air, combined with temp or other stuff. Could even be a pod. Alternatively, instead of trying to promote efficiently, something that allows one to increase the general shower experience. Multiple shower head in all directions aint it. Something other than bath/shower. I wonder what that is. [4/19]
- A reddit-like polling service to send out to friends to get quick advice, with the link expiring after a certain time. Very minimalist approach for persons to submit answers to

question/feedback, including the ability to upvote. Perhaps friends can even join as regulars so they are always notified when a friend's advice poll is opened. Quick advice and feedback from trusted friends. Could be a cool way for friends to stay in the loop as well. [4/15]

- Some sort of clothing (like leggings) that constrict/tighten in a pulsing manner, to promote blood flow / massage.
- Social gaming. Like you play against your friends based on pics/personalities or something like that, from a computer generated system. An MVP model would be like playing darts with a pic. [4/6]
- Following up this gym idea, a gym that as part of the network crowd-sources it's equipment. Perhaps a gym in a co-op like style. Everyone chips in kinda deal. [4/5]
- Crowdfunding over taxes for local projects (idea from checking out govtech). [4/3]
- A streamlined, integrated website template service for local governments. [4/3]
- A document that has a nested structure--hierarchical or vertical. So you can have separate word documents that make up a bigger meta one. Or two documents that share sections that sync across documents. I'd imagine something like this is used to collaborate with code. Would be great if there is sort of hookin to existing google doc stuff. [4/2]
- A gym that has a more exclusive/network feel to it, however that is measured. Integrating a social aspect essentially. The kinda place where partnerships are born between a spotter and the dude lifting on a bench. A place where you got something more in common than just working out. [4/1].
- Automatically analyze time on call with different speakers. So you know how much time each person spoke. [3/31]
- A spice shaker that comes with different compartments you can switch between. Two issues addressing: People like mixing spices in different proportions. [3/31]
- An app for people that get cold-calls a lot and want to filter/manage/setup particular barriers. Integrates with your email that requires people who aren't in your list to verify yourself with a picture. There are some of those spam-protector items. A more heavyweight app for those who are 'higher' access point folks. And on the reaching out and it requires you to sign into the app. Basically, an app special for peeps who want a selective and heavy filter for reach outs that they can manage and adjust. Saving time for admin assistants. [3/30]
- A gym that integrates software. I.e. ipads everywhere to help you with workouts and special featured apps. Better than some grumpy personal trainers. [3/30]
- A subscription based community that signs up, let's say \$10/mo. for tshirts. The more people sign up, the cheaper. (Diff levels perhaps.) People crowdsource the best designs for the month to get. Maybe have some dedicated designers in the community as well. Partner with teespring type of model. Ultimately, it comes from the thought that there are a good amount of people out there that would probably like to be part of getting cheap tshirts. And ties into the teespring no overhead model. Here you can get guaranteed large orders crowdsourced if on subscription basis. And designer incentive is that you have a community that is voting behind it. Cool publicity. [3/29]

- Birchbox for charities -- Good St. style. [3/25/15]
- Having a kind of google doc where people can leave you anonymous feedback on things in life. Could be semi-structured to help. A google doc form can work to an extent. Aka this. Kinda. [3/22/15]
- Parsley/mint gum. Wonder how could increase shelf life naturally. Would prob need to take out some of the water, or get dried version. but can prob do interesting things to get around it. World's healthiest and most effective gum. Can get super creative with natural flavors and oils. And can eat it/dissolves after. Ginger root is an interesting fiber, and can prob figure out some cheap other natural fibers if the parsley isn't sturdy enough. I don't seem to have found someone marketing this. If it can take out that deep garlic breath, then pretty sure it would be effective for most folks. [3/22/15; 3/23]
- Ranking instead of rating in certain cases. Something in between? Combo? Third alternative? [3/20]
- A doc like this that can be easily subscribed to. Sorta like a merge between microblogging and actual blogging in real time. [Sometime between Shu text and 3/20/15]
- There are ways to crowdsource books. Perhaps music? Two diff angles: 1) Centralized with one person who wants instant feedback. 2) Decentralized with no one person making the music. [Sometime between Shu text and 3/20/15]
- Program that shows you if you have dead links in your website. [Sometime between Shu text and 3/20/15]
- Manufacturing that needs customization → 3D printing tech. Even custom toys, every single one unique with unique variation. Puzzle-like. But no two ones alike. [Sometime between Shu text and 3/20/15]

