

overarching thoughts:

Holding a lot of vibes in my brain/in my body regarding the mass of around 40k words I've read.

Some are "introspective" / setting goals / thinking out loud, with the purpose of clarifying stuff for yourself, or urging yourself to do something. Some are "preachy" in a good way (want to the "essays" tag, an "essays threadpost" of the sort), basically urging the audience to do something. And navigating through both of these I can kinda see that they're actually the same thing. The spacing, the tone, the words used, the text you bold, the things you link to, they change, but there's a thread joining them together that is really nice, that is both and neither at the same time, talking to yourself and to others, to everyone and no-one. I guess it's kind of a cliché thing, but swimming in all these pages, those are the words that come to me to describe what pulls all of this together.

It's not necessarily something predictable by the title, most titles have a "preachy"/youtube thumbnail/title vibe, but then the vomit is quite introspective. Also interesting but I found that there is some dynamic of "finding the banger title at the end of the vomit" as well as the opposite "starting basically bang on with the title, then derailing".

The "review" tag has led me through conversations between Visa from a certain time with another Visa in the past, and honestly they are amazing to read, and it does feel that the closer we get to the present, the healthier the relationship seems to be, and the deeper the respect you have for all of them is, and the more "honouring the inner child" seems like value.

The "purpose" tag seems to thread a lot of things and to be an ever evolving thing in the way it gets articulated, but with a strong core. Like an olympic flame, that is being carried by different torches. The "most recent iteration" always feels like the most relevant take, but seeing how it went from "less articulated", more of a "vibe" of recognizing that there *is* something behind "visaisahero" but that that also wasn't exactly it, evolving from . Seeing the impact of daily events on how you articulated that purpose

The "bangers" seem well chosen, especially the further away from 2019 they were, because that's when the "start here" post was made. From that I feel like there could be some newer bangers that could get in there written in these past 3 years. I still have 4 more left to go through though to "round em all up" but those are my impressions on that start page.

// final count of WVs $2 + 4 + 2 + 21 + 5 + 3 = 37$ wv (in 33 posts - *those* that have "+" in the title). that plus a couple of archives, a couple of referralcandy posts, some linked reading, some threads.

keeping track of the ones ive read / "activity log" / live commenting

day 1: 0002, 0003, 0818, 0007, 0675

day 2: **0657 + 0658 – identify your principles by examining your behavior patterns**

Thinking a lot about "revealed preferences" and how it mingles with shame and fear, so I think there's more to it than "*if people have patterns of behaviour, then those patterns of behaviour reveal their principles.*", but i do think it makes sense as a great starting point to analyse that stuff and to address some complaints people make that sound kinda empty. I think the "modern visa take" on this is something like "become aware of load bearing coping mechanisms", with "load bearing" being the expression doing a lot of heavy lifting, and i think that paints a more complete picture. Still not something to be discarded by any means and an insightful post.

0745 – encourage weirdos, discourage assholes "start here"

I caveat this in my head with "everyone's multidimensional so there's room for surprises in 'weirdness'" but i still can get behind a global "weirdness" concept because it feels really something people's functions collapse to a binary of [weird, not weird]. I think by 2018 the FAN framework with Nerdiness as a pillar already existed, and I think i like that framework more, in the N is where "weirdness" seems to reside (top % "nerdiness" is "weird" for sure, top % "friendliness" doesn't hit as "weird", top% "ambition" seems like it's weird only if it gets tied to nerdiness? elon musk vs gymchad/alex hormozi type vibe)

good post overall tho and i always like "normal distribution"/"outlier" type talk

0536 – Lemmy (This is not a practice life) "start here"

Jem's post on Lemmy + Design was a good one. I'm 25 going on 26 as well so the setup hits. The "bossy" energy in this case feels really justified and i liked that a lot. Not that it's unjustified to have it in other times but it hits different when it's things you think about reflecting on death

0623 – "asshole grandpa" "start here"

Really sweet post. Has me mentally swinging between "breaking the cycle" and "understanding that the cycle is there, and doing 'damage control' is the only way".

