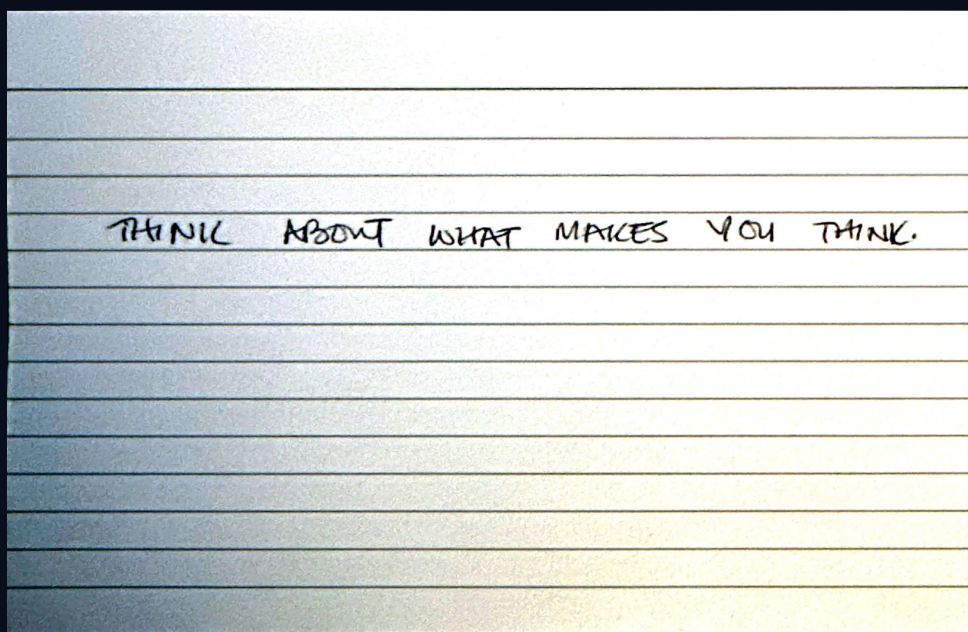


THE HANDWRITTEN EDITION

A Goal *of Your Own*

Notes on understanding yourself, choosing a direction and doing the work.



Collected by Shahzad Ali

104 ORIGINAL CARDS · SIX CHAPTERS

FROM SHAHZAD

Why I made these cards.

I believe in understanding yourself and giving yourself a goal. Once you choose a goal, distractions appear. Working through them is part of the battle. That is how I see the hero's journey.

I made these cards to help myself learn. I am sharing them because an idea can be useful to someone else. Take whatever helps you and put it to use.

ABOUT THIS EDITION

This edition pairs 104 original handwritten cards with edited reading notes. Six chapters organise the collection around understanding yourself, goals, resistance, work, relationships and perspective.

Each photograph preserves the original scan, including its drawings and underlining. Reading notes use edited wording. Chapter introductions connect the themes. Source credits distinguish reading material and uncertain attributions.

THE COLLECTION

A way through the notes.

01	Understand yourself	004
02	Choose a direction	036
03	Meet resistance	045
04	Do the work	064
05	Live with others	086
06	Keep your perspective	094
	Sources and credits	114
	Find an original card	118

The source number on each card points back to its page in the original Philosophy.pdf. The index connects those numbers to this edition.

CHAPTER

01

Understand yourself

EDITORIAL INTRODUCTION

The collection begins with the person making the choices. Approval, habit, desire and incomplete information all appear in these cards. A repeated concern is the ease with which a familiar thought becomes a settled opinion. The notes return to examining that process: noticing a reaction, considering another view and leaving room to learn.

Some cards use the language of mind and intellect drawn from philosophy. Others use images such as a dog and its trainer, a lens or a computer firewall. Together they introduce the book's first thread: understanding the patterns behind a choice before deciding where to direct your effort.



01



02



03



04



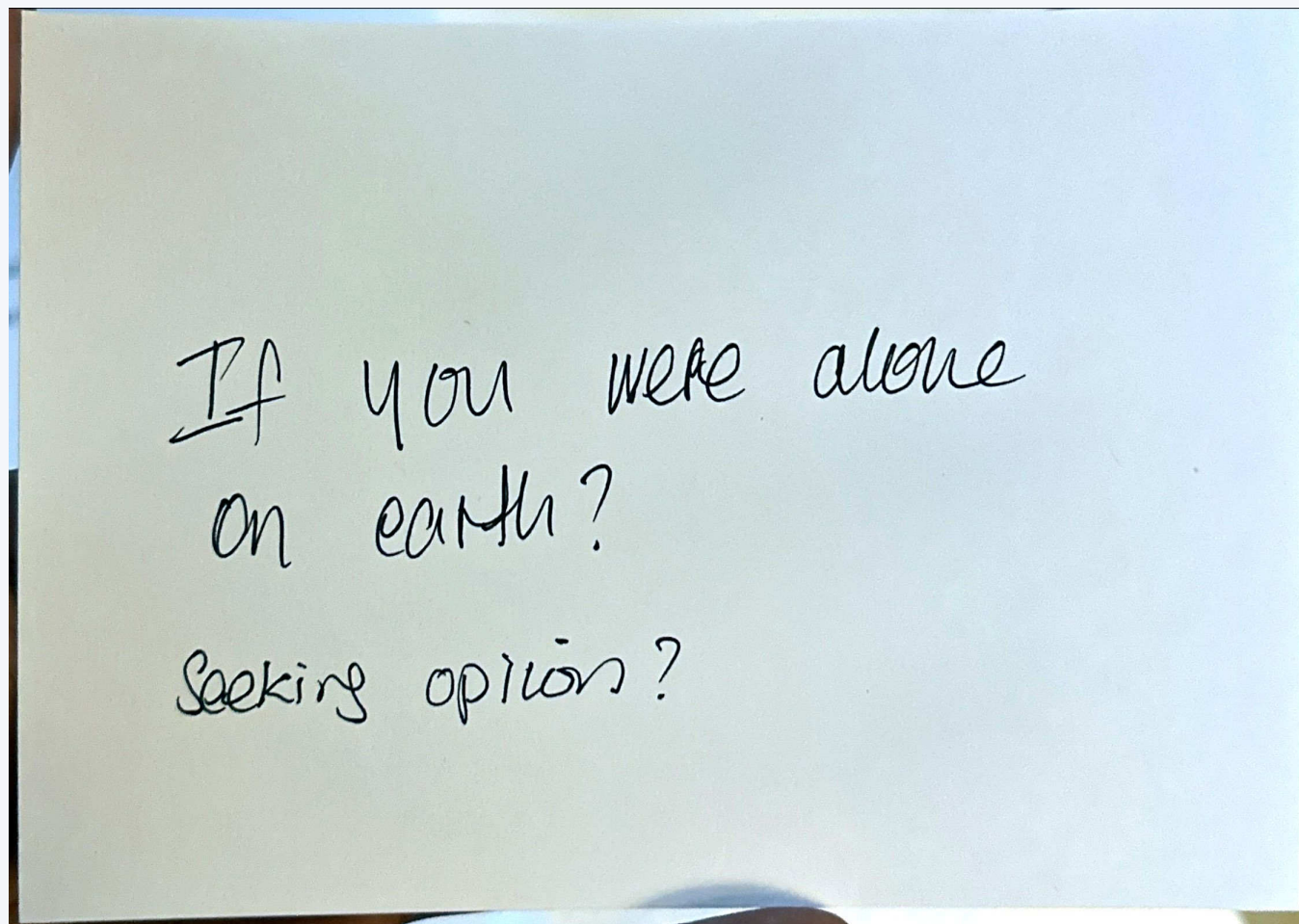
05



06

ORIGINAL CARD 003

An audience of one



THE ORIGINAL HANDWRITTEN NOTE

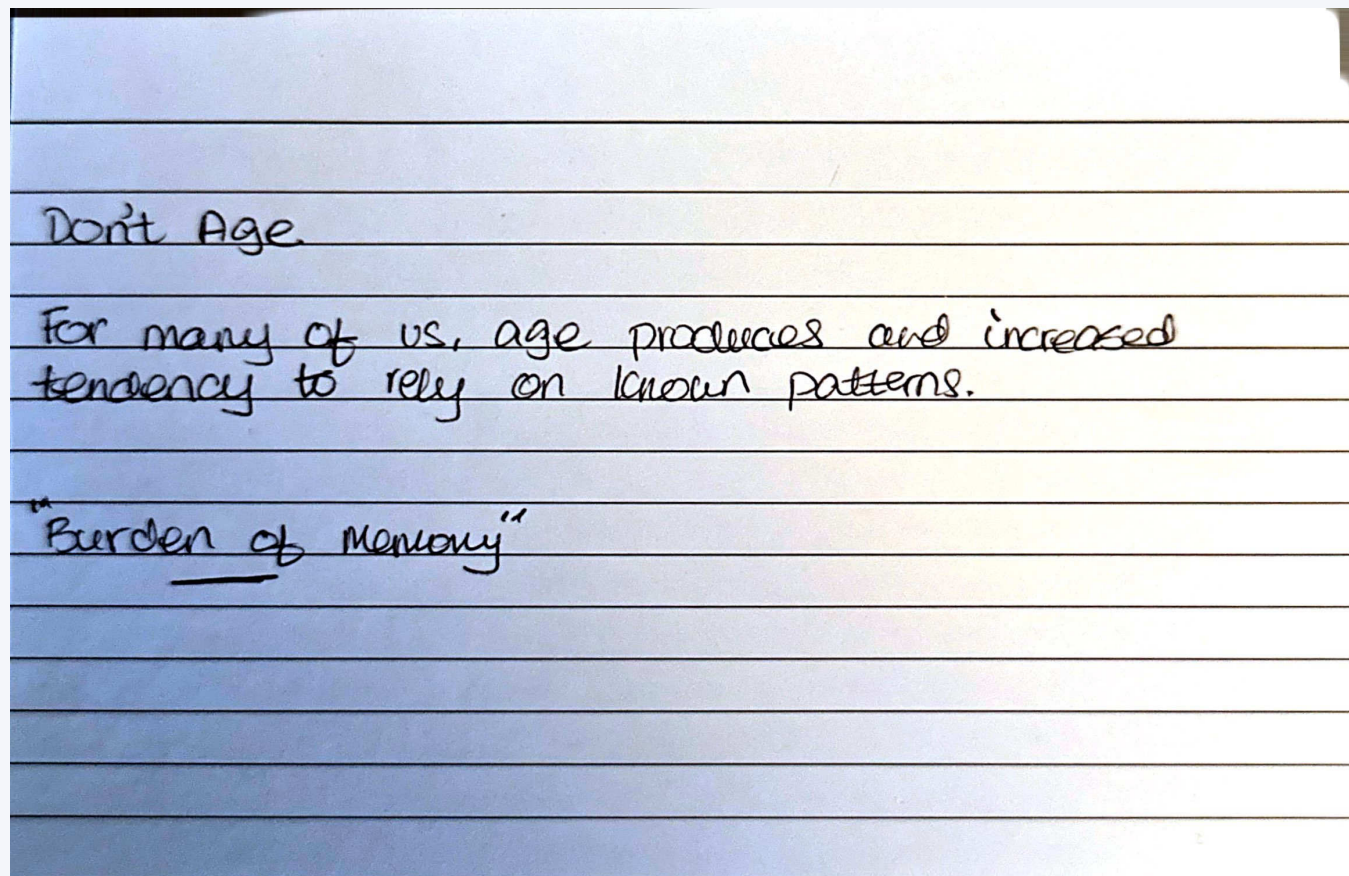
EDITED READING NOTE

Imagine being alone on earth. Consider which choices would still matter to you when nobody was there to approve of them.

Collected note

ORIGINAL CARD 007

Familiar patterns



THE ORIGINAL HANDWRITTEN NOTE

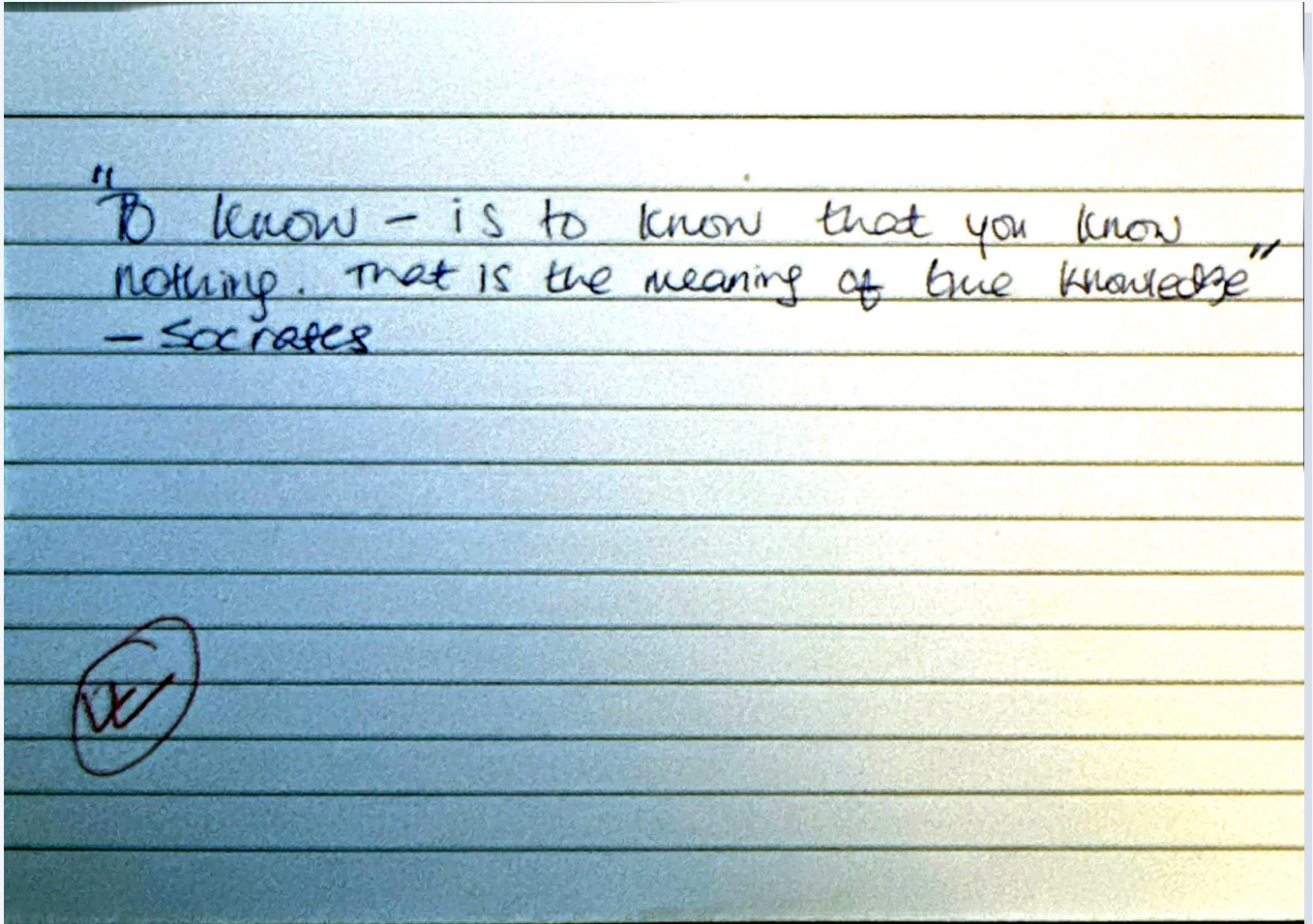
EDITED READING NOTE

Familiar patterns can become easier to rely on as we grow older. Notice when memory is deciding the response for you.

Collected note

ORIGINAL CARD 010

Knowing your limits



THE ORIGINAL HANDWRITTEN NOTE

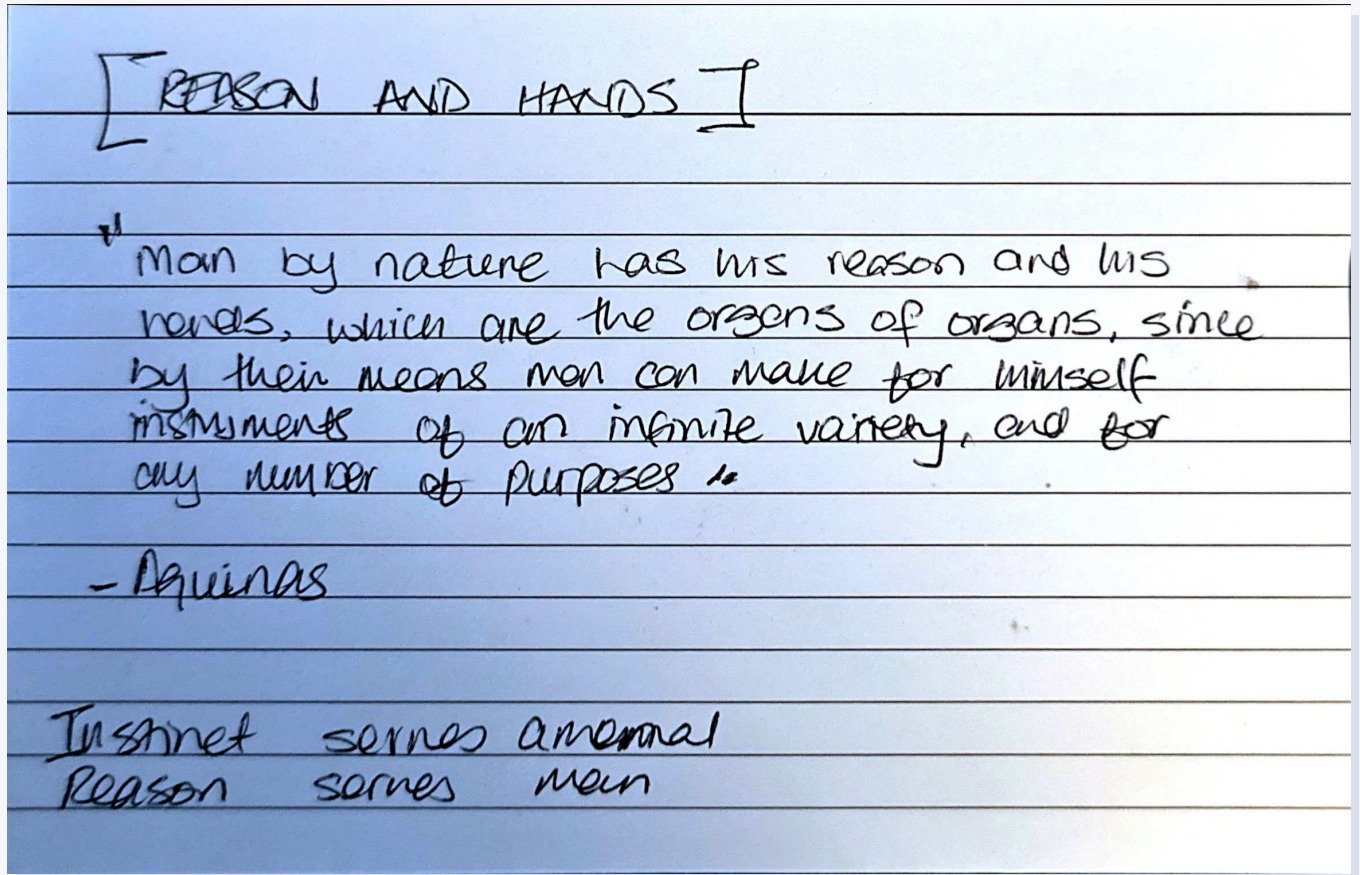
EDITED READING NOTE

Recognise the limits of what you know. Keep room for learning.