Back when I was microblogging in texts to Shu:

- Reddit and the up vote system is powerful mode to streamline communicate from many people. Wouldn't there be utility for big organizations with thousand of employees to have communication platform that collapses communication hierarchy? A company like fb and google prob have internal systems. But many non-tech big firms, from huge manufacturing companies to financial firms don't. [3/20/15 Shu-Text-Import]
- too much tech in a house is separate. could be more integrated to do cool things. Water should all be integrated and leveraged. A house wall could be layered with water that can be heated to heat the house (they have it with floor pipes). At the same time, serving as insulation with a second outer (vacuum/foam) layer that can absorb the heat back in. Also, the same water can be pumped through to the shower, and other water appliance usage. Plus can be software modulated. [3/13/15 Shu-Text-Import]
- I was thinking uber personal trainer, and a few other uber-like things like uber for hair cutters. The bottom line is that all these service-based industries have the opportunity to get rid of the brick-morter structure and make things more mobile. BUT if that is the case, then things will get a bit crazy with 100+ different service apps. Or--like Amazon--you centralize it in one place. The Amazon for Service industry meets Uber and sharing economy. [2/18/15 Shu-Text-Import]

- so I lost my DSLR in Israel. Don't want to buy a new one, but the truth is, it is super valuable, those few times a year (like tomorrow when I go to FL). Rent by the day/hour kind of thing. [2/18/15 Shu-Text-Import]
- workout playlist that you can listen to actual exercises and how to do. Like the dvd/YouTube videos. Gotta be real good on explaining so you don't need to look, just listen (or maybe a visual aid added if needed) [2/11/15 Shu-Text-Import]
- Self contained heating and purifying/cleaning shower with multiple shower heads and high pressure. I have a rough design in my head. It's all about energy conservation and creativity in integrating the system. (Like, for example, distillation cleans and heats, and gas can be used for power generation. Though I'd imagine still inefficient.) [1/30/15 Shu-Text-Import]
- Another much needed good device--easy to use and effective toilet noise dampner. more than a white noise maker. i'm talking about something that could even work in a bathroom with multiple stalls. easy to have a sensor for toilet seat pressure to initiate whatever the device does (whether counteracting with white noise, blowing air of sorts, I dunno...) [1/20/15 Shu-Text-Import]
- Self contained heating and purifying/cleaning shower with multiple shower heads and high pressure. I have a rough design in my head. It's all about energy conservation and creativity in integrating the system. (Like, for example, distillation cleans and heats, and gas can be used for power generation. Though I'd imagine still inefficient.) [1/30/15 Shu-Text-Import]
- Reinvent the Garbage. An update to the garbage idea: a sleek garbage that looks nice. mini air compactor. Three models: one for a table (too many wrappers get left), one for the room, and one for the kitchen. Gotta look real nice. sleek. No smell. No leak. Perhaps software. Internal vacuum. Simple pressurized system, especially for the mini table one for wrappers, doesn't take much energy to compact knapkins and wrappers with vacuum/pressure diffretial. Perhaps separate compartments for the different kinds of garbage as well. [10/30/14 Shu-Text-Import]
- How many times have you seen someone and said "oh, let's catch a meal sometime" or "oh, we definitely have got to meet up soon!" but it never happened? Life gets in the way of life, we know. MeetPal is a new app that makes sure you don't lose those friendships. Just download MeetPal and it integrates within your existing contacts. Whenever you see someone and want to meet up with them, just hit the MeetPal button in your contact list and we'll automatically send both you and your friend a reminder text every 7 days (or another timeframe you choose) until you meet. So download MeetPal today, so you don't lose your friends. [9/11/14 Shu-Text-Import]
- Modular toothbrush with pumped liquid toothpaste. Graphic made on that one. [3/30/14 Shu-Text-Import]
- Picture a device to compact cheaply and effectively paper towels and such that are thrown out. a ring is connected around the interior and exterior of the garbage. a brief slider on the interior part of the ring would expand a folded out component of the inner ring in the garbage can so that now the garbage can interior has what looks like a plate in the middle. you then use the outer part of the ring to slide the plate down (again, the