Cultural Indian/Singapore references like "apu neh neh" are intriguing, looked it up and apparently it's racist, and ppl were saying different opinions as to its etymology

0152 Letter To A Young Songwriter "start here"

for such an oldie, i like it a lot. i guess that's why it's in the bangers section. i connect to the music parts, and scales is a "pending" subject on mine, both in guitar and piano. in my days of playing guitar, i did technical fingering exercises etc, and i'm now thinking that the problem for me was never associating technique with sound. I tried to get the notes to "sound right" aka to press well the frets etc, but i didn't think whether what i was playing (doing the 1234 exercise up and down the fretboard) sounded good or bad. I think scales would've/(will?) help with that, especially comparing scales between each other.

0150 + 0151 - restatement of purpose - the one before 152

you start by saying you don't have a purpose, and it's intriguing because these days your purpose seems so well articulated and your actions seem overall aligned to said articulation that i'm curious

The "LifeGame" concept is fun

>*The problem is that you seldom knowingly know that you have 5 minutes to live. I can reasonably assume that I have at least 10-20 years left, and at best I might have a 100 years left. Cigarettes greatly diminish the quality of that life. So they're a detrimental choice in*

LifeGame. When you start thinking in terms of such broader contexts, things like eating and living healthily, exercising, etc make more sense.

made me think that this kind of thinking while probably true etc, doesn't really hit me. it's like "makes sense... 🤔". i think the parts where you talk about joy, and fun, etc you bring me back. so for example living healthily and exercising have joy in them, the "key" isn't to rationally realize you're better off in the future by exercising and eating well, it's in "unlocking" the joy you cannot extract from exercise at the moment and figure out why that is, and unlocking the joy behind healthy living. maybe i'm getting causality wrong though, but i don't think so. i believe in discipline / etc obviously , but to me it only works as a "joy" extractor

it was a good post, but it bangs less, than for example 152. there seems to be a lot of "if you don't want to listen to the smarts, leave" that i don't think newer posts have. but even with those, this one has a flame that seems to have been olympically carried into the present, but each new torch that holds it is a bit different. in that moment the flame was on a tiki torch, seemed more rudimentary, messier, less clear flame, twitchier. stuff like "*We ARE going to innovate to zero. We ARE going to lift billions of people out of poverty. And I'm going to try and figure out how I can participate in that, get involved. And it'll be really fun, exciting and meaningful. And we can go out with a smile on our faces, that our LifeGames were well-played.*" has the right vibe but seems like and today's torch seems much more like a gas stove.

0050 – pursue flow *previous one sent me into looking up "purpose"*

>Still, I started reading it and before I even got to the first chapter I found myself overwhelmed with thoughts that I had to pour out- so I made the executive decision to pause reading and commence writing, and here I am. This might not be particularly meaningful or insightful in of itself since I'm just describing what's going on, but I think it's a habit that I want to cultivate. When the muse comes, you have to act on it. I believe Rework from 37 Signals describes how inspiration is perishable- if you don't act on it when you feel it, it's unlikely to set you on fire the way it typically does.

i do that



>I want it to be something I do until I die. I want to write until I die. I want to read until I die. I do think I'd also like to keep improving as a musician until I die, even if I never becoming an established artist.

i dont know what i want to do until i die

0241 - Revisiting “on purpose”, from 2009, “purpose” search

<https://www.visakanv.com/archives/2009/12/23/on-purpose/>

this one hit less towards the middle, the immortality bits lose me a lil, but towards the end it gets more my taste

i liked the revision, bit tedious to read bc you say “this is true” a lot, but it grows on me as a resource. i like the more zen vibes 2015 visa had and how the conversation between 2015 visa and 2009 visa went

<https://visakanv.com/1000/review-your-stuff/> threadpost

feels like a good thread to pull from to find

0383 – review your principles regularly *review threadpost*

i liked the principles talk, how the book inspired you. feels strange to be second hand reading a book but i like it. i also liked how you completed/added your principles in the threadpost.