Collected note; original Socrates attribution unverified

ORIGINAL CARD 013

Reason and hands



THE ORIGINAL HANDWRITTEN NOTE

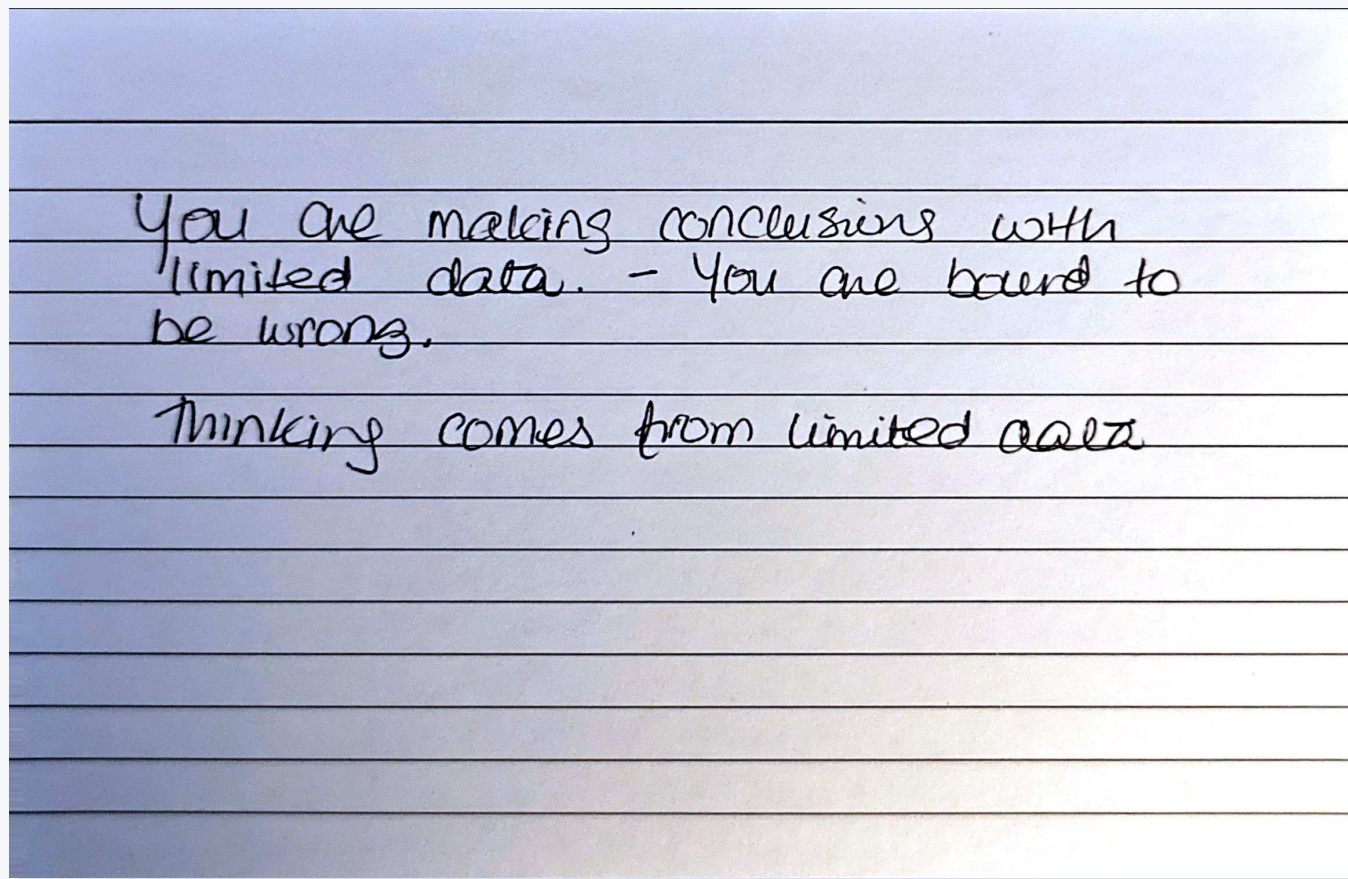
EDITED READING NOTE

Aquinas describes reason and hands as tools through which people can make many other tools, suited to many purposes.

After Thomas Aquinas, Summa Theologiae I.76.5

ORIGINAL CARD 015

Limited data



THE ORIGINAL HANDWRITTEN NOTE

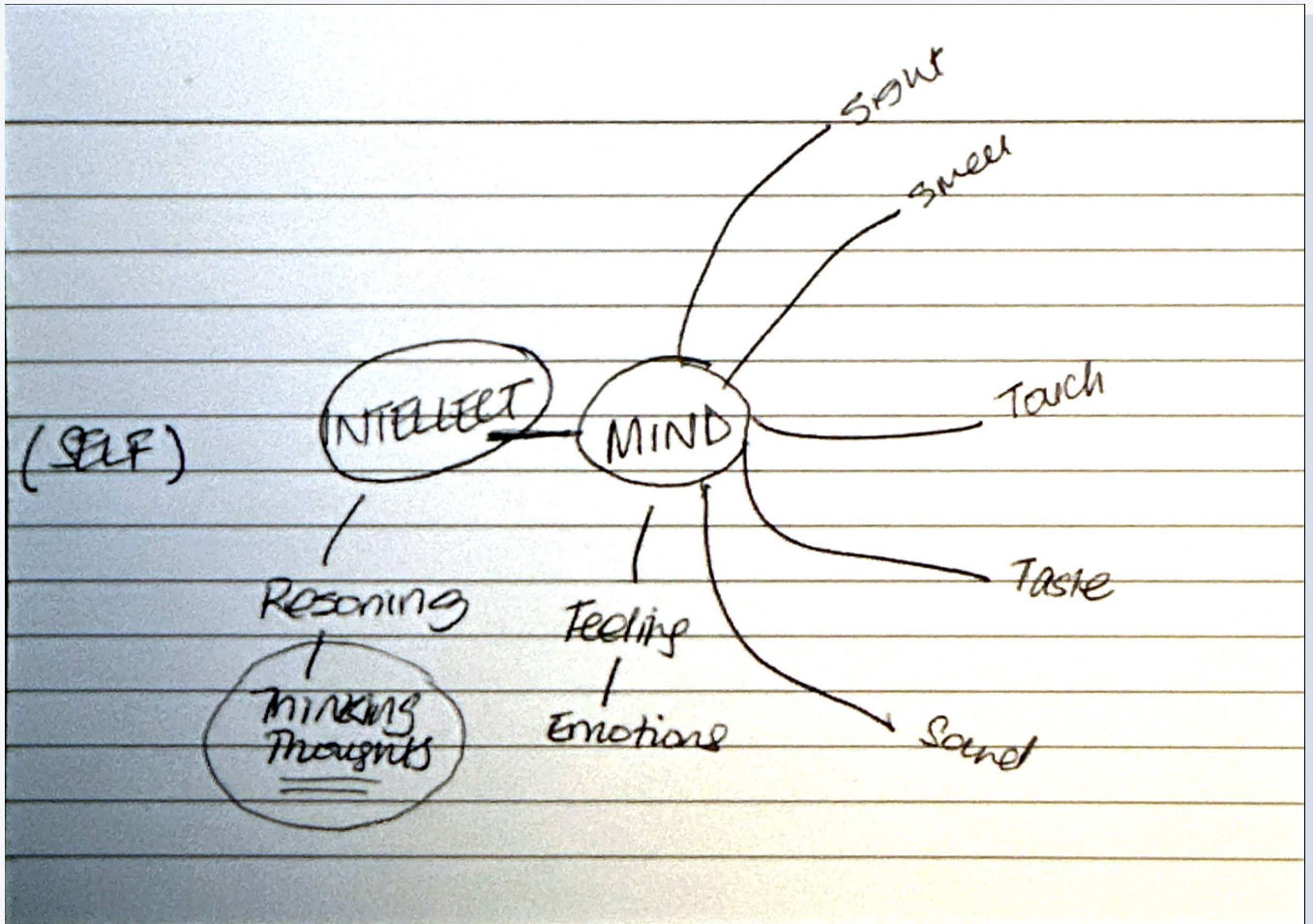
EDITED READING NOTE

Your conclusions depend on the information available to you. Limited information leaves room for error.

Collected note

ORIGINAL CARD 016

A sketch of experience



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

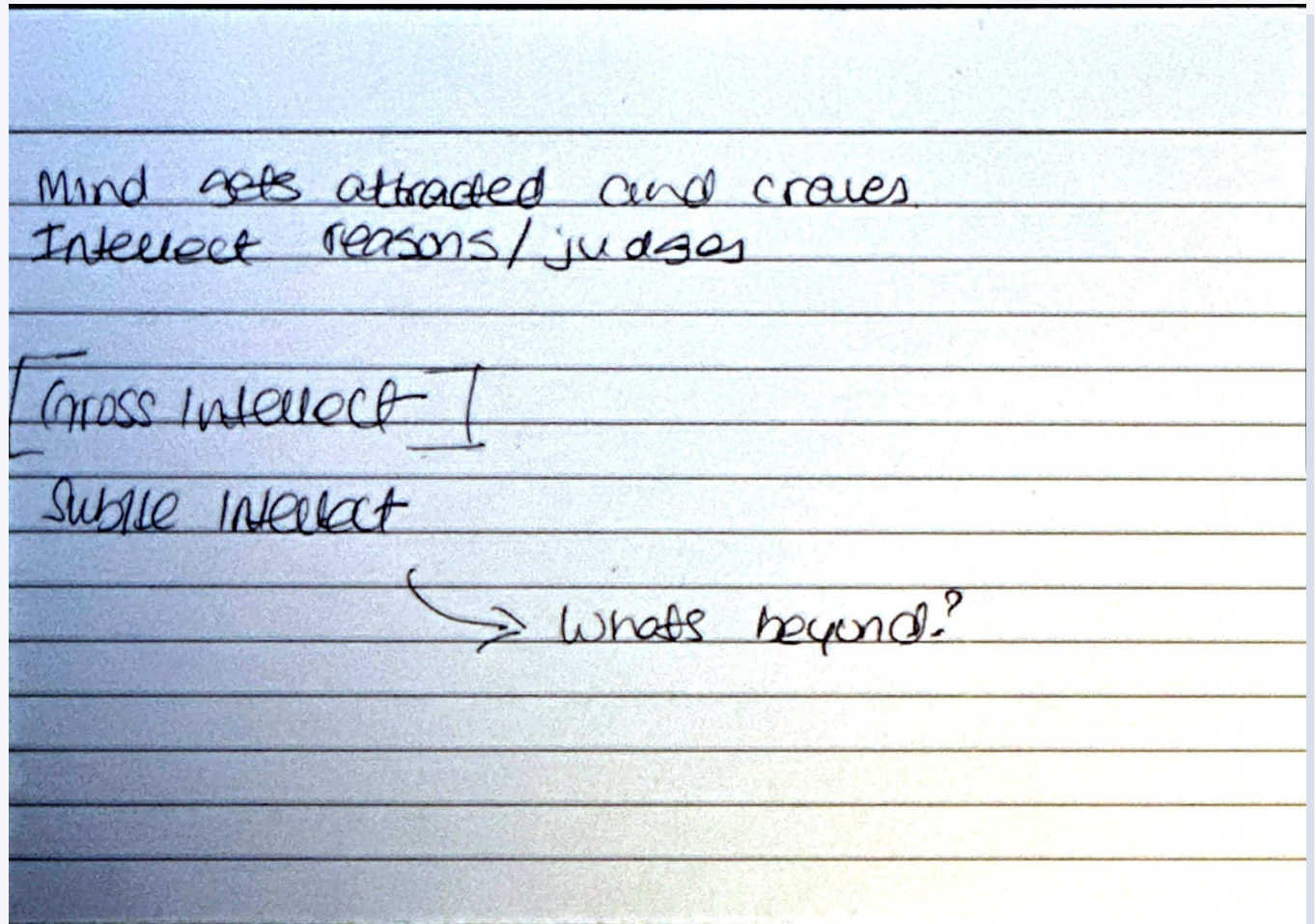
A sketch of experience: the senses feed the mind; the mind feels; the intellect reasons and examines thoughts.

Collected note

Context: A philosophical sketch of experience.

ORIGINAL CARD 017

Mind and intellect



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

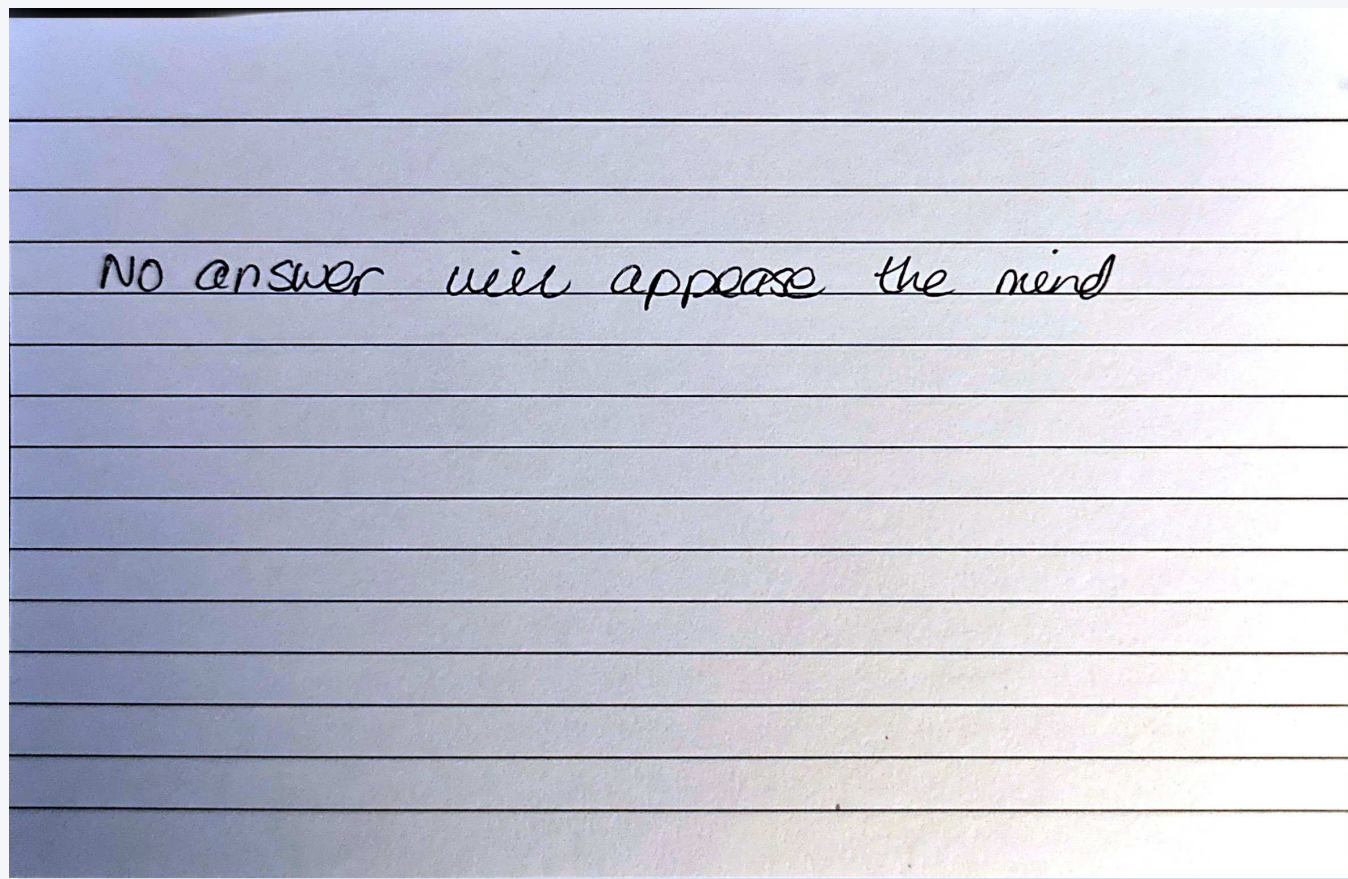
In this philosophical model, the mind is attracted and craves. The intellect examines and judges. Subtle enquiry asks what lies beyond the surface.

Collected note

Context: Terms used within a philosophical model.

ORIGINAL CARD 020

The next question



THE ORIGINAL HANDWRITTEN NOTE

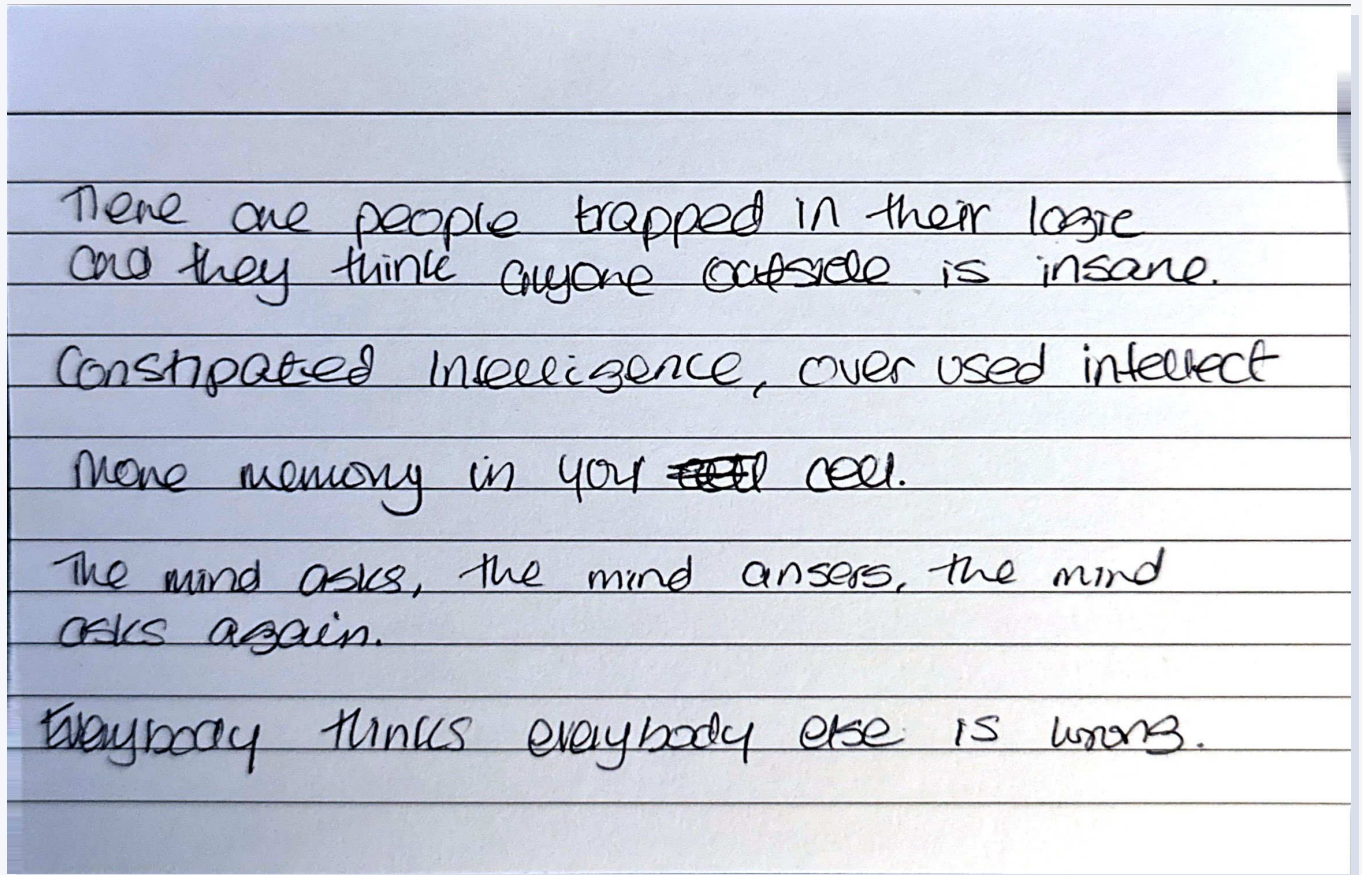
EDITED READING NOTE

The mind can keep asking for another answer.