plate is extended from the inner ring, could be from cheap foldable material). and when you slide the plate down it compacts it. alternatively, it could be something you step on. As as you slide down the expand ring/plate it brings down the garbage with it. and then you just bring back up and retract plate back to the ring. It could be a \$2 item that prevents all this overflow of garbage of paper towels in garbage cans. alternatively, one could just use one's hand - but I don't think peeps would like that. [3/6/14 Shu-Text-Import]

- Airbnb for college dorms/apts. [1/15/14 Shu-Text-Import]

2) Assorted Aphorisms

(From most recent->oldest)

- There is no light at the end of the tunnel. You are the light, and life is the tunnel. [1/27]
- What is the meaning of a self-referential aphorism? [8/27]
- Opportunities are like raspberries, gotta jump on it, because it'll spoil quickly. [8/27]
- The only way to be certain something will not fall to the ground is to place it on the ground. [7/5]
- People should save money on booze and just pull all nighters. Being overtired and drunk is pretty similar. [5/21]
- The two things you should take seriously in your life: other people, and not taking yourself too seriously.
- The clouds block the blue sky, the blue sky blocks the stars, and the stars blind all sight.
- The jack of all trades, and a master of being a jack of all trades.
- The last step to removing the ego is not having the impetus to even think about the ego.
- When you have any decision, the worst outcome for you personally is probably death. Once you have reconciled death, there's nothing to stress over regarding yourself. Any worry then becomes about others.
- Creating a 'tension' in the narrative is an academic way for playing devil's advocate.
- Why do we applaud a good workout when we are fired up, but are dismayed at a back workout when we are in bad shape? Either we should applaud the effects of one's natural tendencies and hormones in all cases, or not at all.
- There's no problem with computing 1/0. That's the point.
- Heraclitus meets biblical folklore on a river in flux. This, too, shall pass.
- Pass the burning fire inside to the cold
- Fuel the fear
- Belief is self-fulfilling
- Love life and the notion of wasted time disappears
- Heat anything hot enough like glass, and we'd see through you, too.
- Silence isn't the absence of noise, it's the sound between the notes.
- A lion's strength lies in its power. The fox in its cunning. The human in its humanity.
- Persons don't naturally think in boxes. People statistically analyzed do.

- We don't pity the dead. So why pity the dying?
- Silent letters. Necessary? No. But neither is the beauty.
- A wet towel is better than no towel.
- Arrogance is the step beyond a form of insanity.
- You only get an empty bottle after someone first poured the liquid down the drain.
- In talking to empty bottles all you'll hear is your echo.
- Music may only move you. But your ensuing actions can move the world.
- Saying there are just some bad apples shouldn't lead to complacency. Putting the apple basket in a better environment may prevent the rotting of some.
- Rock on. Always. Just because.
- The world doesn't need changing--it's beautiful. Humanity doesn't need changing--it's just a powerfully built vehicle. We each just need to look in the mirror honestly and be our better selves.
- Replace "a" for "our" and you have yourself a communist society. Either that, or the language of a Kindergarten class whose teacher is doing a fine job.
- Sit down and stand up? Or sit up and stand down?
- Hearing a ton of geeses outside making noise at 12:22am while writing down a few aphorisms is odd no matter how you honk the horn.
- If you are going to whisper, do so softly. If you are going to shout, do so loudly. But don't whisper loudly or shout softly. To each according to its nature.
- Some say you hear with an ear, but I say you hear with a heart. And the latter is a far better way for kids to learn the difference between spelling here and hear.
- My mom used to say "leave a place cleaner than you arrived". Maybe that's what the stewards need: a saying that a 6 year old can understand.
- Love isn't always a two way street, but it is when you love life.
- Maybe if we had more positive-sounding words for "ignorant" we'd have more people saying how they "don't know".
- Don't be like the fish that only eats smaller fish. Take on challenges, even if they may seem bigger than you.
- One senses a shift away from atheism, there is a newfound belief in the evil deity that tangles your electronic wires when you aren't looking.
- Knowledge is potentially dirty water, and experience is the filter.
- The question is not whether one will philosophize, but how many drinks it will take.
- To the baker who sought to defy "you can't have your cake and eat it, too." You also can't have your cake and sell it, too.
- What is bought is not always sold. Take, for example, those who buy BS given for free.
- In the age of photoshop, a picture is worth 1,000 airbrushed models.
- If you plan on making haste, you better rush ahead to have a bucket for your waste.
- Is the only difference between an opposition leader and a rebellious teen is that the former has a cause?
- The origin of God lies in floss. Once you get floss stuck between your teeth there's nothing you can do but pray.