0382 – wake up earlier for a different life 383

hm you say “you’re at work” so you were still at referralcandy in 2015. how was your sleep schedule so strange. or am i reading it wrong. went to linkedin to check , yep still referralcandy. then got distracted by

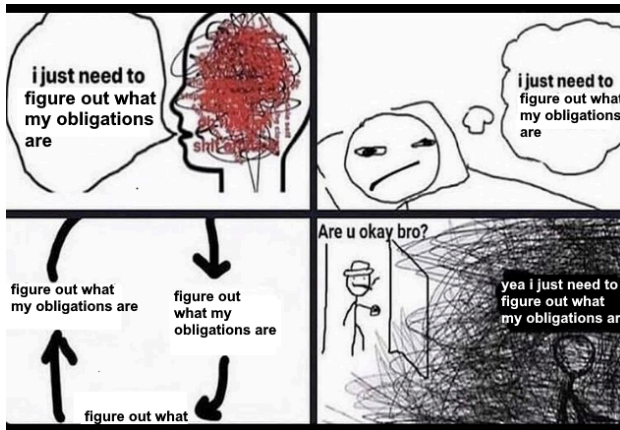
<https://www.visakanv.com/sg/meeting-pm-lee/>

interesting window into singaporean politics. bit of googling and dude literally is the son of lky, heavy authoritarian vibes. from the outside it sounds like “opposition” is kinda an euphemism. on the other hand it does seem like even in authoritarian places there is complaints, there is social outrage, etc etc. the lines “PM knows what’s going on, he’s observant” “It’s far more likely that our politicians know what it’s like to be normal folk than normal folk know what it’s like to be in charge” were very interesting reflections. not sure if it’s true or if current visa thinks the same, and i can think of a counterpoint to that with the sentiment i feel here in spain (by libertarian types, or to criticize the enemy) which is “political parties are institutions where mediocrity and endurance of mediocrity are the ones that take you to the top, being in charge is only a measure of the most “tolerant for bullshit”, the ones who made it to the top of these institutions with strange internal dynamics, power for the sake of power.

back to 382

>So yeah. I can simplify my life. I can throw out the artifice. All I need to do is figure out what my obligations are, and what I need to do to fulfill them. And then do them, of course– that’s the most important part. But it’s a far simpler mode of operating, I need to acknowledge that. It’ll let me get more done with less annoyance and stress. It’s cleaner.

the phrase “i just need to figure out what my obligations are” just made me think of the “i just need to” meme lol



0779 – revisit your purpose (why are we doing this?) - searched for “purpose” bc the “Purpose” tag had too little results

- The first goal was simply to practice writing as many words as I could
- The second goal was to learn about myself.
- A third goal is to put together content that is useful to other people

there’s complaints about threading.

meta but i would like to provide at least something similar to that if possible. won’t reach and stretch for that but if exploring i find something that helps thread these categories together it’d be cool

0153 boyhood by linklater category “review”

meta: i think it’s interesting that the category “review” only has this one as a “media review”, and the War Of Art one, the rest are stuff like monthly reviews, etc

i love linklater’s stuff, the before trilogy is a saga i think a lot about. the footnotes on the review are great, i love “realizations” and stuff like that more than “object level” discussion, like a review. But it was a sweet one nonetheless, every paragraph starts with “i liked/i enjoyed/i loved” and that’s the kind of review that i want to read

0587 – begin the day with a review, not social media continuing with the threadpost of “review”

i found it cool that the last sentence is the title. this feels like “modern visa writing” but jaded by being forced into the routine / commute / structure

0586 – Onwards to SG100 i liked the title, next to 587

i like seeing singapoasting, and looking it up i realized singapore is pretty young. SG100 if it’s the 100th anniversary of singapore is going to be like 2065. makes sense that visa out of everyone would think about that, long game for sure. geopolitics so close to china must be interesting

0588 – the domestication of humans i liked the title, next to 587

building on the themes where 587 ended. it’s a bit doomery in the exposition but i like the conclusion of “wanting to do something, altho cluelessness, and sense of belief in words being something that solves this” which i think i agree with

0689 – do reviews to measure your progress against the ceaseless sands of time
continuing with the threadpost of “review”

love the title, that's why i clicked. i found it funny how 2017 visa was already referencing looking up “visakanv X” on google to find his own stuff. i notice that i like how many of these vomits get towards the end. like, you sense you're going to finish and get on your “sum up”/“conclusions” mode and finish with some kinda “takeaway”