Collected note

ORIGINAL CARD 021

Attached to a view



THE ORIGINAL HANDWRITTEN NOTE

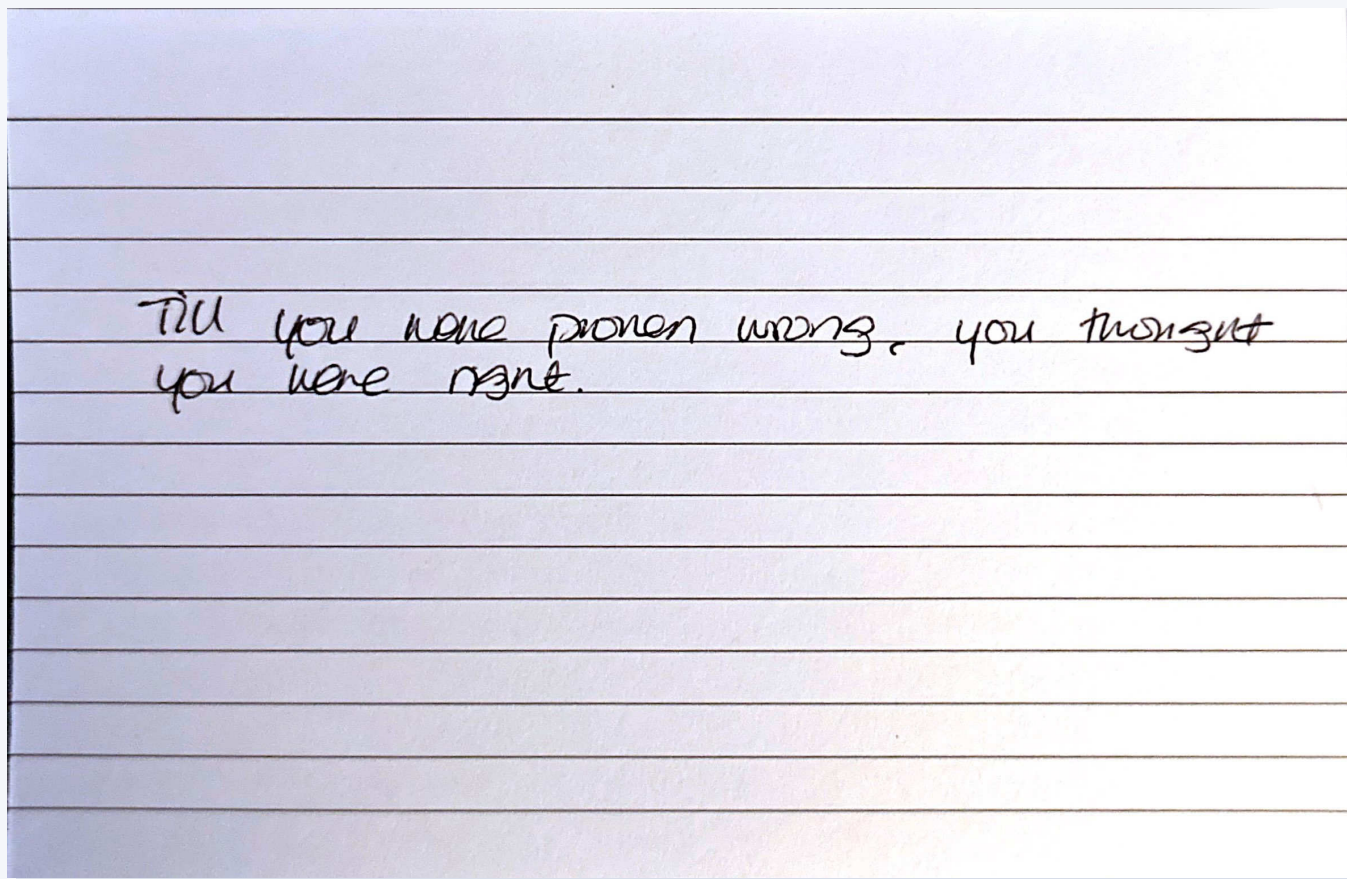
EDITED READING NOTE

A person can become so attached to their own logic that every other view looks mistaken. The mind asks, answers and asks again.

Collected note

ORIGINAL CARD 022

Being wrong



THE ORIGINAL HANDWRITTEN NOTE

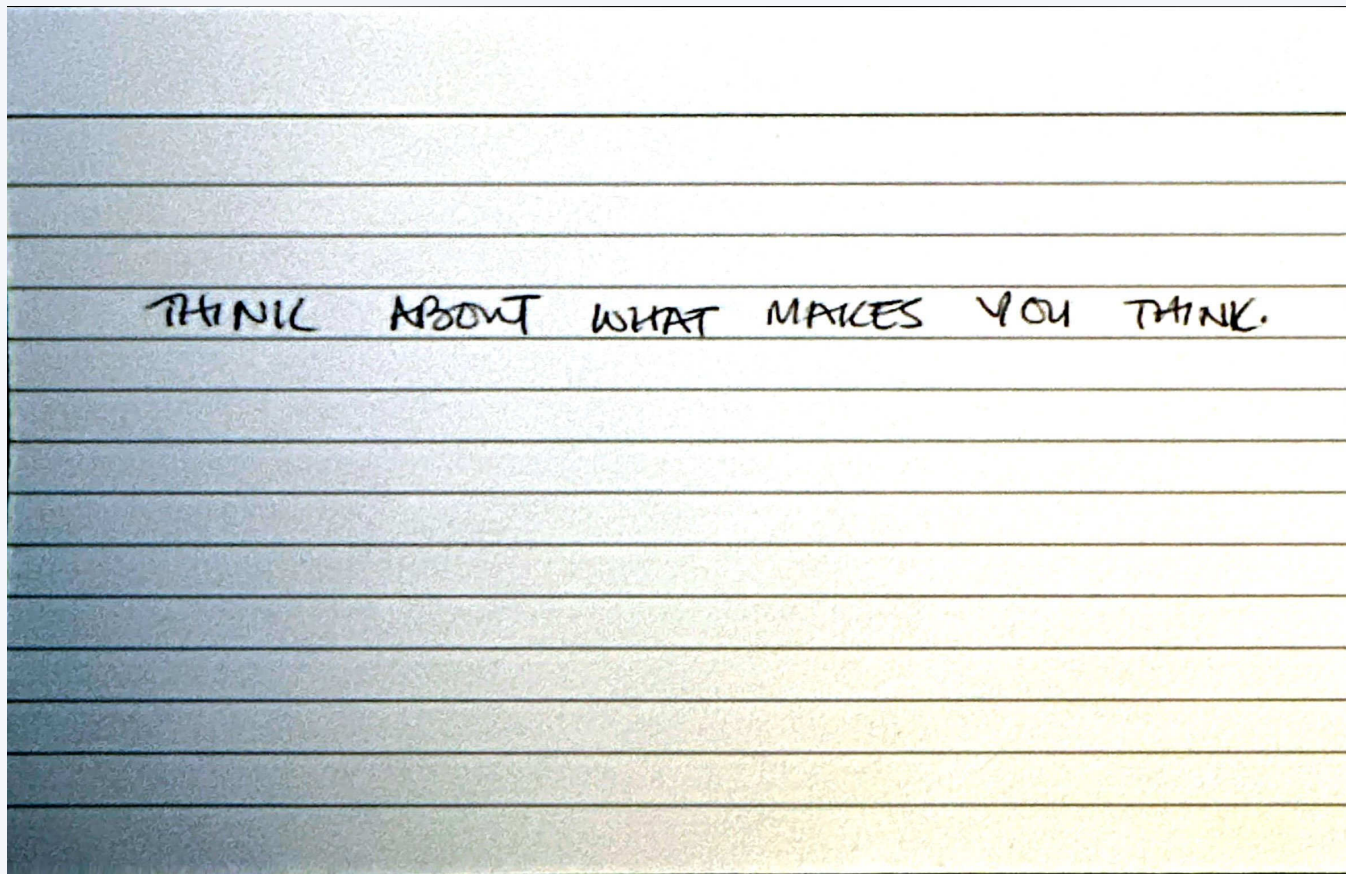
EDITED READING NOTE

Before discovering that you were wrong, you believed you were right.

Collected note

ORIGINAL CARD 023

Thinking about thinking



THE ORIGINAL HANDWRITTEN NOTE

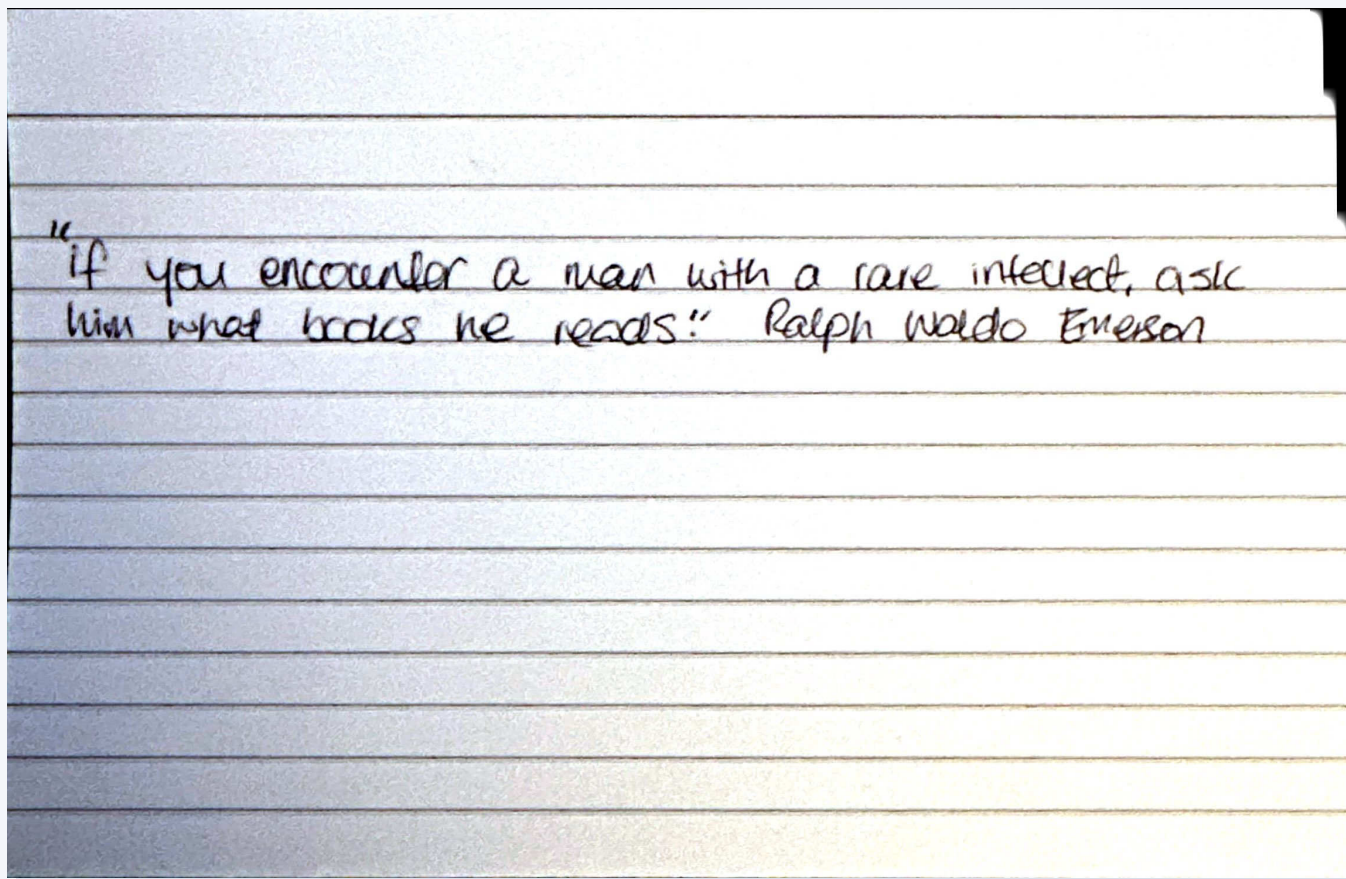
EDITED READING NOTE

Think about what makes you think.

Collected note

ORIGINAL CARD 024

Books and the reader



THE ORIGINAL HANDWRITTEN NOTE

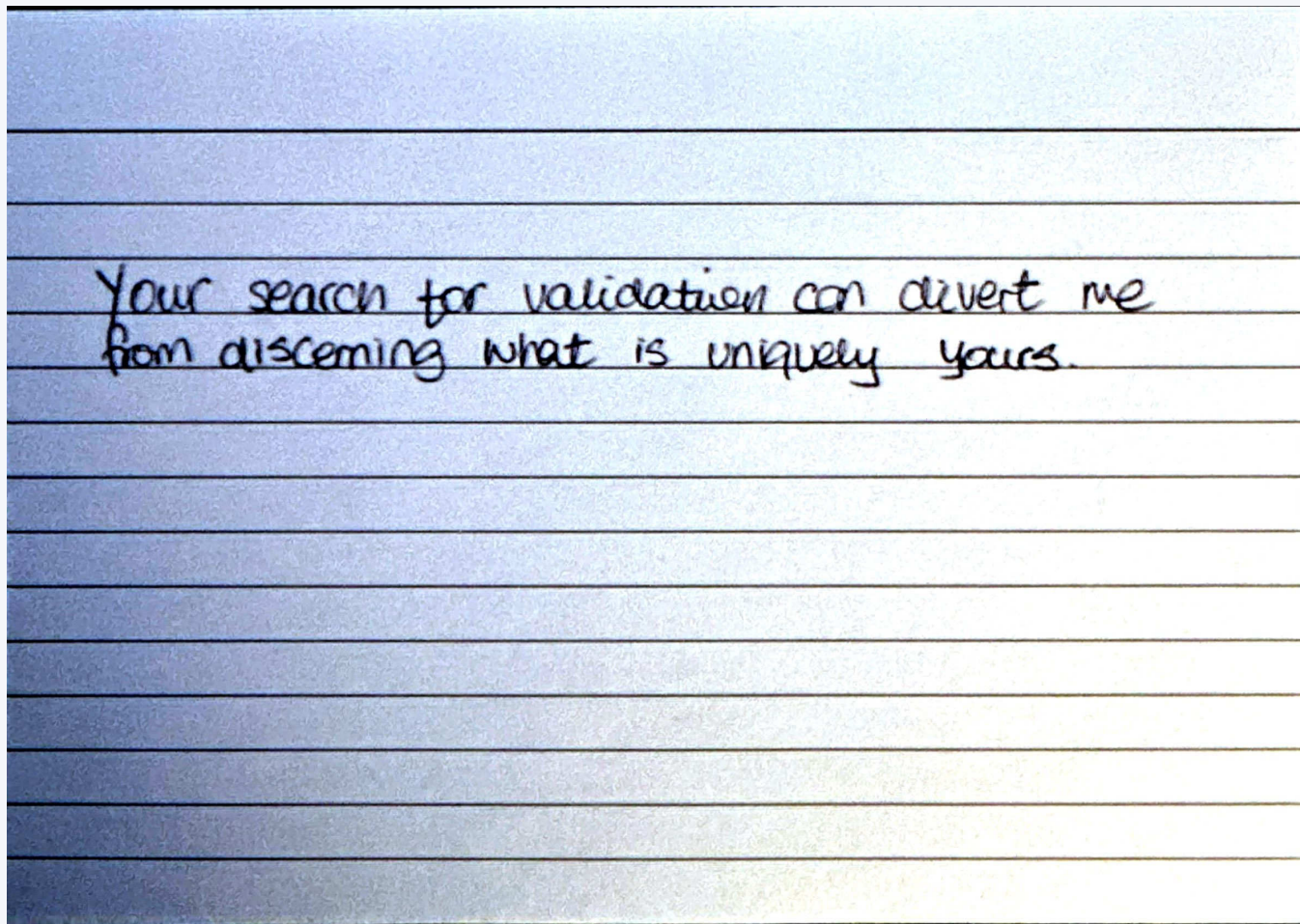
EDITED READING NOTE

When someone has an unusual intellect, find out what they read.

After Ralph Waldo Emerson, Quotation and Originality

ORIGINAL CARD 031

Seeking validation



THE ORIGINAL HANDWRITTEN NOTE

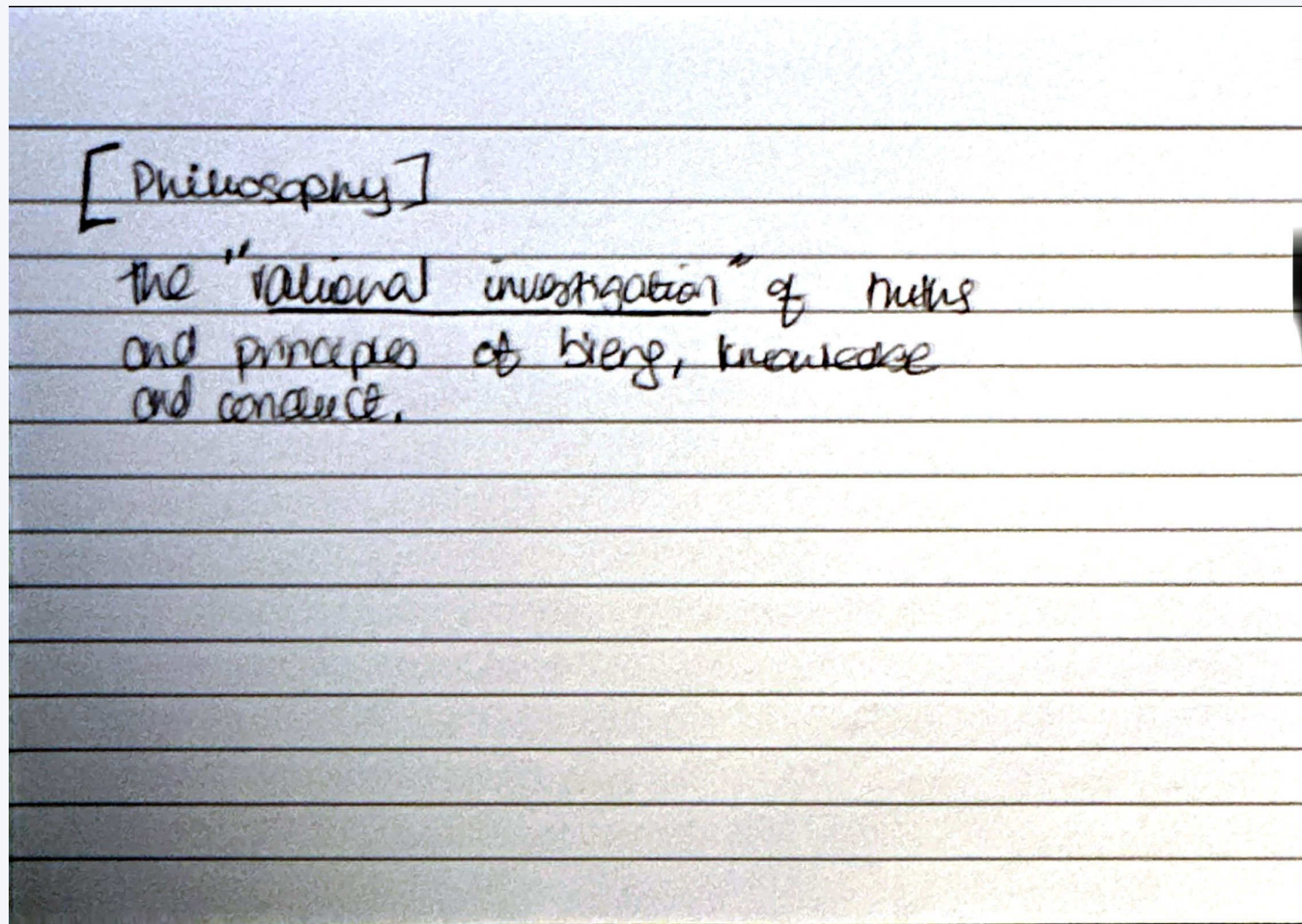
EDITED READING NOTE

Your search for validation can divert you from discerning what is uniquely yours.