- Placebo's give you the feeling of something you don't actually have. Knowledge is the ultimate placebo.
- Don't give in. Don't give out, either. Only give.
- What's the difference between a sour lemon and a cantankerous mood? The lemon still has some sweet sugar inside.
- Existential angst is first world problem; few cite existentialists in the lion's jaw.
- Every other animal seems to get along fine with one coat. If we wear the same clothing two days in a row, everyone assumes the person is either smelly, poor, or Mark Zuckerberg.
- Perhaps we can't understand animals because the whole time they are saying "no soap radio".
- A dancer dances, a teacher teaches, and a politician politics. There's the problem.
- History teaches that you shouldn't take yourself too seriously.
- Raspberries teach us that a persons ought not to be too patient.
- Best case scenario you are mentioned in history, worst case you aren't.
- Life is like a rollercoaster. There are ups, downs, twists, and turns. You just gotta hold on, have fun, and hope you don't puke.

3) Nonsense Phrases

(From most old->new)

- Slamming into fluid's toil
- Tuning up to some polka-pops
- Snapping a filleted caboose [6/17]
- Baking some tricks
- Pumping up glass
- Dropping some D's
- Pimping ribbons
- Popping some wisdom
- Swimming through rocks
- Shining down south
- Trolling after kicks
- Tripping into metal
- Sipping for the stacks
- Sailing over spoons
- Drying into mountains
- Sitting down the color purple
- Breaking the maps package
- Reflecting straight up gravity
- Falling for specks of sun
- Prodding some fancy lamps

- Singing more to shoes
- Sparkling sounds of orange
- Slanting pounds of pig sty brye
- Planting foiled paper
- Lasker up real good
- Pocketing chops and blocks
- Ramming about a forks feathers
- Flicking some pips
- Floating on my fingers
- Sticking to the ringer
- Pulling out my lingers
- Until I get the kringer
- Flying over the mouses house
- Decked on apple noises' clout
- Fast lagging with sagging pens
- The way the red rimmed world bends.
- Fall into a switch
- Be the trap doors's twitch
- Brain slammed [4/15]
- Sliding a lamb [4/15]
- Jock fallen [4/15]
- Lettering my deck [4/15]
- Lying in a wired mug [4/15]
- Drinking alligator wood [4/15]
- Selling the letter c [4/15]
- Spilling buildings [4/19]
- Drilling into the sun [4/19]
- Slipping down atoms [4/27]
- A smashed-in sentence [4/27]
- Peanutting sweaters [5/6]
- Rolling in poetic sand [5/6]
- Jump into paperback treats [5/6]
- Leading up straws [5/13]
- Sizzling blueberry porcelain [5/13]
- Doors lighting up metallic paint [1/7/16]
- Ice in a linguistic feather [1/7]
- Radiantly chair-like with a wisp of shoes [1/7]
- Wrapped around stings [1/7]

4) Moments

(from most recent → oldest)