0690 – john 2 title, 689

i've heard ab this novel idea, hadn't read as much detail into it, i liked the little details and preoccupations of the character

0691 – contemplate your personality traits title, 690

i liked the self-awareness of saying “yea this sounds like sth i could do” and the humility of being like “im a sort of early follower”. i relate to a lot of what's said in here, i don't think myself as an early follower either tho because i can't be arsed to actually read papers often, i just skim them and try to get the fuck outta there as quickly as possible. don't think i've encountered an “enjoyable paper”. There seems to be [banter and beef in papers](#) but idk i dont fuck with the format.

0589 – keep on writing, i liked the title, next to 588

another mention of pokemon go LMAO. 2016 vibes for sure, didn't mention it in the couple earlier ones but september 2016 was about that.

0590 – continuing to grapple with adulthood, i liked the title, september 2016

Like i said in the Lemmy 0536 one, i'm turning 26 this year, in july , but since it's the new year, this is “the year i'm turning 26” so shit already hits like if i already were, and this one does hit because of that. Haven't eloped myself though, so i see myself more in the “tragic” Singaporeans who are stuck living with their parents.

Insightful comment by your facebook friend at the time, of “he measured his years is by the contributions he's made beyond himself”. something that i should work on for sure. i feel like i've been stuck in this “ “working on myself” is good” but maybe i think too much of “putting my own oxygen mask before others” when maybe part of “working on oneself” effectively is to work beyond yourself.

0595 – tentative thoughts about gender, i liked the title, september 2016

liked the title, it's stuff i've been thinking about lately as well, especially as it ties to parenthood, and also a lot about “the middle” and what transness etc implies. interesting reflection. hadn't realised you'd gone to an all boys hs. im never sure about biology but it is what i think of. my latest thought on this has been that the bimodality of the distribution is something that is going to be essentially an insurmountable task for the people who consider gender a spectrum. i think there's leeway and i support trans people's rights, and to an extent empathize with non-binary identities, but IMO the extreme bimodality of the distribution just collapses each individual into pile A or pile B. You can move piles, you can try to approach pile A while remaining in pile B, you can be a feminine man, a butch woman, try to attain androgyny, but you are going to get collapsed into either, depending on what's convenient for whoever controls the narrative in each moment. And i think almost by definition, minorities don't tend to have that luxury, except maybe in Syria.

0712 – review everything with love, and be decisive about what you’re trying to do, i liked the title, review threadpost

thought it was going to be more of a “essay” vibe but it’s more of a “getting myself together” vibe. i noticed the mentions of wanting to have conversations (with your wife about places you’d travelled to, and in general) and that part hit rn.

0757 – each day a project, each day a game , got curious about 2019. to me it’s “the year before covid” altho i actually got confused and wanted to go to 2020.

a yearly review, jan 1st. 2019. “periodic review” is something you mention constantly, i like the title too, a game. gamifying the day makes sense as a framework. And you mention threading of days/games which seems cool.

0758 – tap the bricks to find the secret passageway, same 2019 thing

observation: better threaded with tweets

the esther perel stuff tying it to the relationship to oneself was lit af

0762 – going to San Francisco same 2019 thing + curious ab singapore

warm feelings from this, and from knowing how well regarded this trip was after. you can feel the excitement reading it, and it seems like it was worth the hype. also sheesh the pacific is YUGE.

0759 – make friends (pt 1) same 2019 thing

HDB flat link is dead, was curious about that.