Collected note

ORIGINAL CARD 032

Philosophy



THE ORIGINAL HANDWRITTEN NOTE

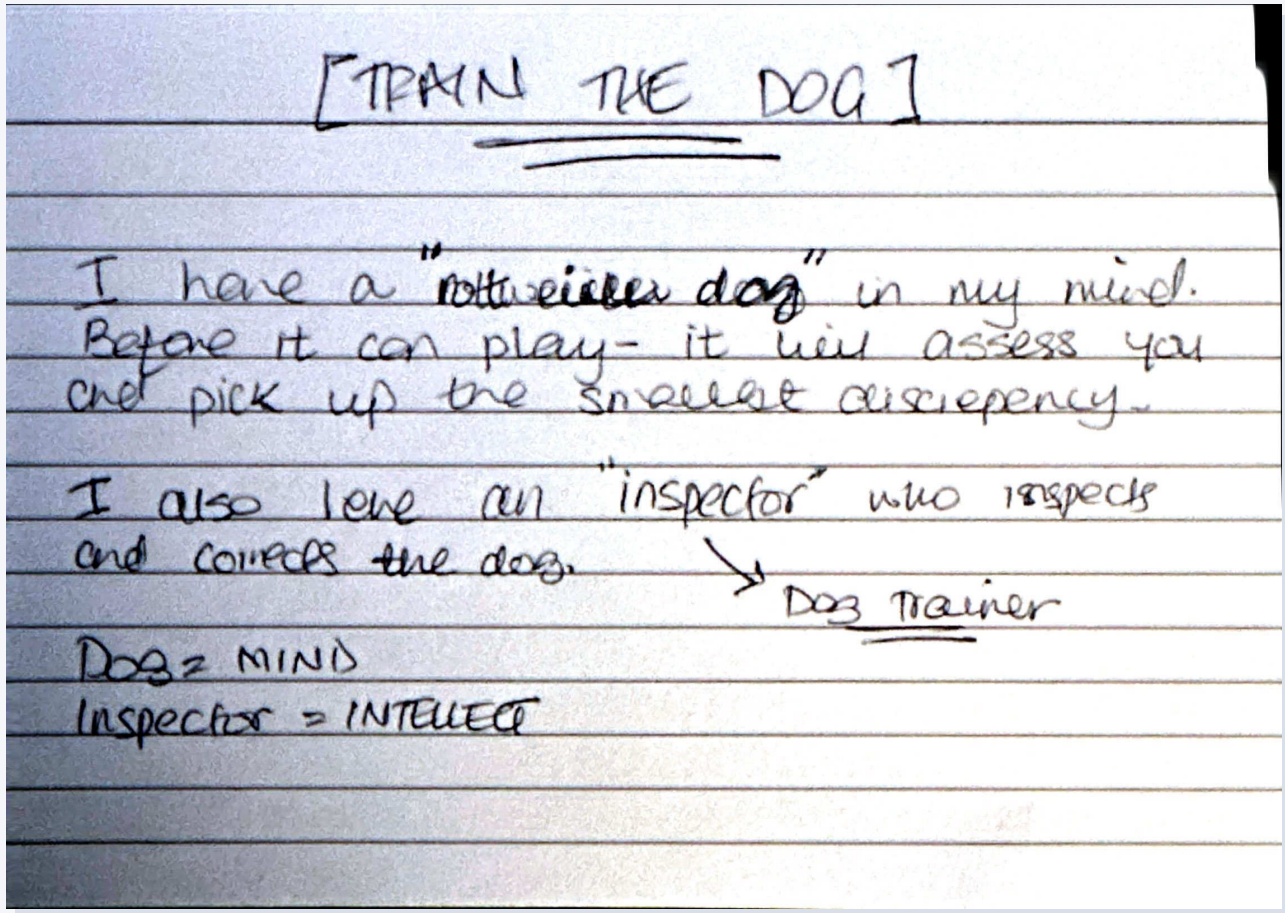
EDITED READING NOTE

The rational investigation of truths and principles of being, knowledge and conduct.

Collected note

ORIGINAL CARD 033

Train the dog



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

I have a “Rottweiler dog” in my mind. Before it can play, it will assess you and pick up the smallest discrepancy.

I also have an “inspector” who inspects and corrects the dog.

Dog = mind.

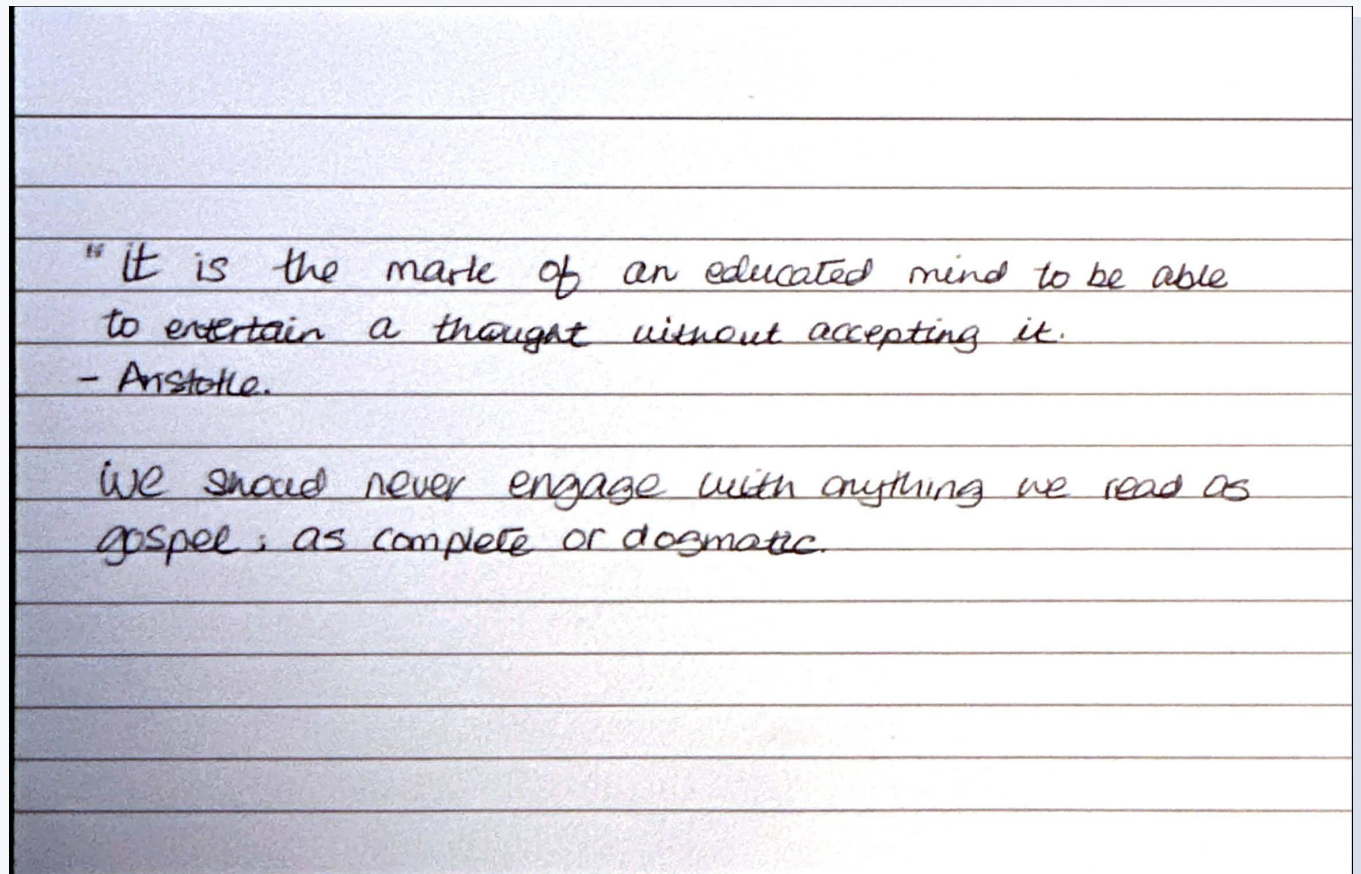
Inspector = intellect, the dog trainer.

Collected note

Context: The dog and trainer are a metaphor for reactions and reflection.

ORIGINAL CARD 036

Entertain a thought



THE ORIGINAL HANDWRITTEN NOTE

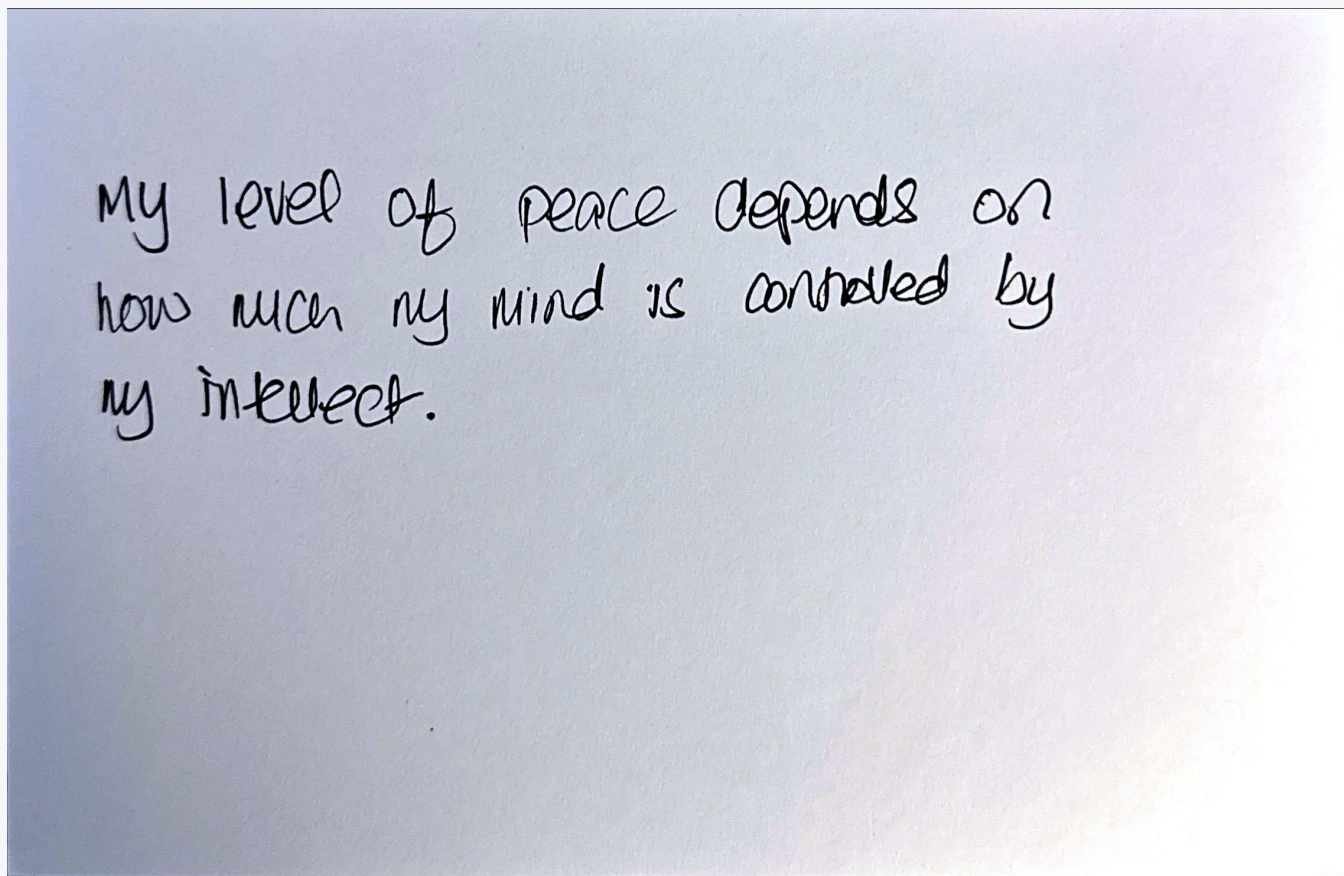
EDITED READING NOTE

Examine a thought while keeping your judgement open. Treat what you read as something to consider and test.

Collected note; original Aristotle attribution unverified

ORIGINAL CARD 039

Mind and intellect



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

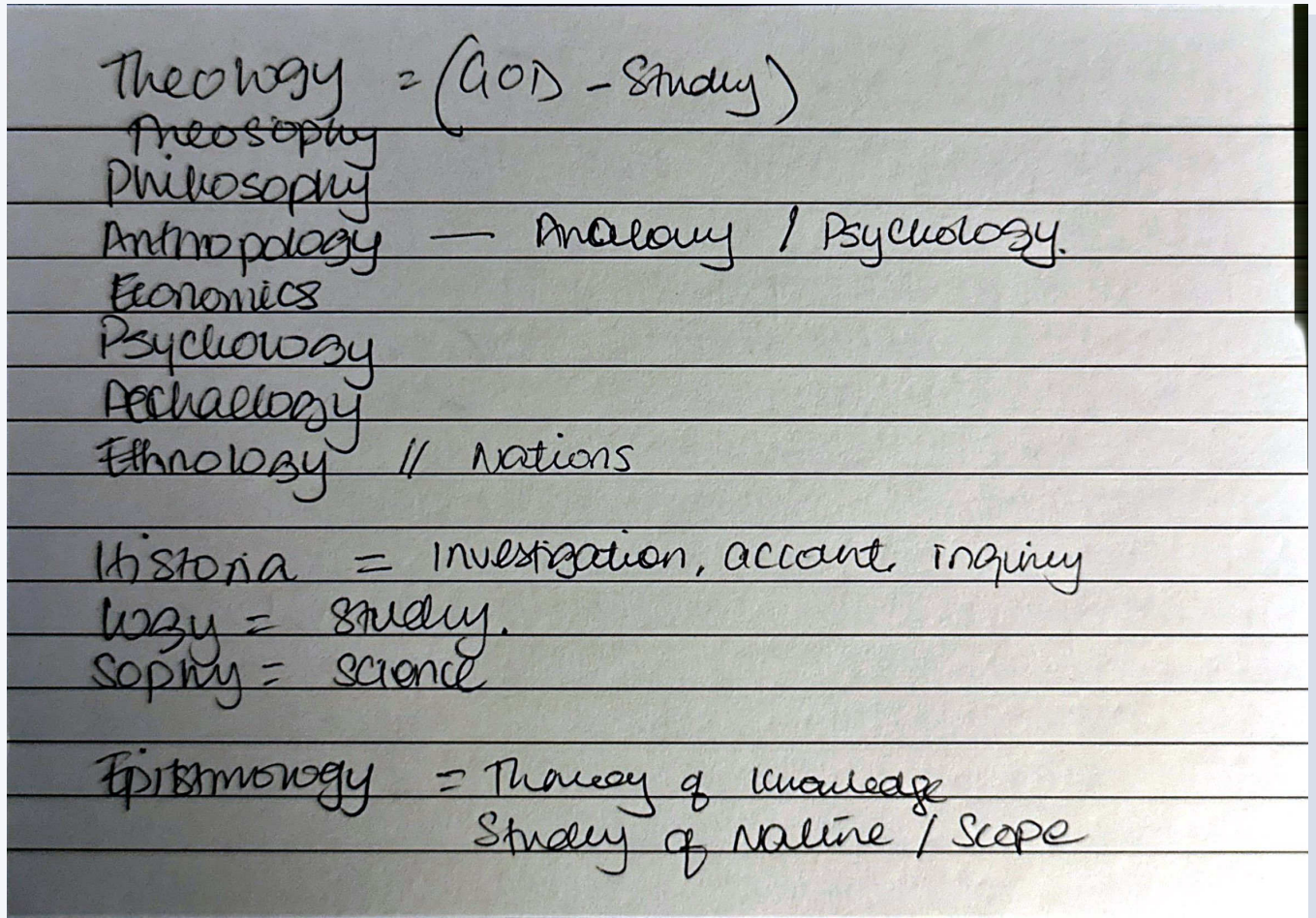
My level of peace depends on how much my mind is controlled by my intellect.

Collected note

Context: A philosophical view of mind and intellect.

ORIGINAL CARD 053

Names for fields of knowledge



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

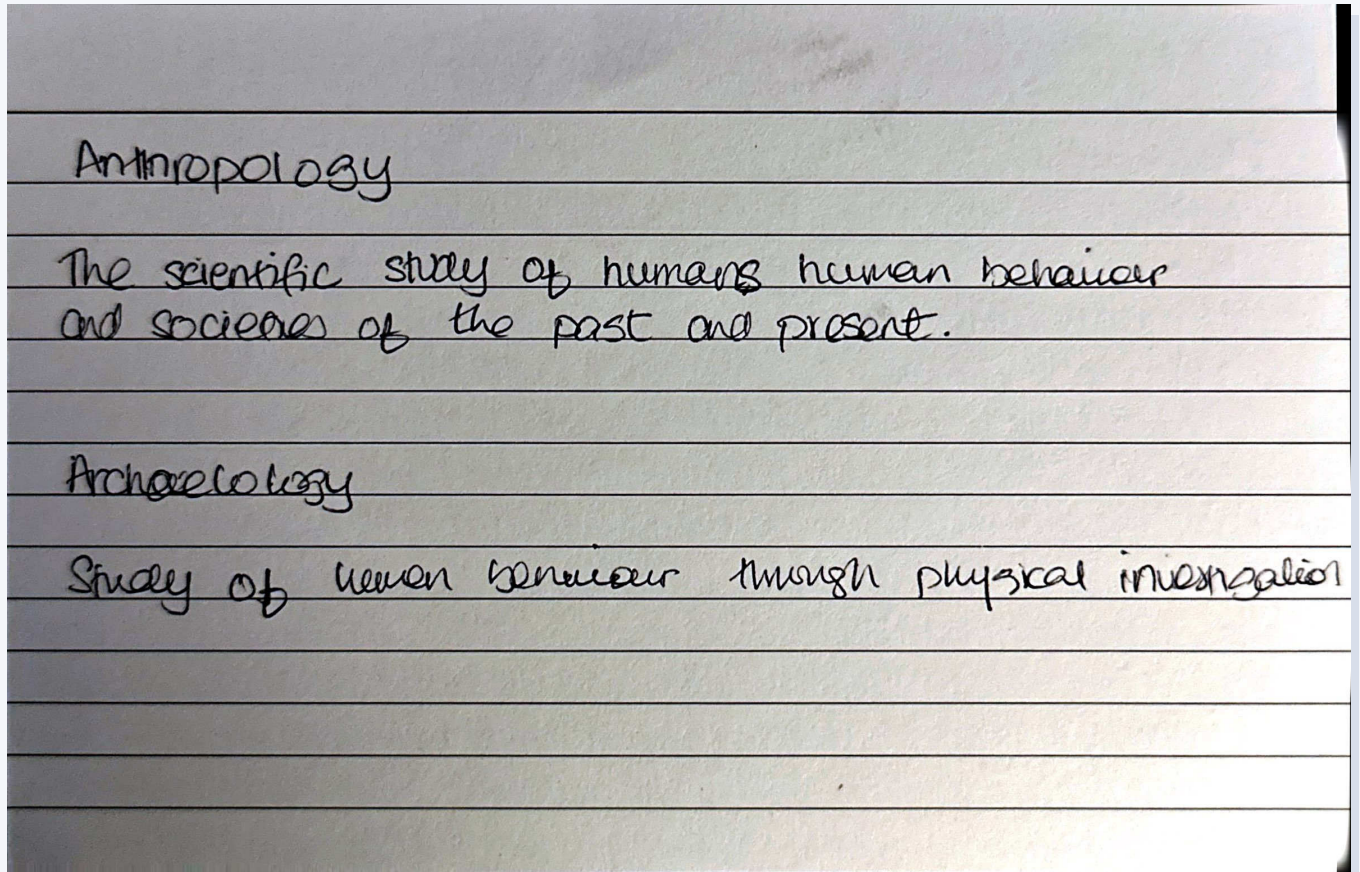
Theology studies God and religious belief. Philosophy examines fundamental questions about knowledge, reality and how to live. Epistemology studies knowledge. The Greek word sophia means wisdom.

Collected note

Context: The Greek word sophia means wisdom. The edited reading corrects the handwritten gloss.