- Thinking about targeted markets and all. I get it. But also thinking part of it is creating those markets. Most people weren't in the smartphone market until apple made it appealing to be in it. Gotta cater, show them why. Trying to learn a lot more about marketing. I think I thought things should sell themselves, but doesn't seem to quite work (even as shown in How Google Works). Even if they do sell themselves, the product itself should be marketable. Ok. Back to work. :)
- More challenges in some of the work, on top of existing challenges, without having overcome the initial obstacles. Still keeping head up, pushing through. But anyway, started rereading beginning of Seneca's On the Shortness of Life, listening to Dido Thank You, and a nice quick booster shot of good perspective. Ha. and now "If I Die Young" comes out. Well, jeez. :P
- By land, sea, or air--people need our help. [8/28]
- The whole migrant situation is so tragic and sad. News media does not give proportional airtime to the issue (likely more in Europe, though, as they are traveling there by boat). And then you have the Rohingya's in Myanmar in an absolutely horrendous state, fleeing the persecution. So many deaths at the hands of Poseiden (in our hands...) The extremely long election cycle with this campaigning could take a pause, and give some due coverage to some serious issues out there. That's not to say news has gotta be tragic 24/7, but there are plenty of inspiring stories to be told as well. [8/27]
- Stapled 6 pages together, with just a staple and fingers, at the suggestion by another person that it couldn't be done. Using a nearby utensil to press it in would have made it easy, but too easy. [8/27]
- Is it really worth it to get a registered name / trademark if you have that eyesore after your name? Ha. Ok. At least it's a tradeoff. [8/26]
- Never liked the idea that some people are good workers, and some aren't. Though most still seem to operate in that paradigm when thinking of people to work for/with or to manage. And now starting to think that the reason it's not a good/bad scale is because it's about fit. And when you are stuck in a situation where things aren't working, two options, fire yourself, the other person, or either or both have got to change. And so when someone is seemingly just making mistakes all the top, the manager in charge, should also think, what can I do to tailor my management approach to work with this person better. People got all diff kinds of talents and skill sets. Learning how to bring the best out of everyone. No one management approach. Similarly, hiring the 'right' people is important. Right person, right time, in right place. But circumstances will always change, and gotta learn to work with people. And perhaps the degree of effort to which it takes to manage is perhaps inversely proportional to the 'right fit'. In the volunteering space, there isn't that kind of luxury all the time, though. So gotta learn better. [8/26]

- Was chatting about an email, and given the circumstance of sending the same email to 2 separate audiences, mentioned how we could “ambiguously target”. After thinking about that paradoxical phrase of sorts, reminded me of horoscope, zodiac, fortunate teller things. Same underlying concept. [8/26]
- Another headline “New York City woman charged with letting her severely autistic uncle starve to death” -- gets me all emotionally worked up. Picturing a dilapidated home, with a man shaking, trying to ask for food, and no one there. I do believe in people and in the beauty of this world. But we have a long, long way to go to eradicate senseless cruelty. With that, back to work. [8/20]
- Really not a comment on global warming / climate change in the least bit, but a standard CBS News title “July was hottest month on record globally” and then first sentence: “The latest report from the National Oceanic and Atmospheric Administration has determined that globally, July was the hottest month since record keeping began in 1880.” Sounds reasonable. The earth has been around for quite a while (plus or minus a billion or so years), 135 years seems pretty insignificant in contrast. Coming off the ancient Egypt lecture series, especially. We can sometimes perhaps our views to the records we have. But gotta take any insights with due caution, at least being aware of how little we might know about things. And not falling into a 21st century exceptionalism. [8/20].
- Listening to an audiobook on the reconstruction era. So powerful. Doing Good St. work on education. Thinking about all the overlapping issues. And then in context of how lucky I’ve been. Lot of emotions. [8/18].
- Legitimately thought it was a joke about discovering the “Flying Spaghetti Monster” (<http://www.techtimes.com/articles/76972/20150816/flying-spaghetti-monster-caught-camera-deep-sea-alien-leads-bizarre.htm>) the flying spaghetti monster theology (pastafarianism) has got to revisit its core assumptions. This is just too funny. So many layers of irony. Whatever one’s religious stance.
- Just had some maple syrup explode out of a bottle. I can imagine it’s like when your child makes a holy mess. So much work, but just so sweet. [7/29]
- Reading Starbucks’s terms of use for their wifi. There are several terms and policies just couched within it (like Google’s own terms of use, which then has privacy policies). To actually understand fully the ins and outs of the Starbucks terms of agreement is like trying to untangle Russian dolls made of tangled headphones. [7/21]
- Souns and sounds pronounced (at least by me) sounz the same.
- I realized anecdotally, how preservation works is rather counterintuitive. I get pasteurization. But ok, so you have an apple on a tree--doesn’t get spoiled (presumably the skin is fine and not bruised). You pluck it and it has some sort of shelf life--but exactly why? And then just because you smoothie it it has an even shorter shelf life, but you can turn it into apple sauce with a long shelf life. Why do canned peaches stay for a while?
- Excel zombie. It’s when you get bitten with a nice long case of repetitive Excel tasks that is a bit of natural language processes such that even VBA would be tough to deal with. [6/29]
- Funny to just think about a search/ad company championing self-driving cars. I’m just waiting for the Facebook to start deep-sea navigation into the Mariana Trench as part of