0760 – life can be easy, but getting there takes a lot of work, same 2019 thing

>I’m reminded now that I also had a major cathartic moment when I realized that I had an under-examined fear of responsibility that was rooted in my childhood experiences of being blamed and faulted for bad things happening. I only really came around to this last year, and that was after years of circling around and around these ideas.

hits different after having just read **0590 – continuing to grapple with adulthood**. it’s a great post, tbh, it throws back to the past , threading it to some tweets, it has a good set up for the title, “managing the audience”, top notch vomiting, for my taste at least. Helps that it’s a topic that I like to read about

26 wvs so far, wanted to get to at least 2 more of the bangers and wherever it takes me

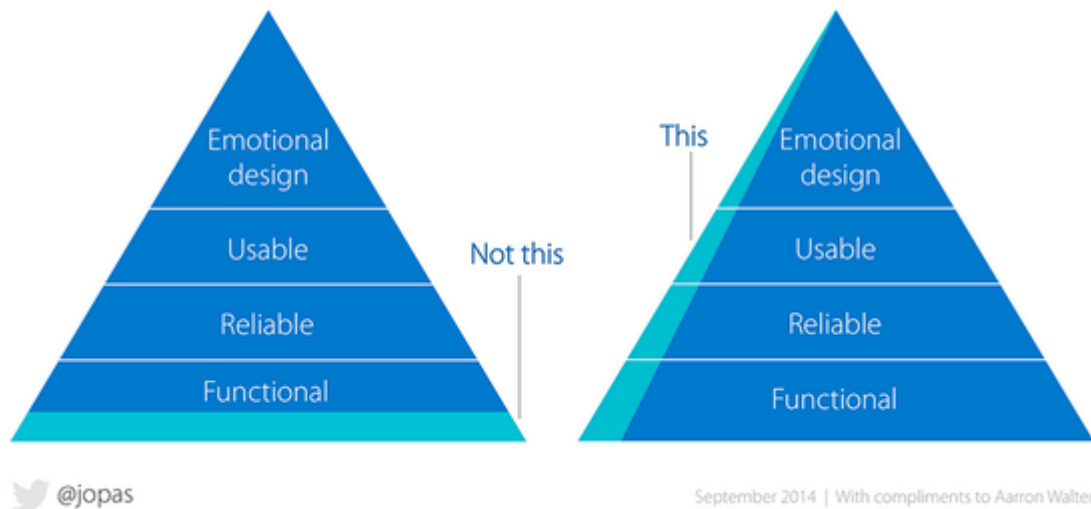
0194 – mvp model of personal development, one of the ‘start here’ bangers

>“I spent maybe a decade, maybe more of my time trying to improve myself by accumulating information, which is kinda like the base of the pyramid. It’s tiring, endless and ungratifying. This applies to all sorts of habit building. I focused wrongly on the bottom layer. (On hindsight, this is a lot of what school is about too, isn’t it? Maybe we do things way because that’s how we were taught to do things. What you really want”

The mvp image applied to ‘education’ really was a lightbulb moment, not sure how i hadn’t encountered the take. I’d seen the “MVP personal development” thread before but i guess i

missed the connection between “personal development” and education/school

Minimum Viable Product



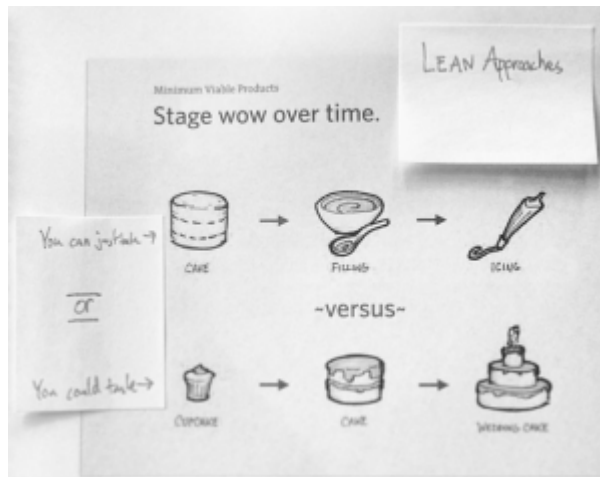
There's talk about seeking the peak: “What is the peak? In writing, it's shipping/publishing something and getting feedback from others, [...] In cooking, it's making a dish, eating it, smiling and realizing that you liked it. [...]. In fitness, it's breaking a sweat, getting an elevated [...]. What's the peak in relationships/building relationships/making friends/partners though? Hmm 🤔

>"I mean that going for a walk is 100x more helpful than researching nuances of biomechanics."