ORIGINAL CARD 054

Anthropology and archaeology



THE ORIGINAL HANDWRITTEN NOTE

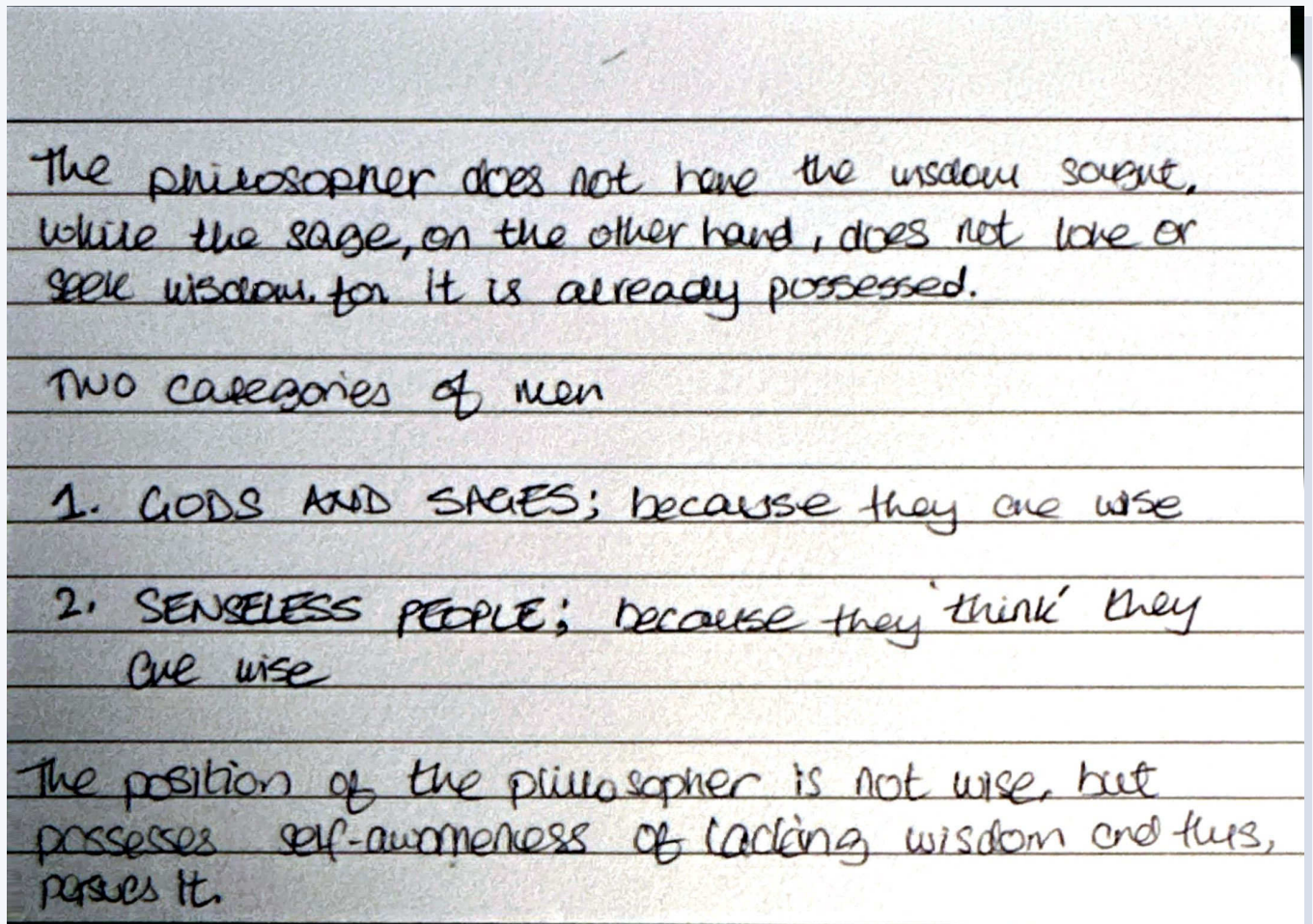
EDITED READING NOTE

Anthropology studies human beings, societies and cultures. Archaeology studies the human past through material remains.

Collected note

ORIGINAL CARD 055

The philosopher and the sage



THE ORIGINAL HANDWRITTEN NOTE

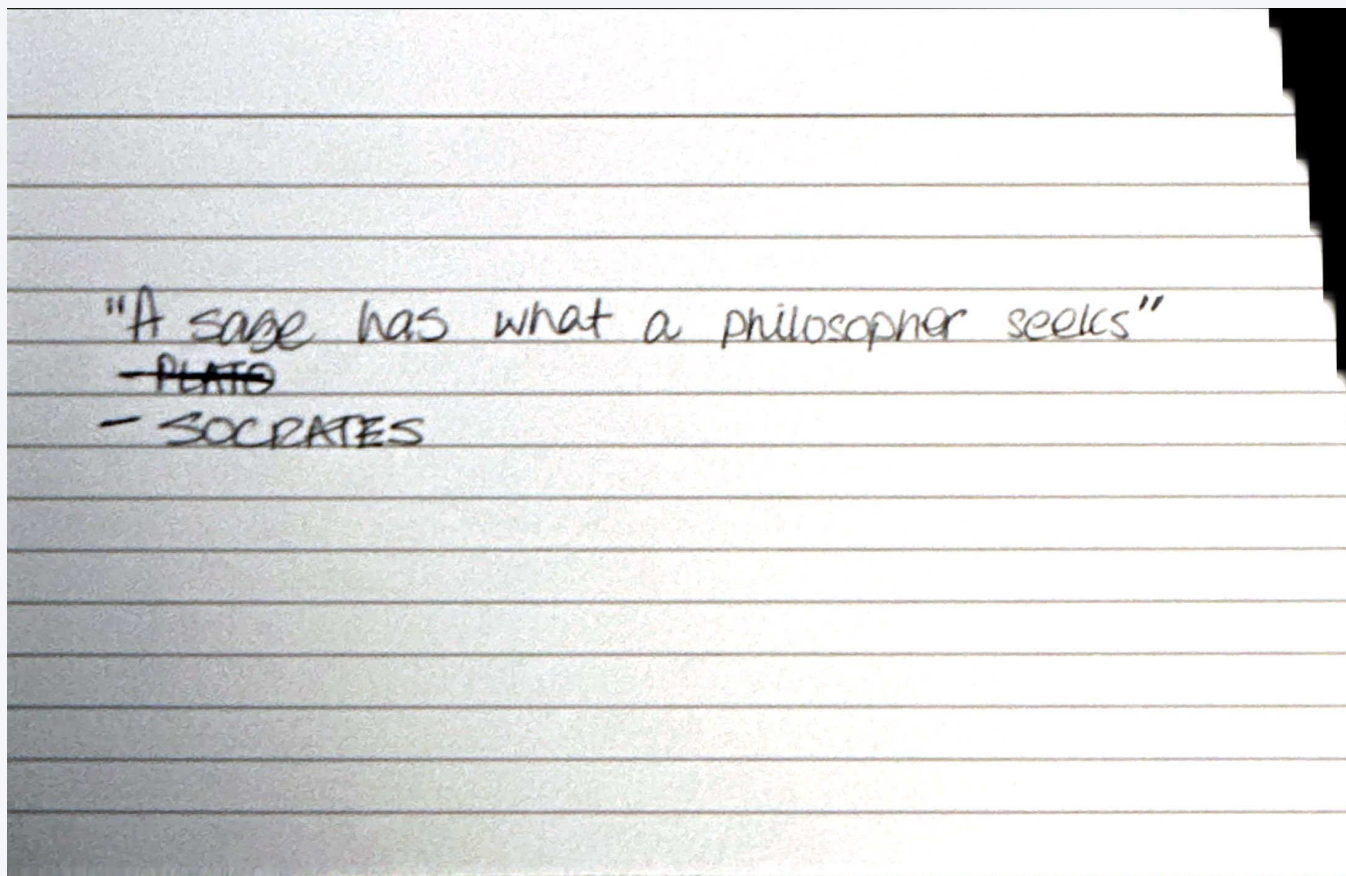
EDITED READING NOTE

In Plato's Symposium, Diotima presents the philosopher as someone who recognises a lack of wisdom and therefore seeks it.

After Plato, Symposium 204a-b; Diotima through Socrates

ORIGINAL CARD 057

What the philosopher seeks



THE ORIGINAL HANDWRITTEN NOTE

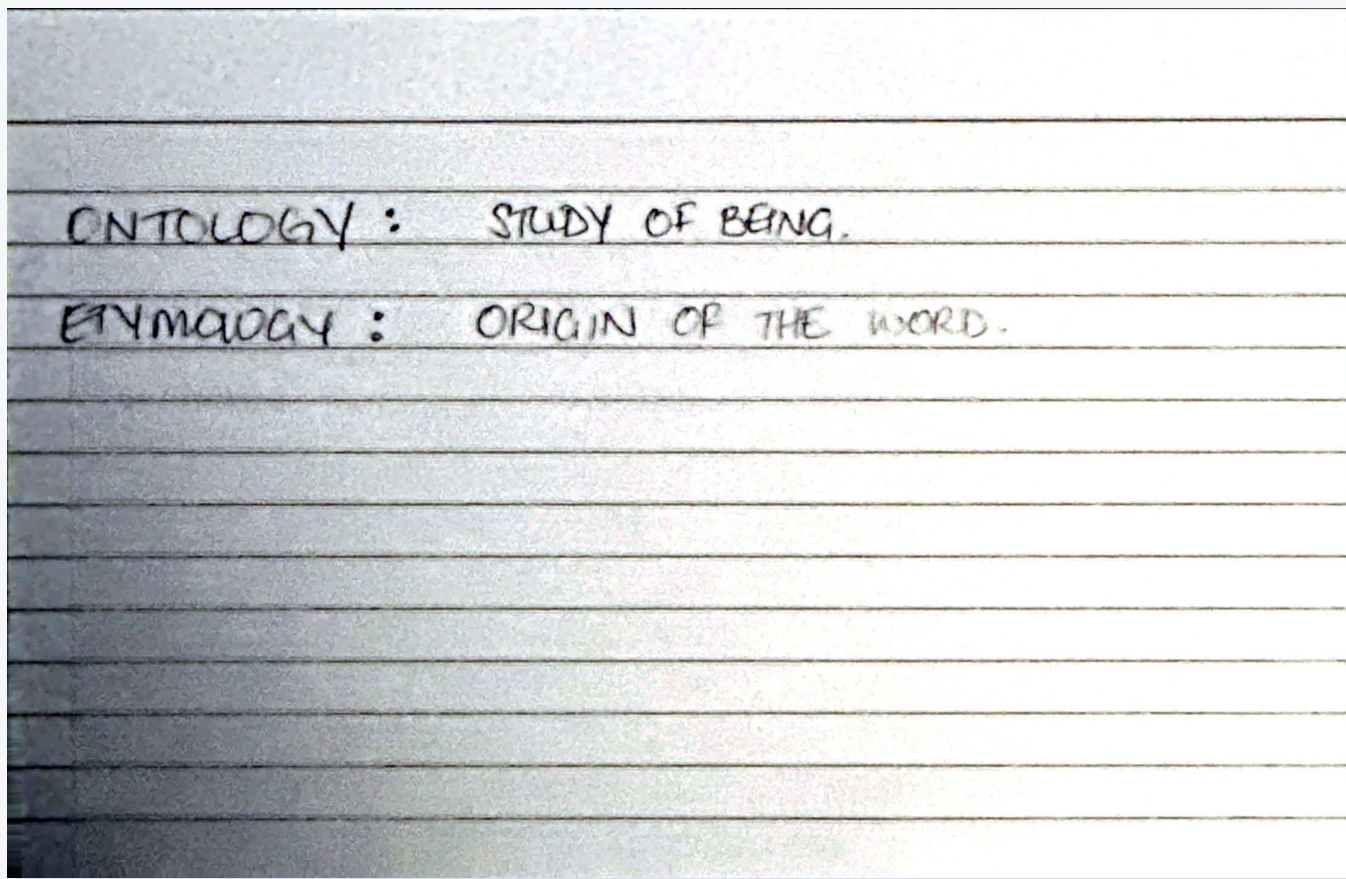
EDITED READING NOTE

The philosopher seeks wisdom. In the card's contrast, the sage already possesses it.

After Plato, Symposium 204a-b

ORIGINAL CARD 058

Being and the origins of words



THE ORIGINAL HANDWRITTEN NOTE

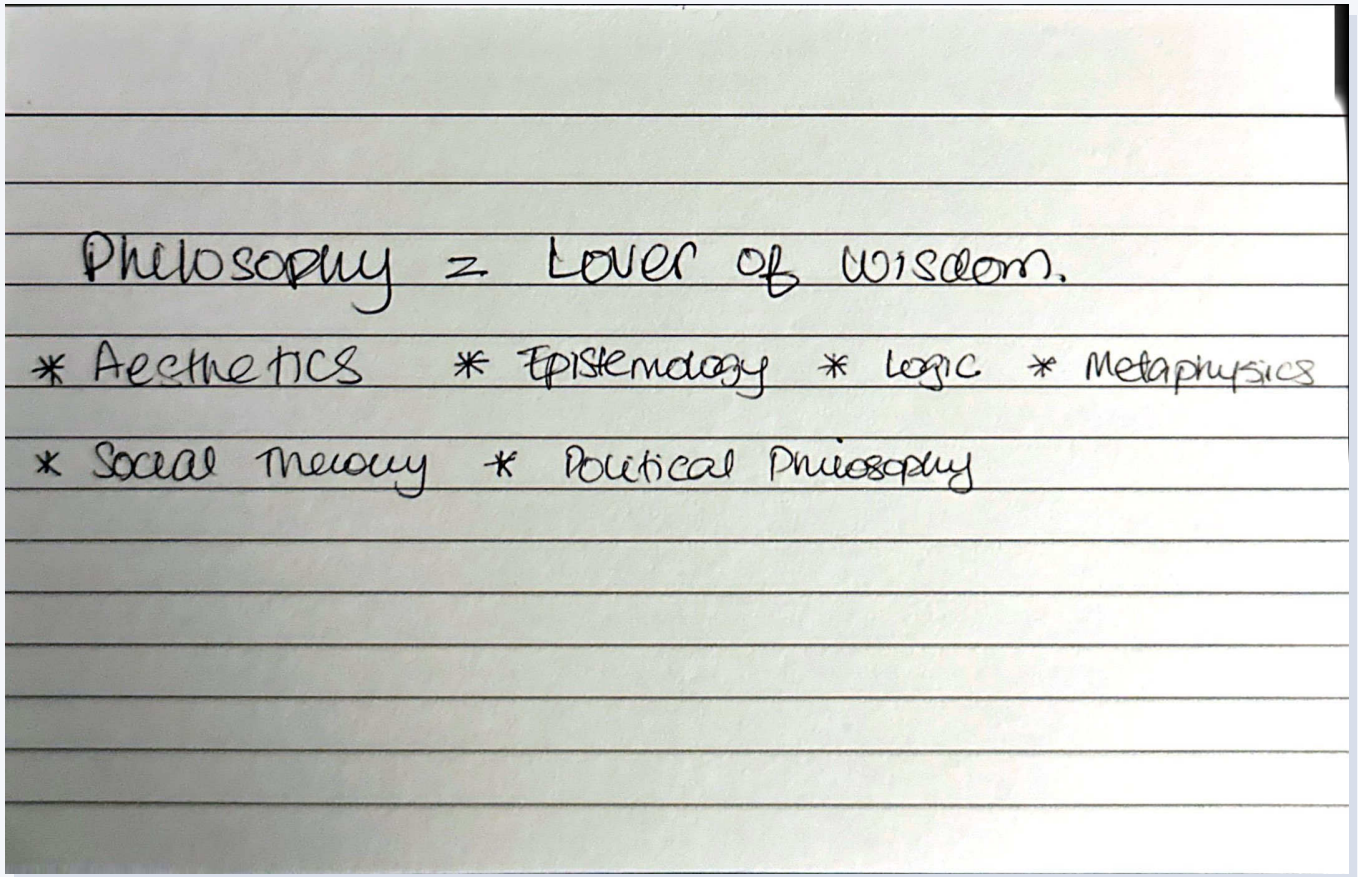
EDITED READING NOTE

Ontology studies being and existence. Etymology studies word origins and how their meanings develop.

Collected note

ORIGINAL CARD 061

Philosophy and its subjects



THE ORIGINAL HANDWRITTEN NOTE

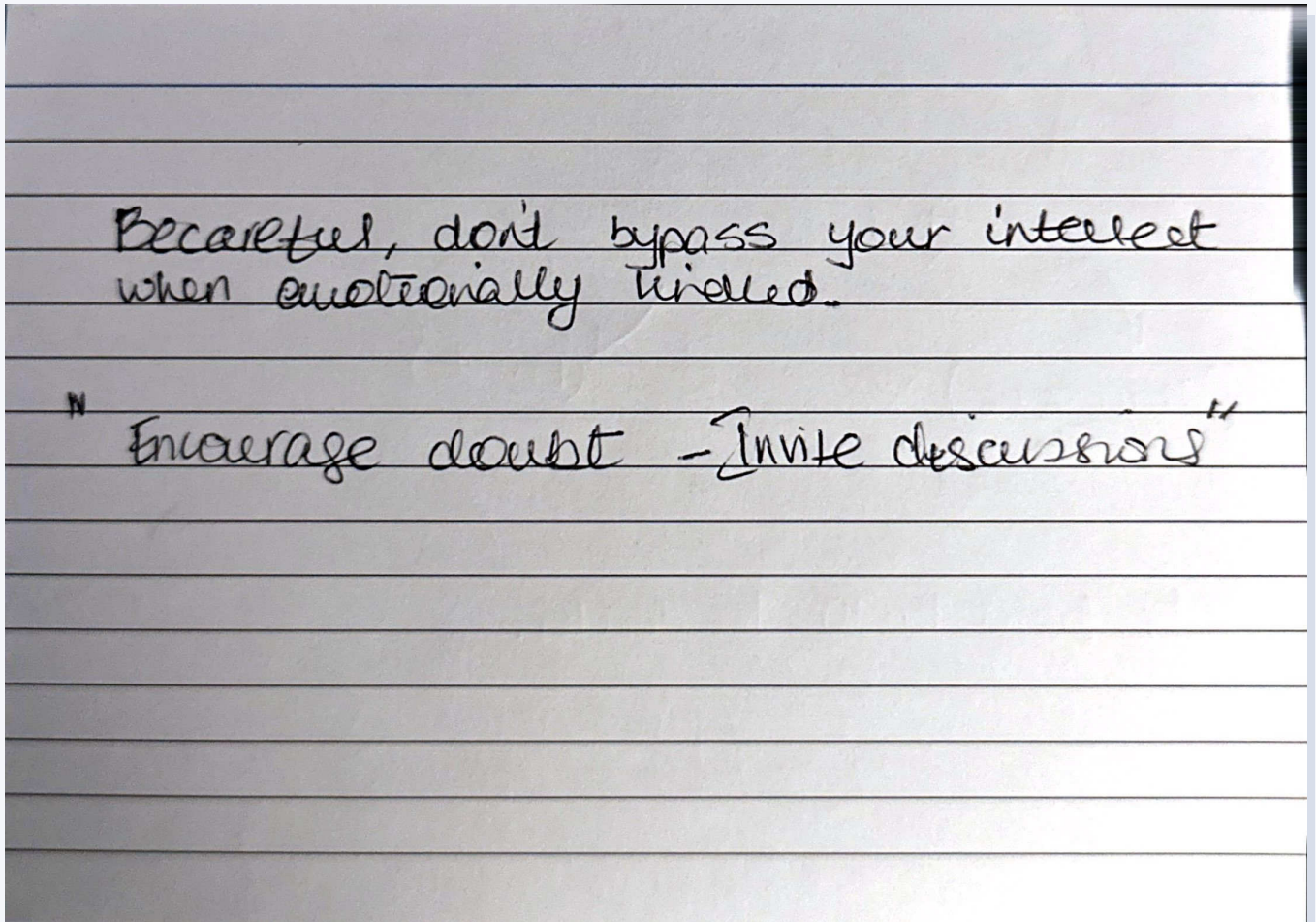
EDITED READING NOTE

Philosophy means love of wisdom. Its subjects include aesthetics, knowledge, logic, metaphysics, social theory and political philosophy.