its plan to “connect people...and animals however far down”. And Snapchat for developing nukes with “radiation that disappear after 10 seconds”...what happens if you screenshot? [6/26]

- A Jew listening to Islamic hip hop on a pandora Christian rap station. [5/16]
- Edge of Seventeen is just an epic song, never gets old. The fire still burns. [5/12]
- It's kinda funny. For me, already with little sleep and not quite prepared for a thesis defence, for someone who doesn't often go out to party, to do so the night before the thesis defense would not be the most rational choice. For me, it's the exact other way around. The rational and realistic assessment is that 1) learning to present and keep one's cool with little sleep several days in a row is an important thing. 2) life doesn't offer lesser test-runs that are convenient training grounds for such. 3) presentation/defense probably won't be significantly affected. Most importantly: 4) I care far more about people than grades. 5) Even the worst possible realistic thing that can happen isn't bad in the least bit, and would be preferred to live such a life that I want to live. [5/12]
- trying to figure out why I've been waking up naturally super early, often around 645, with about 6.5 hours of sleep. It could just be that there is routine noise outside at 645 or being sensitive to light, but might have something to do with what I'm eating night before...I've been having coconut manna before going to sleep. Also--drinking more soy milk and generally just eating a lot more before bed. [5/8]
- Still thinking about the 4/19 bit (and the previous moment). I think it's about being comfortable enough to be transparent about even the unsavory aspects. When you hide something it's a lot harder to work on it, I assume. [4/26]
- Looking back at 4/19 -- so amazed/embarassed by how critical. I wouldn't agree with myself on the grounds of how antagonistic. Reminding me of Lincoln's unsent letter (something I try to do as mom has always talked about). On one hand, I am trying here to be very open in the moment. But that just doesn't sound like me. The general sentiment is there. But the rant is just so immature and atypical. Not gonna delete it--it serves for a public chastising of myself. While it's true this page serves as a kind of public stream of consciousness and insofar as that is the case, those 4/19 messages are fine--when you write the first thing on your head in an unrefined, uncensored, and in some sort of weird state--gotta get back to reality. Real embarrassed, but good lesson in stream of consciousness writing. [4/26]
- Woke up and noticed four marks from my bike's chain on my hand. The funny things that happen when you barebed by your bike. [4/26]
- Never really understood how this whole Moore's law thing was a law. I might not know the science behind it, but at least as how it is portrayed, seems rather like clever fortune-telling of sorts. At least a theory. But law? (Prompted by some article I just saw.) Update: Ha. Suspicions feel validated by article :). [4/19]
- Another email on choosing a nonprofit path. I get the need to attract people about 'doing good', but I also don't like the whole high-road/low-road distinction that is made between college choices. Too judgemental for my taste. Especially considering that nonprofit stuff have huge issues as well. And as the saying goes, the road to hell is paved with good intentions. Don't really agree with that saying, but you get the point. [4/19]

