

## NOTES FROM: *The Happiness of Pursuit*, by Chris Guillebeau

**SUMMARY:** This is the book! This is the book that crystalized my quest in my mind and set me off in the direction of reading 1,000 books by age 30. The author, Chris Guillebeau, had a completely different quest, which was to visit every country in the world by age 35, which he completed successfully!

**The Happiness of Pursuit** is the story of that quest, and what he's learned about quests and achievements that the rest of us can use to help us live with more urgency, intensity, and fire. This book literally changed the shape of my life, and for that reason it'll always be one of my favorites. It's not just Chris's story, though, as it tells the stories of dozens of other people who added adventure to their lives and battled regret to win a life worth living.

One curious thing as well, though, is that after a quest is completed – whether it's to travel to every country or read 1,000 books – there's a time afterward that can be dangerous. You can either sink into a sort of depression when it sinks in that the pursuit you gave your life to is now over. Or you can be inspired to take on brand new challenges, push further than you did before, and accept a new quest. Behind the mountain are more mountains!

---

“Not everyone needs to believe in your dream, but you do.”

“What's the difference between a hobby and a quest? You can stop thinking about a hobby, but a quest becomes a total fascination.”

Quests should have these three things:

Clear Goal – Something concrete that you can define, that you're always moving towards.

Challenges – Something difficult that you're going to have to expand as a person in order to face.

Milestones – Some way to measure your progress as you move forward.

“In a world where so much is possible, yet so many people are unhappy, there has to be another way.”

“The journey produces its own rewards.”

“Don't save anything for later.”

Cultivate an emotional awareness of death instead of just an intellectual one. You don't have an unlimited amount of time to build a life that you yourself are proud of.

You have to be deliberate about doing what matters to you. Live according to your priorities; live according to what you say you believe.

“A good plan allows for plenty of spontaneity and room for change; but without a plan at all, it's difficult to work toward something significant over time.”

“Nothing is more damaging to the adventurous spirit within a man than a secure future.”

“It’s better to be at the bottom of the ladder you want to climb than the top of one you don’t.”

“If you want to make every day an adventure, all you have to do is prioritize adventure. It has to become more important than routine.”

“There’s an obsession factor with many quests. When you wake up at night consumed by your idea, that’s when you’ve found a quest.”

“To truly live without regrets, pay attention. Ask yourself hard questions and see where they lead. Do I really want this job? Is this relationship right for me? If I could do anything, would it be what I’m doing today? Or something different?”

“Regret is what you should fear the most. If something is going to keep you awake at night, let it be the fear of not following your dream. Be afraid of settling.”

“‘The most important thing about art is to work. Nothing else matters except sitting down every day and trying.’ So, too, for a quest. The most important thing is continuing to make progress.”

“Everyone dies but not everyone truly lives.”

“There are few goals worth pursuing that are totally risk free.”

“If you want to achieve the unimaginable, you start by imagining it.”

“I might fail, but I’d never forgive myself if I didn’t try.”

“The long, slow grind of working toward something is all about loving the process. If you don’t love the process, the grind is tough.”

“If you’re trying to run progressively longer distances, all you need to do is run halfway in one direction. One way or another, you have to get back!”

We tend to overestimate what we can do in a day, but underestimate what we can do in a year.

“If your family and friends don’t support you, then you need to find people who do.”

“A better question than what is worth dying for is: What is worth living for?”

Living for something can be far more sacrificial than dying for something. Dedicating your entire conscious experience to a worthy pursuit is far more demanding and intensive than dying and not having to struggle anymore.

If you can save \$7/day, then you can afford to fly anywhere.

“Find what troubles you about the world, then fix it for the rest of us.”

As you gain confidence, "I can do this!" becomes "What else can I do?"

Entrepreneurs are willing to work 24 hours a day for themselves, but not a single hour doing something they hate.