Collected note

ORIGINAL CARD 070

Emotion and intellect



THE ORIGINAL HANDWRITTEN NOTE

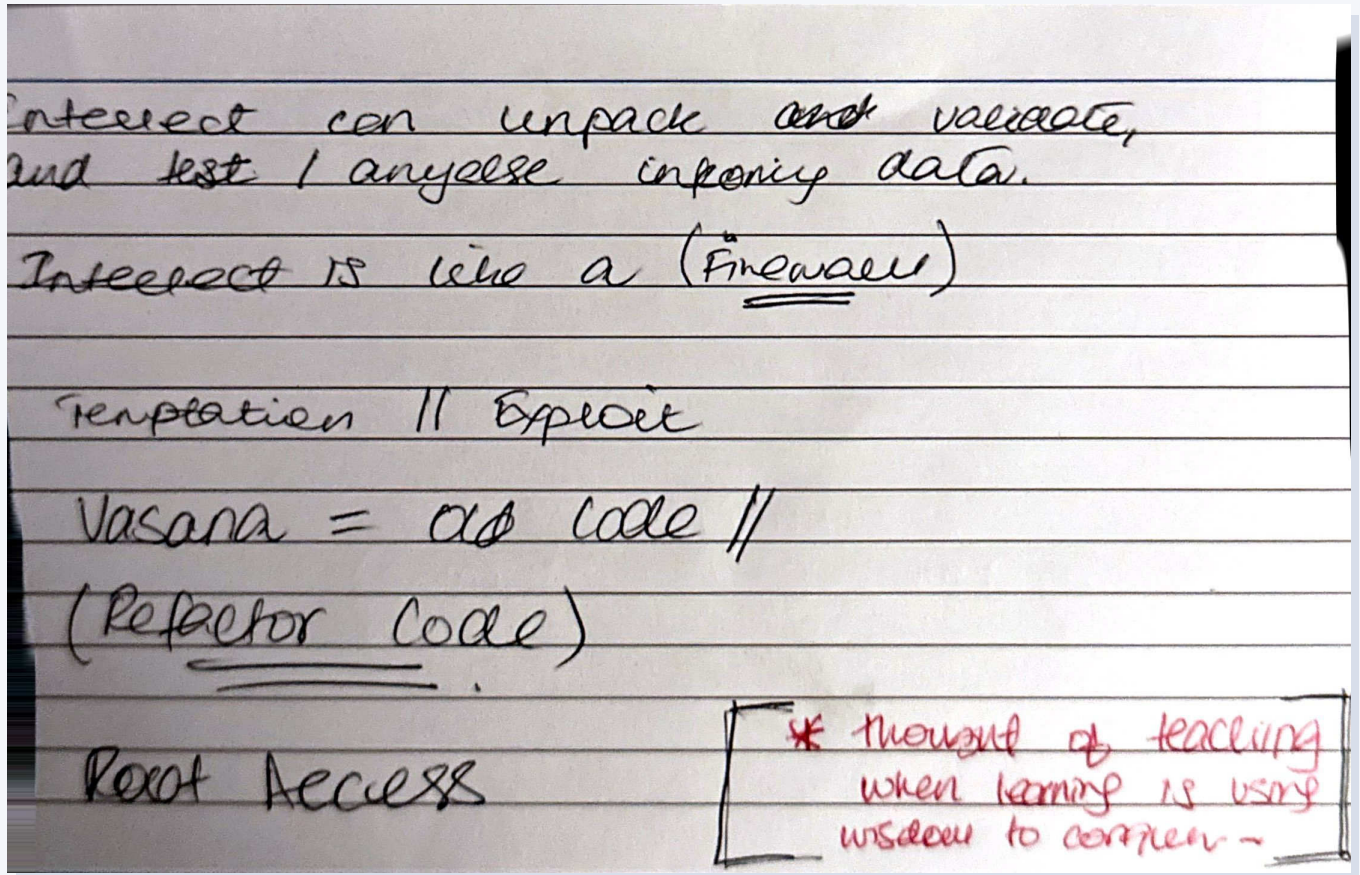
EDITED READING NOTE

When emotion is strong, give your judgement time to work. Encourage doubt. Invite discussion.

Collected note

ORIGINAL CARD 073

Intellect as a firewall



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

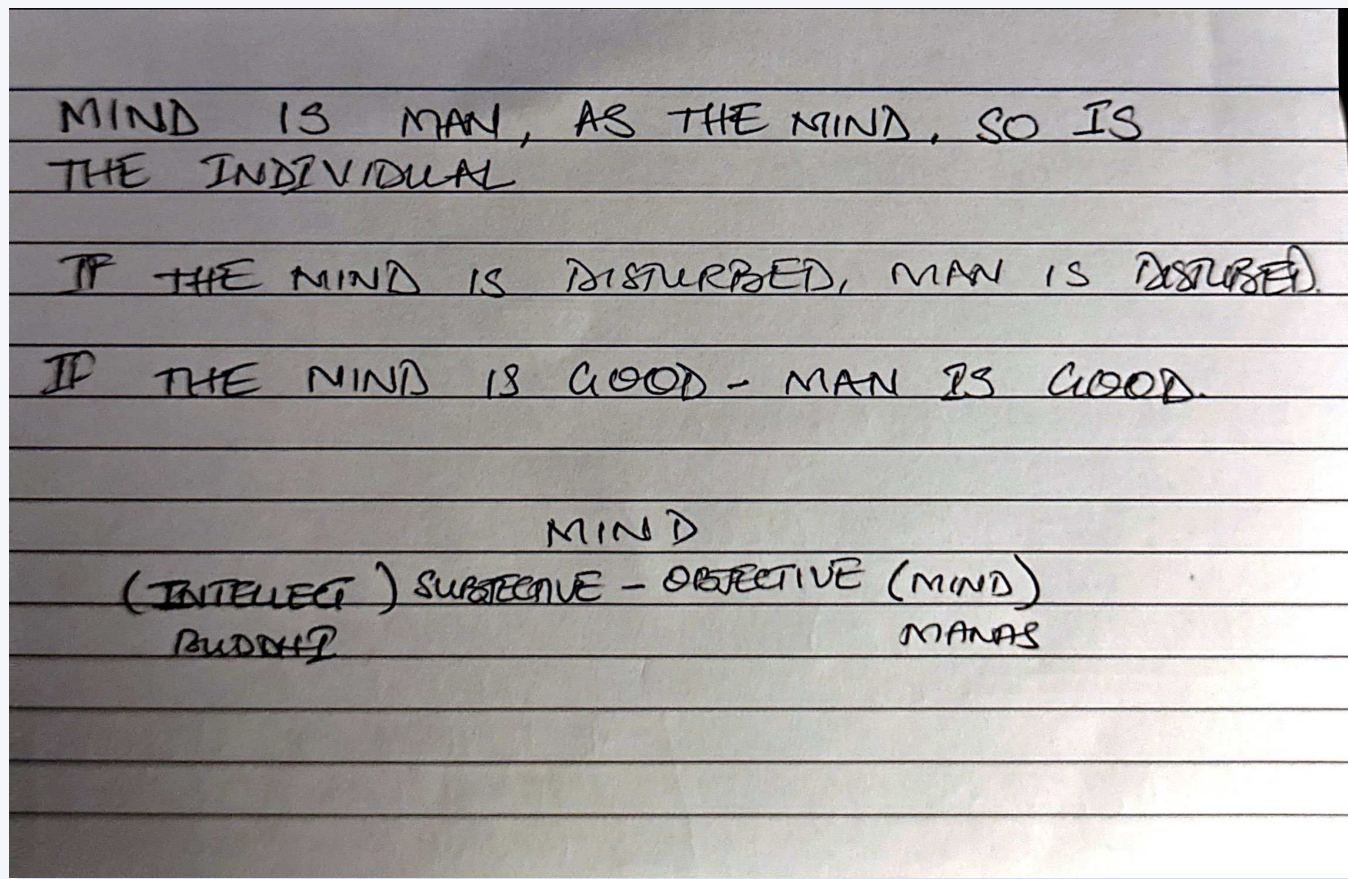
The intellect can unpack, validate, test and analyse incoming information. The card compares it to a computer firewall, and old patterns to code that can be examined and revised.

Collected note

Context: The computing language is an analogy. The source scan clips part of the handwriting at the left edge.

ORIGINAL CARD 074

As the mind, so the individual



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

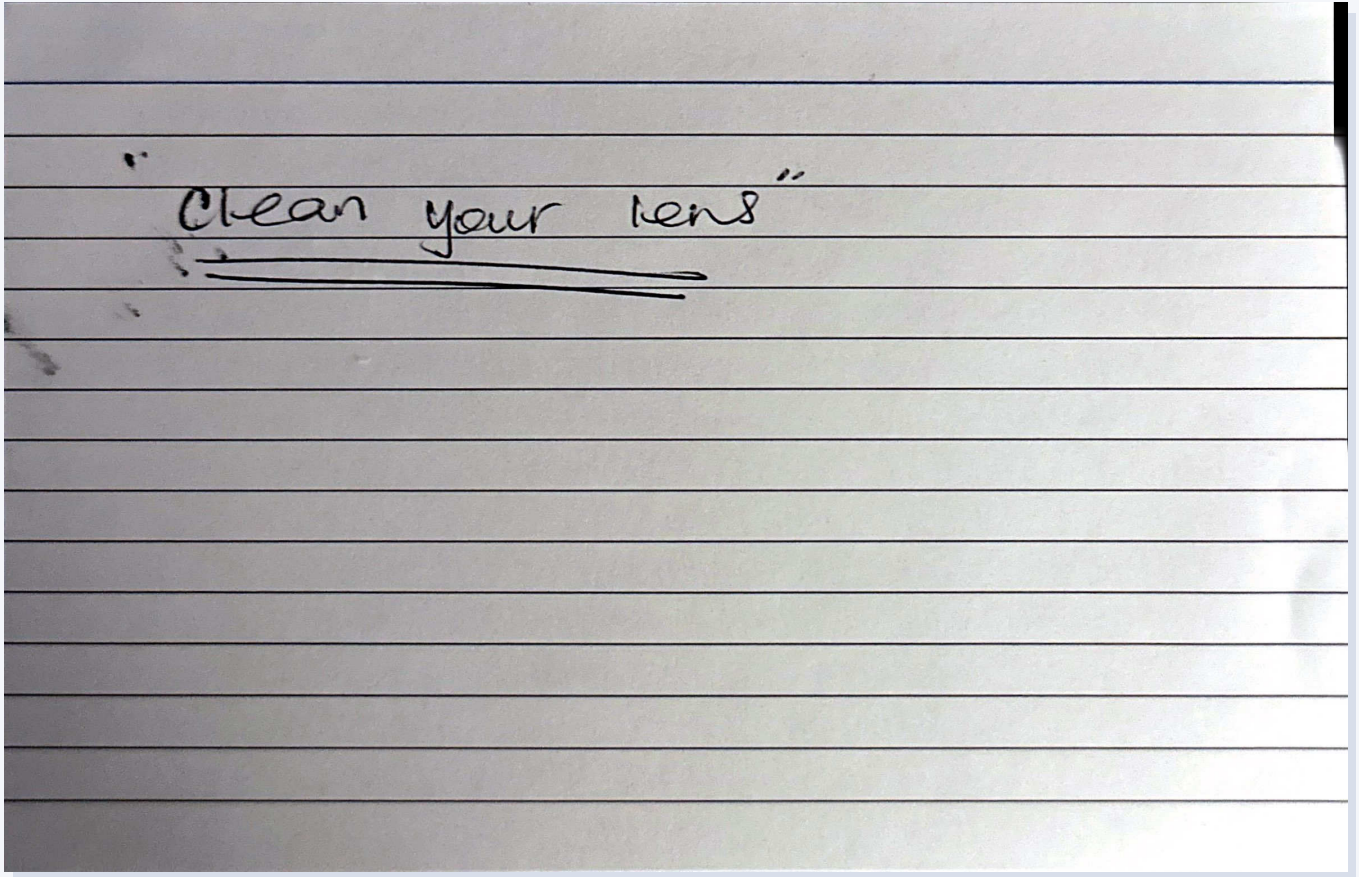
The card links the condition of the mind to the person's experience. It uses the Vedantic terms buddhi for intellect and manas for mind.

Collected note

Context: A Vedantic model used in the notes.

ORIGINAL CARD 078

Clean your lens



THE ORIGINAL HANDWRITTEN NOTE

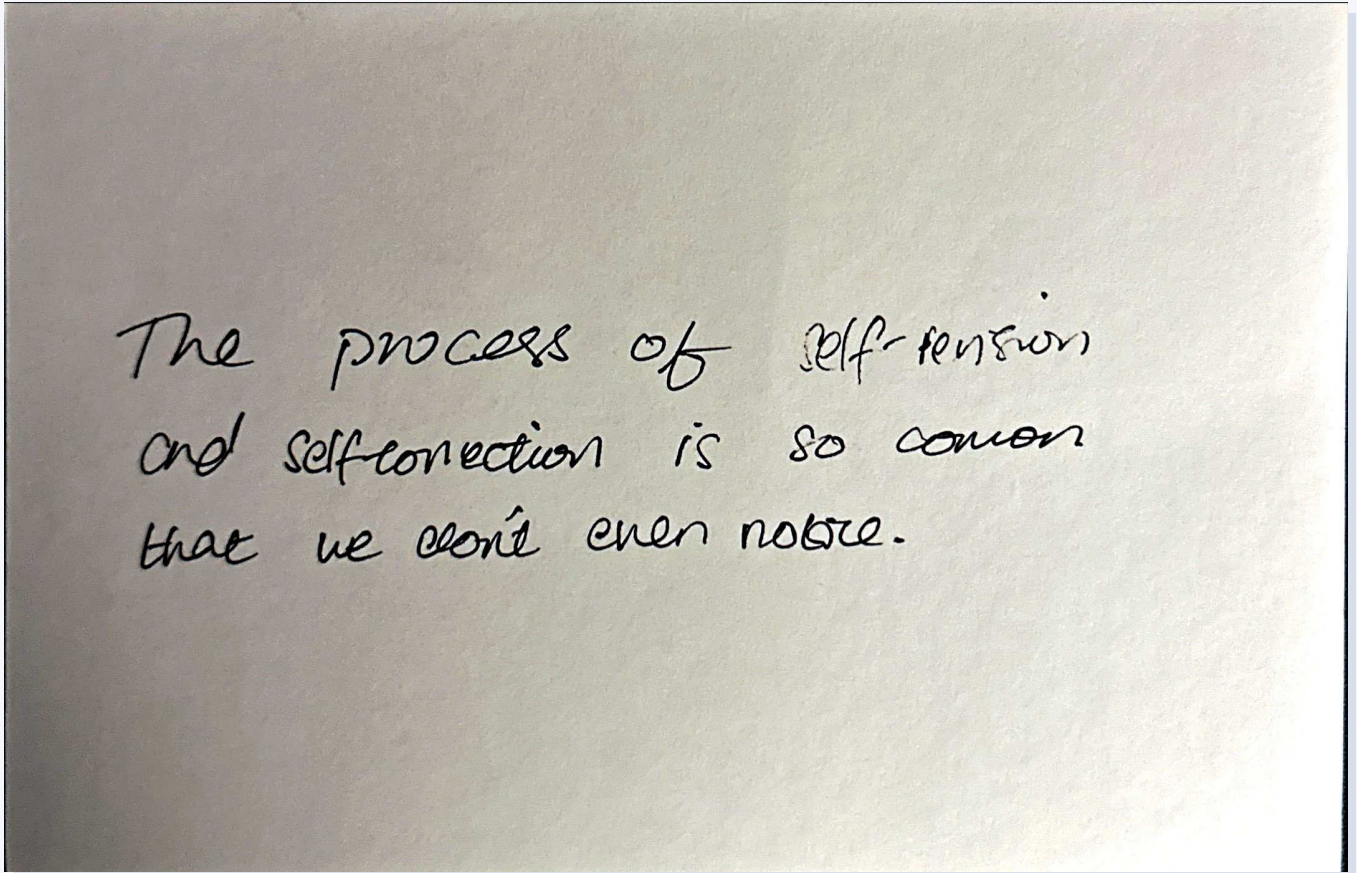
EDITED READING NOTE

“Clean your lens.”

Collected note

ORIGINAL CARD 096

Self-revision



THE ORIGINAL HANDWRITTEN NOTE

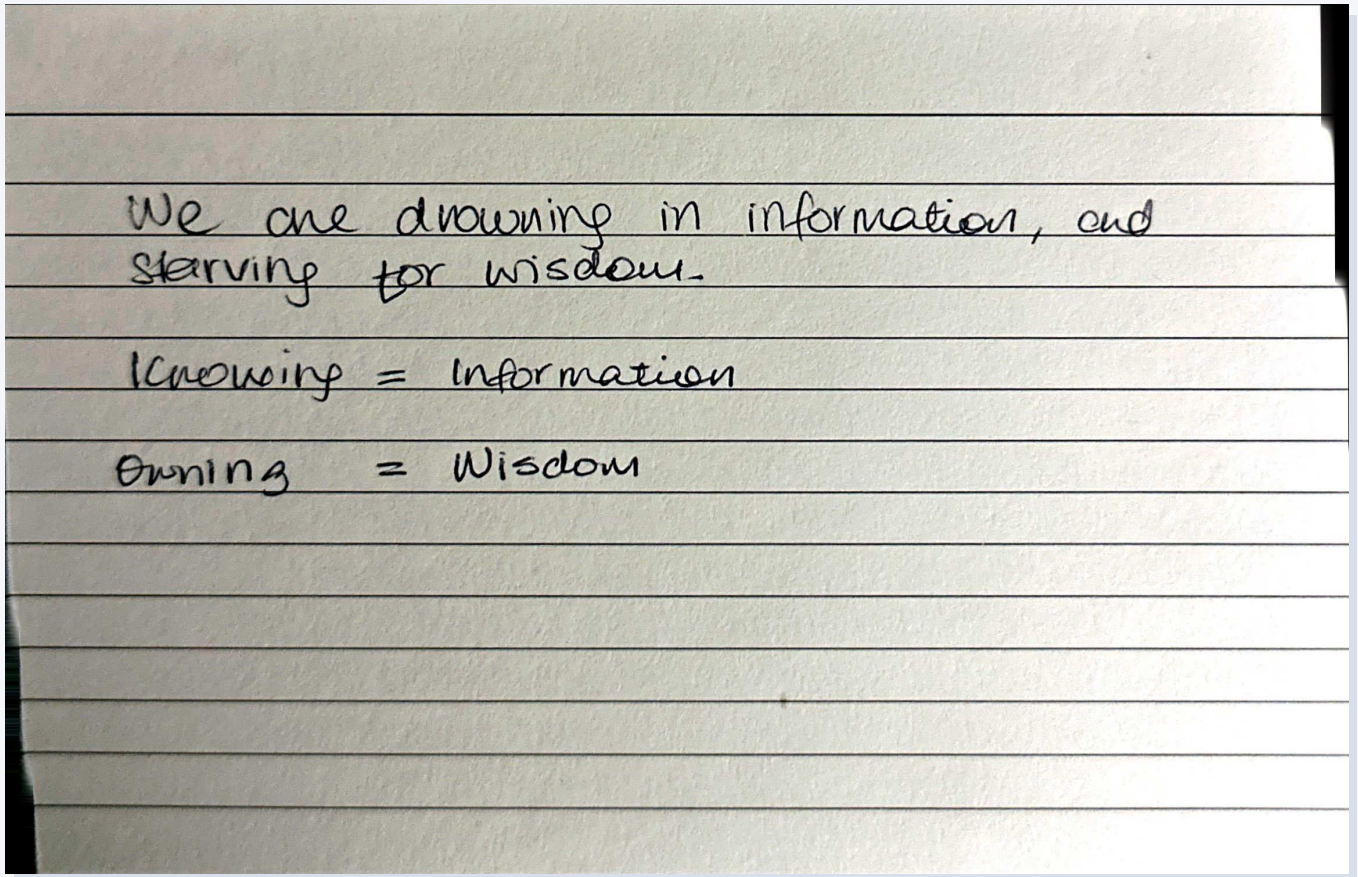
EDITED READING NOTE

The process of self-revision and self-correction is so common that we don't even notice.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 105