- Wow. I'm in such a news-critical mood right now. Ha. Maybe it was my crazy workout this morning. (1.5 hours. 1 hour repeats of a circuit doing a sprint, plank, backwards run, jump rope, knuckle push ups on concrete + 30 min of some intense running around campus) [4/19]
- Media's treatment of the gyrocopter dude is deplorable and sad. One clip I just watched sounded so darn patronizing. Give the dude a break. He did what peeps would think is both crazy and impossible for a message that probably speaks to many. Get off your chair and do something you believe in. Otherwise, you'll sound hollow sounding board of 24 hr news cycle talking points [4/19]
- We get these 'alternative' paths at Princeton--like now its startups and nonprofits. But why can't we just encourage people to not follow some traditional path? There's a ton of stuff beyond finance/consulting/tech. Look around. Paint, paper, plastic, trees, metal, lights, wood staining, towels, glue, tea cups, tea, snacks, and the many things interconnected and in between...there are so many different things for people to go into. Yea, some may still want the kind of ivy league A-type environment found at some of the other firms. But there are plenty of good reasons to branch out into things that peeps might be more passionate about. Anyway, I've been saying this to peeps this year, but thought to externalize it on paper. :) [4/19]
- So with this whole divestment thing on campus, peeps trying to get me to rep. Something about the whole campaigning that doesn't sit well. Peeps were really trying to get me to send out emails, I sent out 5. I did because I like the dude and his passion, and the values he stands by. But going behind the approach to campaigning here just doesn't sit well with me in this instance. I'm quite insistent on my own position, and will definitely vote. But those 5 emails I sent still bothering me. Not sure why. I'm comfortable with my own position, and am more than happy to declare it (it's no) Separately, when it comes to sound bites and slogans on the issue, removed from the reality on ground. [4/19]
- Definitely a bit of a rather impulsive domain name buyer. I know the times are changing, but still love it. Just got instainput.com baby. Ok. now time for sleep. [4/15].
- I have a mouth full of peanut butter while drinking soy milk and working on good st graphics while wearing a headset that makes me look like a space cadet. [4/13]
- Listening to an audiobook on Homo Sapiens. Only about an hour in, but got me thinking. So there is this big emphasis on evolutionary change through genes (a la Darwinian tradition). I'm wondering, however, how much is due instead to neuroplastic changes via socialization. Imagine, for example, we universalized the feral child case. A new generation of humans were all suddenly dispersed amongst the forests, and isolated. What would happen in successive generations? Would the basic faculties (like the 'tree of knowledge' ability/gene cited in the book) disappear. There is this tug between biological capacity for something, and the input needed for actually developing it (or is it a spectrum?). Epigenetics. Bringing back Lemarckian thought. Except this time, dealing with socialized culture, as it were. (Reminds me of that class I took on cultural evolution and the origins of language.)

- Seeing someone close to you in the ICU--the environment, the sedatives the patient is put on, puts you in a different frame of mind as the visitor. The fragility of an organic life, yet the mechanistic and sterile approach to fixing it. Imagine the flipside, having a higher energy fun lively environment for the patient, perhaps some great music and entertainment (barring ability to recover). Will also help the pain. I can't imagine all that sleep is the same type of quality. Over 24 hours of straight sleep for this. Even from a health perspective, now how there is a swing towards active-recovery, for example... [4/3]
- Thought Experiment: Imagine if a bunch of 'smart creatives' went and took over in one local gov. Or more broadly, imagine if the folks at Google/FB/Apple, top lawyers, top finance people, all flooded the local gov scene. What would change, if anything, and how? What would happen if you had that happen in one local gov place versus in many local gov's in same area? [3/31]
- Waking up 645, starting off with duolingo and python. Best part? I'd say "PTL," but that hasn't changed the routine. Gotta own it. [3/30/15]
- In turning on the music to input my last edit of my senior thesis, the song name from which the title of my thesis is modeled after comes on Pandora (from the movie Beauty and the Beast, with the same song titled by Celine Dion). Skipped (wasn't in mood :P) and got Josh Groban's Raise Me Up. Got the emotions overly dramatized here. [3/29/15]
- Ok. So here is a question. Less in terms of morality/ethics, but more in terms of conventions/norms: They say perception is reality. But then do you react to that outwardly perceived reality? I definitely do not. And so I end up doing what I believe is best, even if the perception might look at it a bit strangely. But then there is always this barrier in language. Maybe that's why I find the need to express myself. Ha. Who knows. Like between my approach to academics, exercise, barebed, etc. Without prior knowledge, would seem mad odd. And I would even look at myself as odd. But really understanding where things things are coming from is a whole new story. Specifically is an issue with initial contact with someone. [3/26]
- Doing something that you believe to be right when most would not do can be hard. Doing something that you believe to be right when most people won't appreciate is a great deal harder. But on the flip side, I feel like part of it is you aren't really sure what is in fact right. [3/26]
- Move over PC, College Correctness is taking over. [3/26]
- Code makes you write carefully. I can only imagine how tedious for a lot of code. Trying to figure out why code wasn't working, and it was a simple typo. But relief washes over once you find it. [3/26]
- Liberal arts appearing to go more to literally the arts side. [3/25]
- I go to my computer, want to play "Heart Stops" by Dunne. Pandora was opened, but I said, hey--let me go to the station, and if it actually plays I know it's a sign. It actually plays to my disbelief. Either coincidence, Pandora's tech team has gotten real good at brain imaging, or there's a Pandora god. [3/25]
- To a friend who's business is growing "when you are starting to get hate mail, you know you made it" [3/24].