“Walking **itself** has information” is how I would word it, loved that. Guess the process isn't “25 tabs of information” -> “try to do smn overwhelmed”, it's “MVP exercise” -> maybe if you felt something, if you've questions: “do a lil bit of research” -> try that out -> repeat process. and the “unlock” has to be “pay attention while walking. be intentional ab noticing stuff, what makes you comfortable and what seems like it could give pain”. reading ab how the Adidas UltraBOOST™ advanced MESH tech SOLE will help with your flexors on ground contact will not help at the beginning. you need to have looked up “flexors kinda iffy on ground contact” before (or at least be aware enough that the Ad info hits for real reasons)

0178 – lean / mvp approach to developing a proper breakfast routine *found it last night on overview and wanted to read it after i read the MVP banger one*

this one features the clever cupcake image, i liked that. I think what follows from this for personal development is either “lower the threshold for what wows you” maybe by smashing self-limiting beliefs



the post itself doesn't hit as much bc i'm not thinking ab "morning routines" and that jazz that much anymore so it doesn't speak to me at this moment. But i liked the exploration of relationship/support, "fighting my brain", starting the day being motivated with this underlying theme of breakfast

0333 – procrastination pt1 and **0334 – procrastination pt 2**, *had it open from yesterday* can't help but feel jaded by most of the stuff. i'm sure there's effective bits of advice but stuff like "tell someone you're gonna pay them \$50 to do X" just feels like the kind of thing i'd never do. not sure if it's *my* problem and i should try that, if it's that i don't feel "safe" making those kinda claims with the people around me, or if my intuition is right and this kinda fake constraining environment is strange and doesn't have the right vibe for actual "cure" of the reasons why one actually procrastinates. (or maybe there are different causes, and for some it's a good solve. but then the advice seems insufficiently caveated to me, or not curious enough as to when it can and cannot work). interesting posts to read together because nevertheless they aggregate many bits of advice into a couple pages so you can see the advice battle/reinforce each other

0348 – clearly define your done-criteria, *clicked May 2015 to see more from that era, liked the title*

i liked the title because unlike the procrastination ones that feel less urgent (since i'm not procrastinating on this), this one does feel more urgent (i am dubitative whether to "call it a day" after a review and some final thoughts, at this point of ~30-34 wv's read, or if pushing to 50 but approaching the "taking 2 days" mark)

things i liked on this post: this is the first time i see a referralcandy post linked! Those were interesting reads too. They feel kinda meta, like it's interesting that that job exists. A content marketer posting about content marketing as a way to give a referral services company a place on the internet.

the word vomit vibe. the marketing pieces seem "real" still but the way just vomiting words on a page hits feels much more real. this one started with the title and then derailed

0566 – one must imagine Sisyphus LOL-ing, *clicked may 2016 on accident before, liked the title*

hahahaa it's a great one. "Ayy lmao" 🌀🌈 meme vibes.

0475 + 0476 + 0477 – How did I get here?, *"review" tag, had it open from yesterday*

>What IS the story? What AM I doing? Well. I'm about 25.3 years old now. That's an interesting thing. I think until I was 23 or so, I still felt like I had the inner monologue of who I was from 16 to 20. I was still carrying around a lot of guilt, frustration, confusion, anger, etc. Realizing that my internal story hasn't changed in a "quant" "step" "jump" way and that I carry a lot of that still myself to this day, haven't been able to "chapterize" as effectively my own story.

So heartwarming to read this post, many of these "review" tag posts have the "conversating with old/young visa" vibe and it's awesome to see.

Liked to read the "no longer in a band" part too, seems like "music" has always been and will always be a key part of your life but it's interesting to see you say "no longer harbor rockstar ambitions" and reflect on why.

>And I do believe that that sort of deep confidence leads to all sorts of success in all sorts of endeavors.

thinking of elite sports as the counterexample. elite sports people sometimes complain about X not having enough visibility, but there also seems to be some kinda correlation between elite sports mfs, and still pulling off some kinda success elsewhere, usually monetary/career ("peaked in HS doesn't seem to be a thing if that 'peak' was literally elite sports"). might develop this thought into a video