Information and wisdom



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

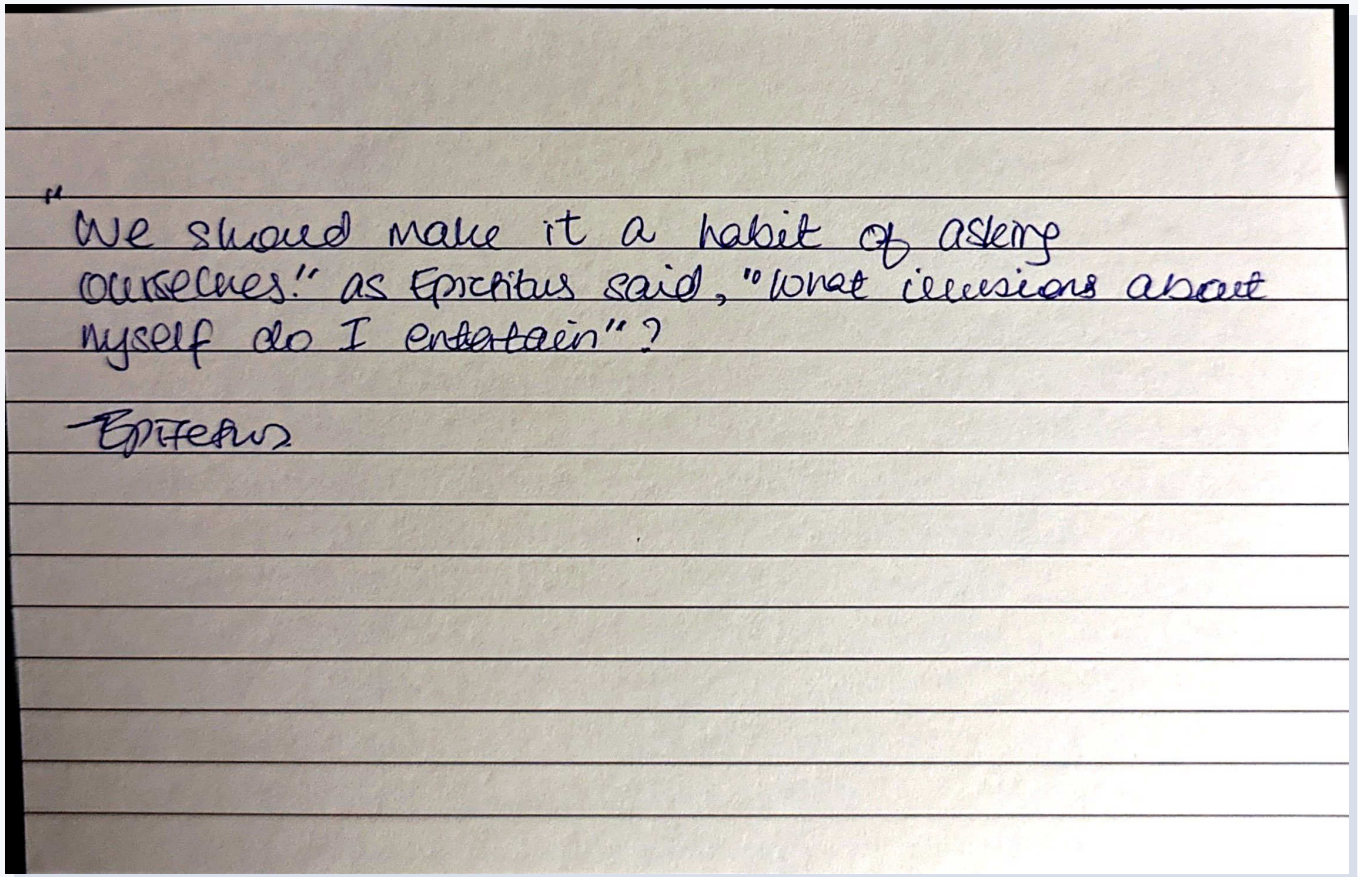
Information becomes useful when you understand it and carry it into how you live. The card calls this the move from knowing to owning.

Collected note

Context: The source of the information-and-wisdom saying remains unconfirmed. The knowing-and-owning diagram is preserved as a notebook reflection.

ORIGINAL CARD 106

Illusions about myself



THE ORIGINAL HANDWRITTEN NOTE

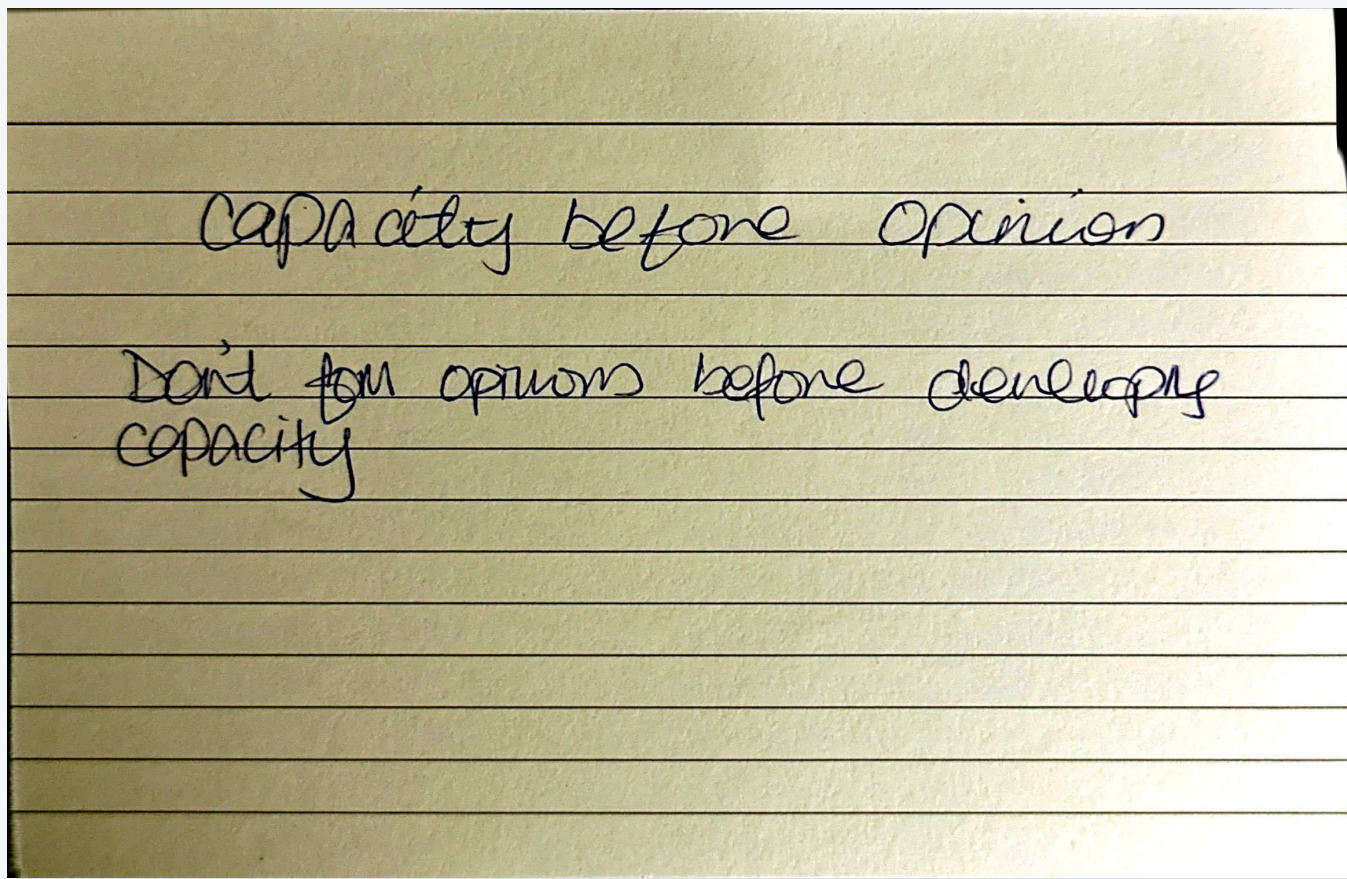
EDITED READING NOTE

Examine the illusions you may hold about yourself.

After Epictetus, Discourses 2.21.9

ORIGINAL CARD 107

Capacity before opinion



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

Develop the capacity to understand a subject before settling on an opinion.

Collected note

CHAPTER

02

Choose a direction

EDITORIAL INTRODUCTION

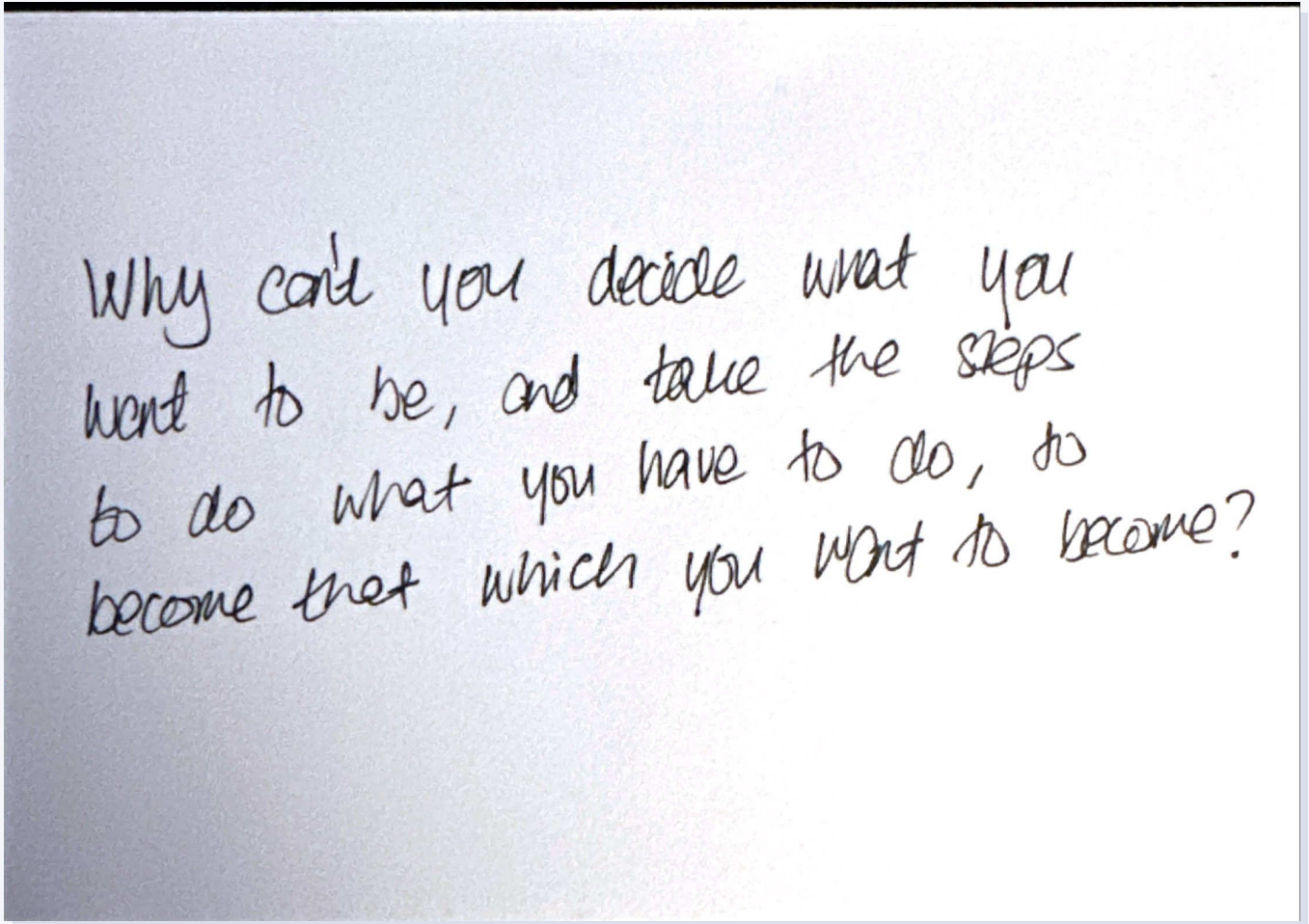
A goal gives the next part of the collection its direction. These notes move from understanding yourself to choosing something you want to do. They connect an aim with courage, action and learning. The target can change as experience brings more information. Confidence appears here as something that can grow through taking part.

The cards also return to limited time, personal responsibility and the possibility of beginning again. In the book's opening image of a hero's journey, choosing a direction starts the movement. It also gives distractions something to pull against. That tension leads into the next chapter.



ORIGINAL CARD 052

Becoming what you want to be



THE ORIGINAL HANDWRITTEN NOTE

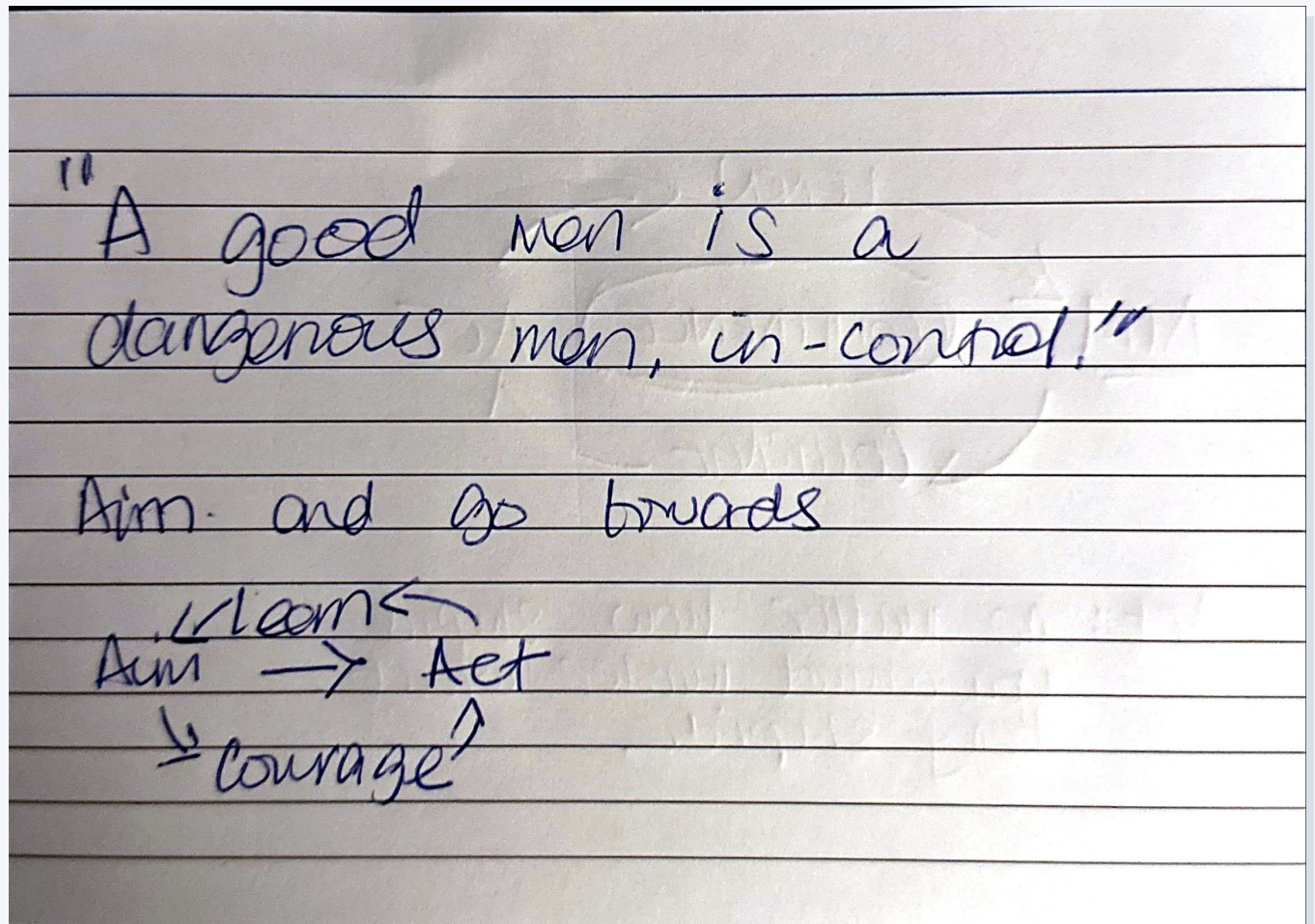
EDITED READING NOTE

Why can't you decide what you want to be and take the steps to do what you have to do, to become that which you want to become?

Collected note

ORIGINAL CARD 076

Aim, act and learn



THE ORIGINAL HANDWRITTEN NOTE

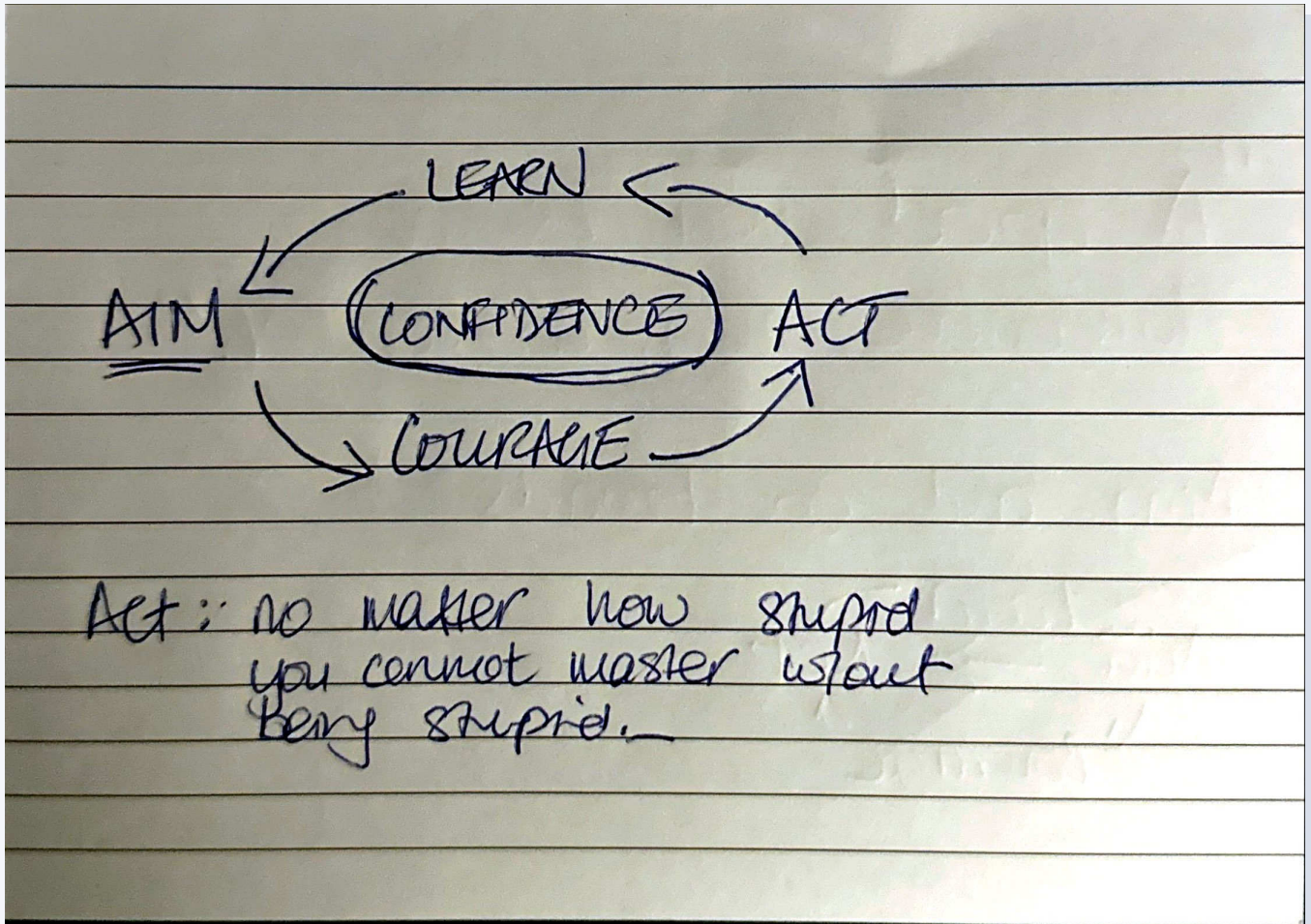
EDITED READING NOTE

Choose an aim. Find the courage to act. Learn from what happens, then adjust the aim.