- Changing seasons. My sickness stuff follows predictable path...
- Woke Up 640, some duolingo and code. Made a pig latin translator in codecademy. Last year I remember I was super busy with stuff and specifically during that time I basically said to myself "enough is enough--I'm gonna workout regularly as I want to, and will figure out how to manage the time". Some personal psychoanalysis as to why I started during this time. To get back into personal dev goals a week before thesis due, almost to show who controls who in life. The fact that even in the busiest moment, I still have control over how I want to live. Empowering. Anyway, now heading to workout. [3/24/15].
- Woke up at 430 and thought maybe it was 630 and was so excited to start learning language and code. Then I looked at the time. Woke up again at 530 and was a bit annoyed couldn't get much sleep. Then woke up at 6, and then at about 615 just got up. I think I'm looking forward to this morning personal development stuff a bit much. Love it though. On a side note, learning Boolean part of python. Just like intro to logic. I remember a kid in the class mentioning that in precept years ago. Now I know what he means! [3/23/15].
- Waking up at 640am Sunday morning naturally (headed to sleep a bit after 12). Started the day with duolingo French/Spanish, now onto codecademy while listening to No Mercy's Where Do You Go. Gonna workout after. What thesis due in a week? This is life. [3/22/15]
- Spending too much time trying to correct the spelling for "appendages" in this senior thesis. I get it wrong almost every single time, and it's one of my most frequent word in this thesis. I gotta spend 60 seconds just trying to learn it and typing it correctly. Tempted to change the word to "limb".
- Writing thesis while looping on youtube Jon Secada live performances, peppered with some Adam Adamec, Rush of Fools, and David Dunne. And then writing down stuff on this doc that comes to mind. With some slack communication in between. Then focus mode arrives.
- Awesome workout doing spider push ups, hand walks, and more while cleaning bathroom floor with cleaning supplies you don't want touching your skin. Should've been using something that didn't need such caution, but at least I got good exercise in.
- Duct tape stuck in teeth while revamping the cardboard shelf.

5) Say Hey

You can comment on this document to leave a suggestion and say hello!

Hey Joe, keep being a Rock Star! - E. Jay Packin

Hey Joseph, my dog and I say rock on! - J. Simon, Princeton Class of 2015, AB

Hey Giuss, you're great! -- Thatcher from some VC

JB!!!! WHAT UP - E REINER

Thanks for being you and putting yourself out there, Joe :) - S. He

Hey Joe, keep rocking on -- Jack

Thanks for being great! Keep reaching out to make the world a brighter place. - Ruby from JStreet

JB I have never seen anything like this, you are literally a ball of fun and brilliant thoughts and ideas!! I wish i had the mental capacity to do something like this. You're awesome, seriously. I want that smart backpack. -- Noa Herman, May 2017.

Ach sheli, this is amazing, wow - DML, From Michve

Joe, you write like you talk. It's energizing. I love it. Keep doing you because it's awesome! ---Andrew from Princeton 2017.