Collected note

ORIGINAL CARD 077

Confidence through action



THE ORIGINAL HANDWRITTEN NOTE

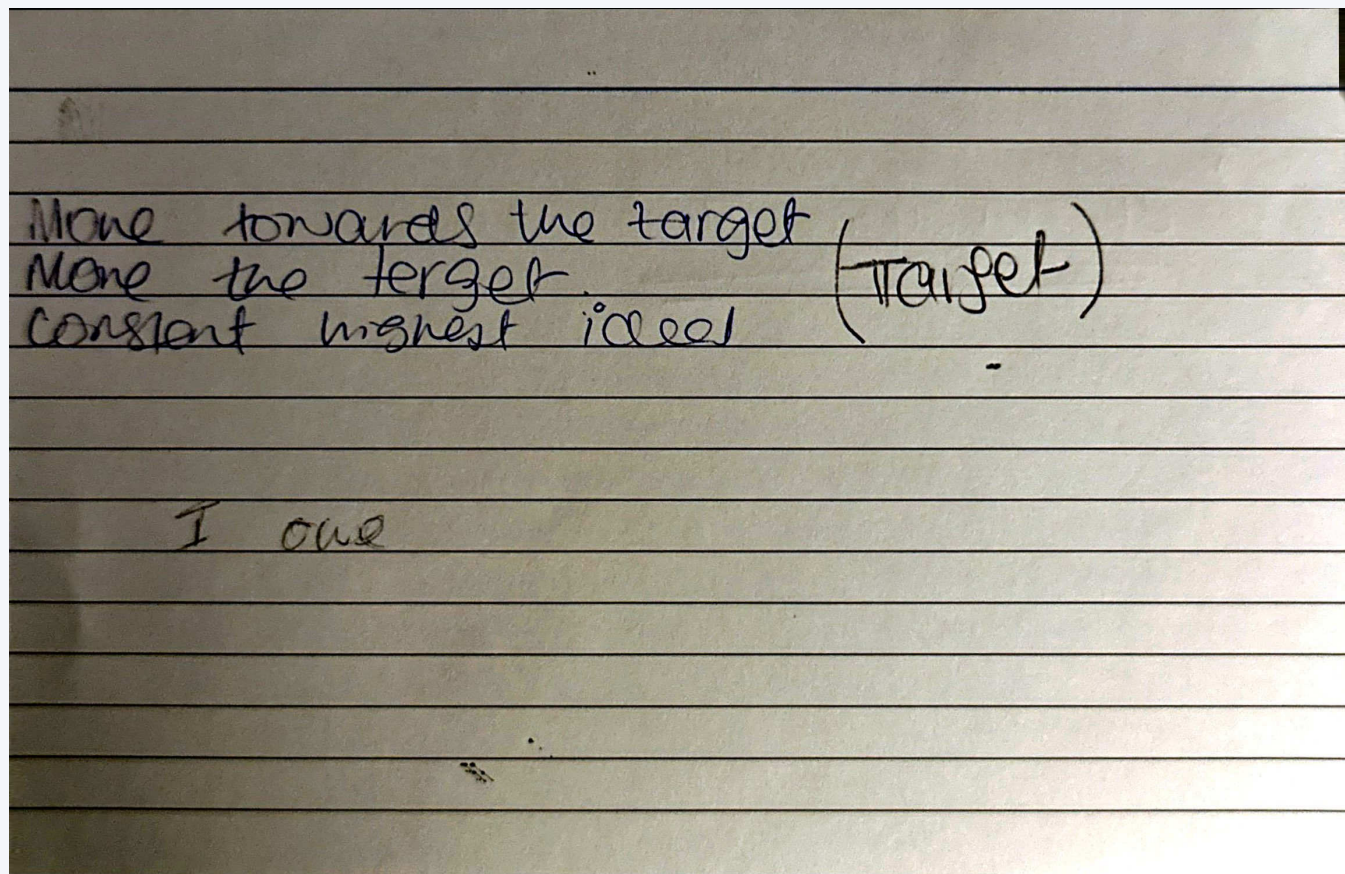
EDITED READING NOTE

Confidence can develop through this loop: aim, find courage, act, learn and aim again. Allow room for the awkwardness of beginning.

Collected note

ORIGINAL CARD 080

Move towards the target



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

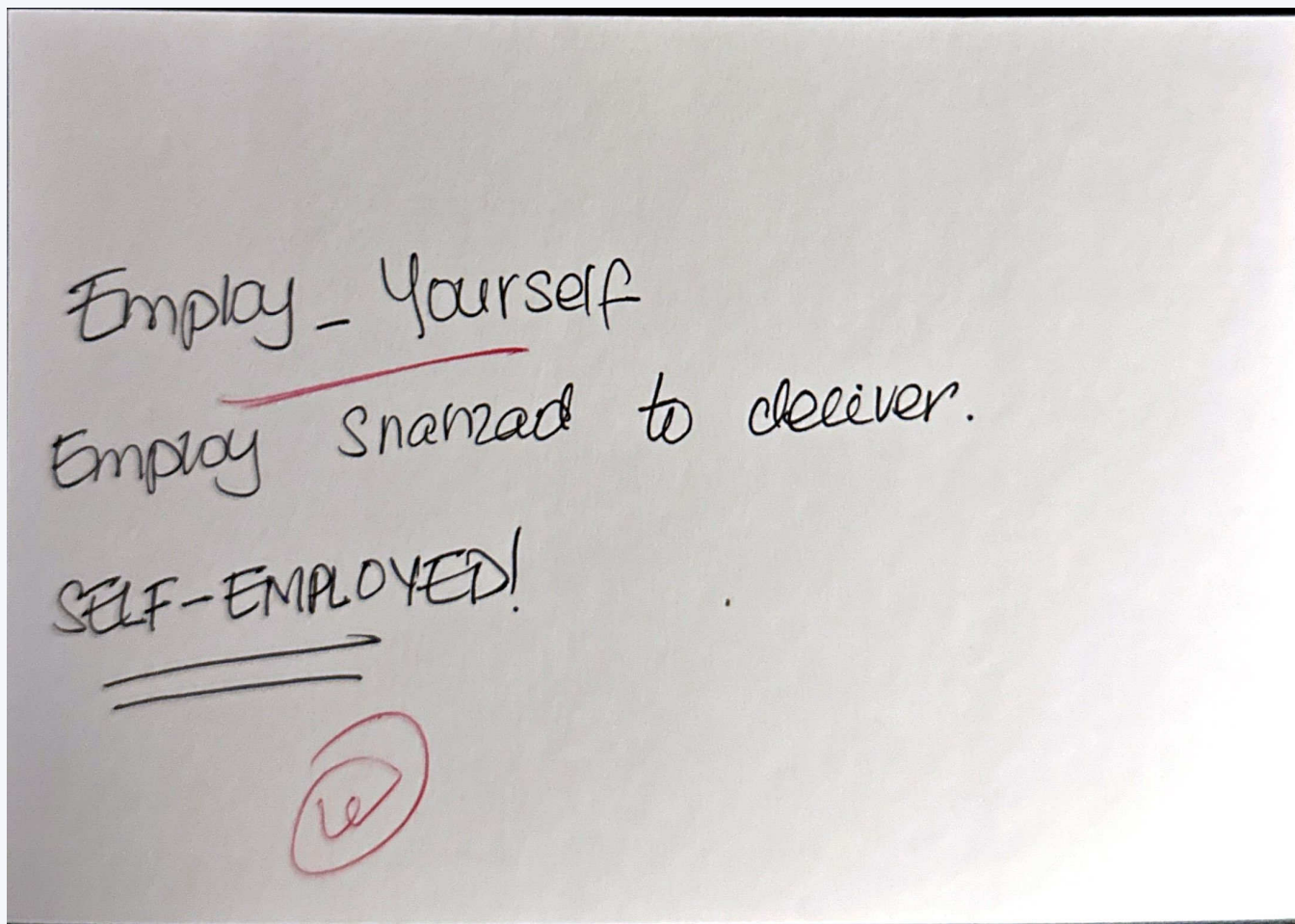
Move towards the target. Be willing to move the target as you learn. Keep an ideal in view.

Collected note

Context: The final handwritten fragment is unfinished. The edited reading draws on the three complete prompts.

ORIGINAL CARD 084

Employ yourself



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

Employ yourself.

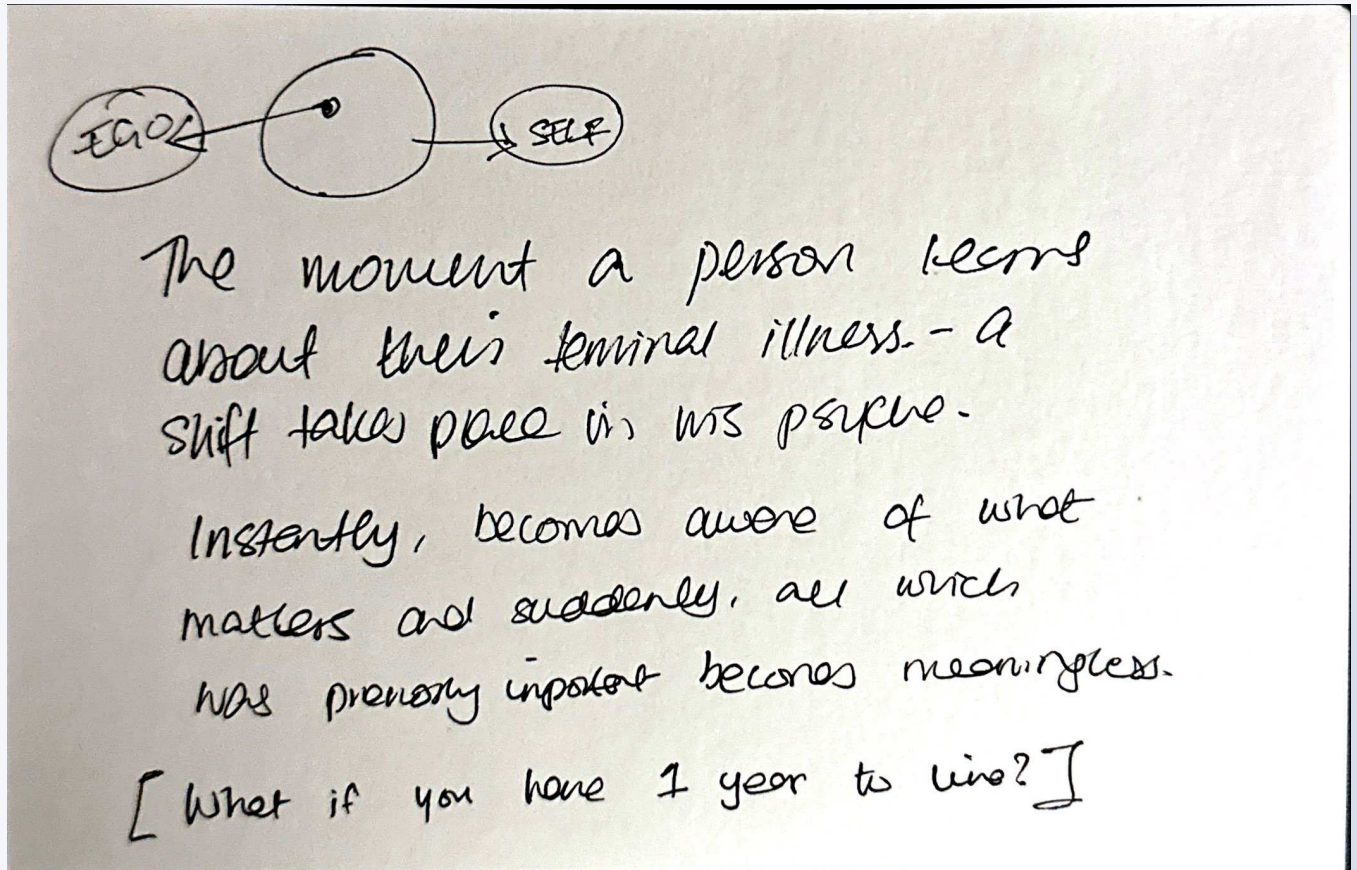
Employ Shahzad to deliver.

Self-employed!

Personal reminder; exact source unconfirmed

ORIGINAL CARD 095

What matters



THE ORIGINAL HANDWRITTEN NOTE

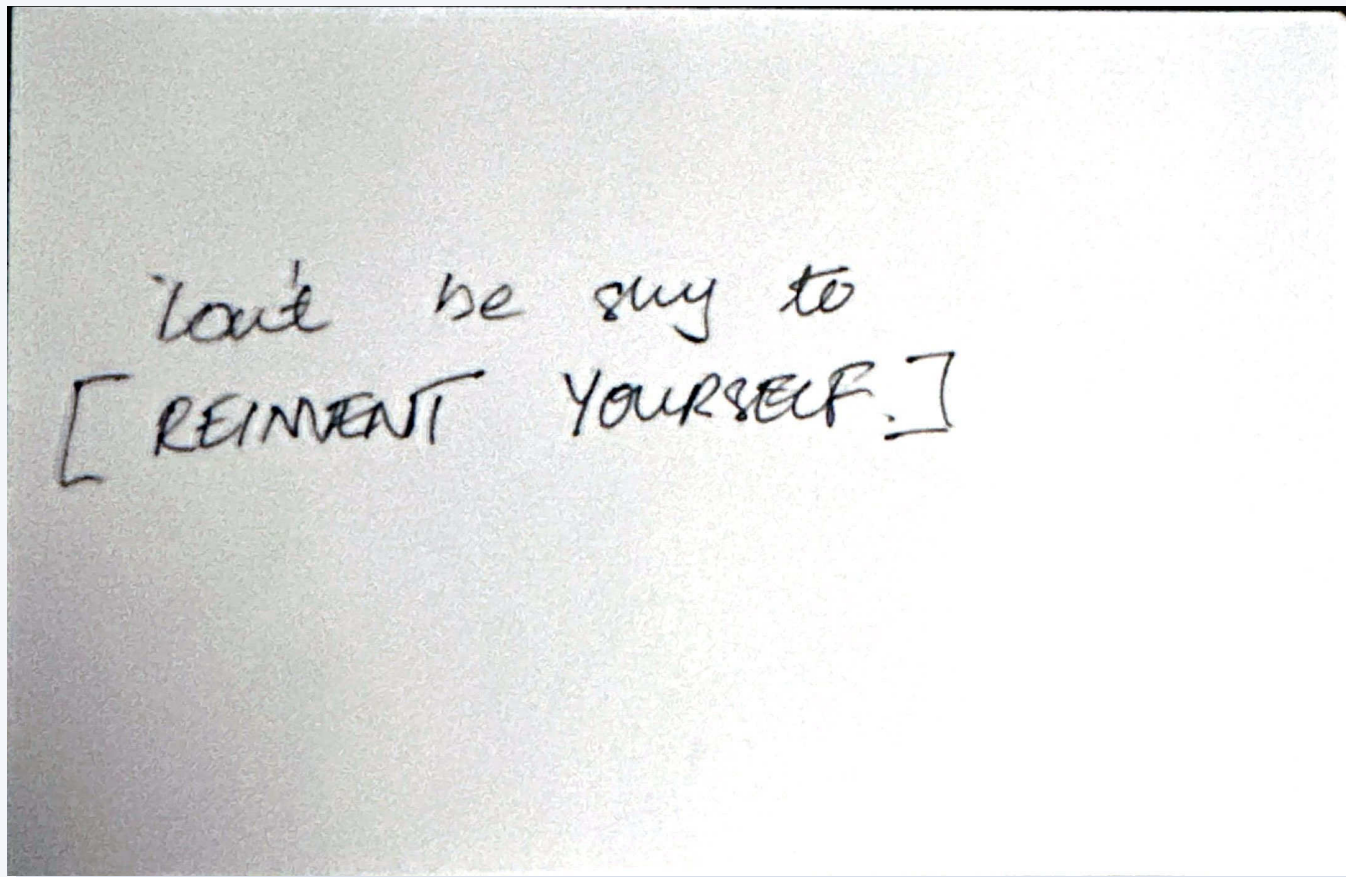
EDITED READING NOTE

An awareness of limited time can change what seems important. The card imagines having one year to live and looking again at your priorities.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 099

Reinvent yourself



THE ORIGINAL HANDWRITTEN NOTE

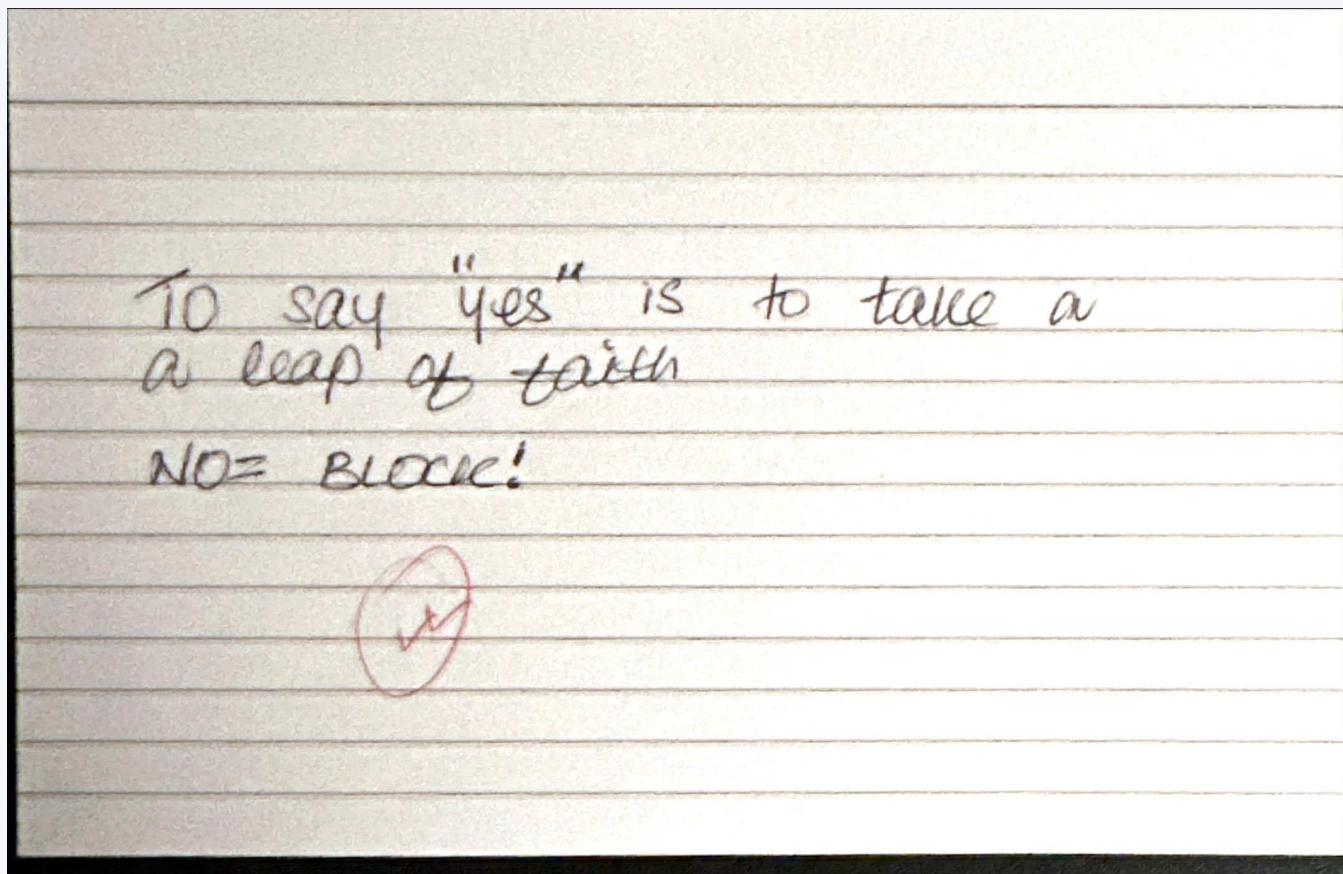
EDITED READING NOTE

Don't be shy to reinvent yourself.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 117

A leap of faith



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

Saying yes can involve a leap of faith. The card connects that choice with moving forward.

Collected note

CHAPTER

03

Meet resistance

EDITORIAL INTRODUCTION

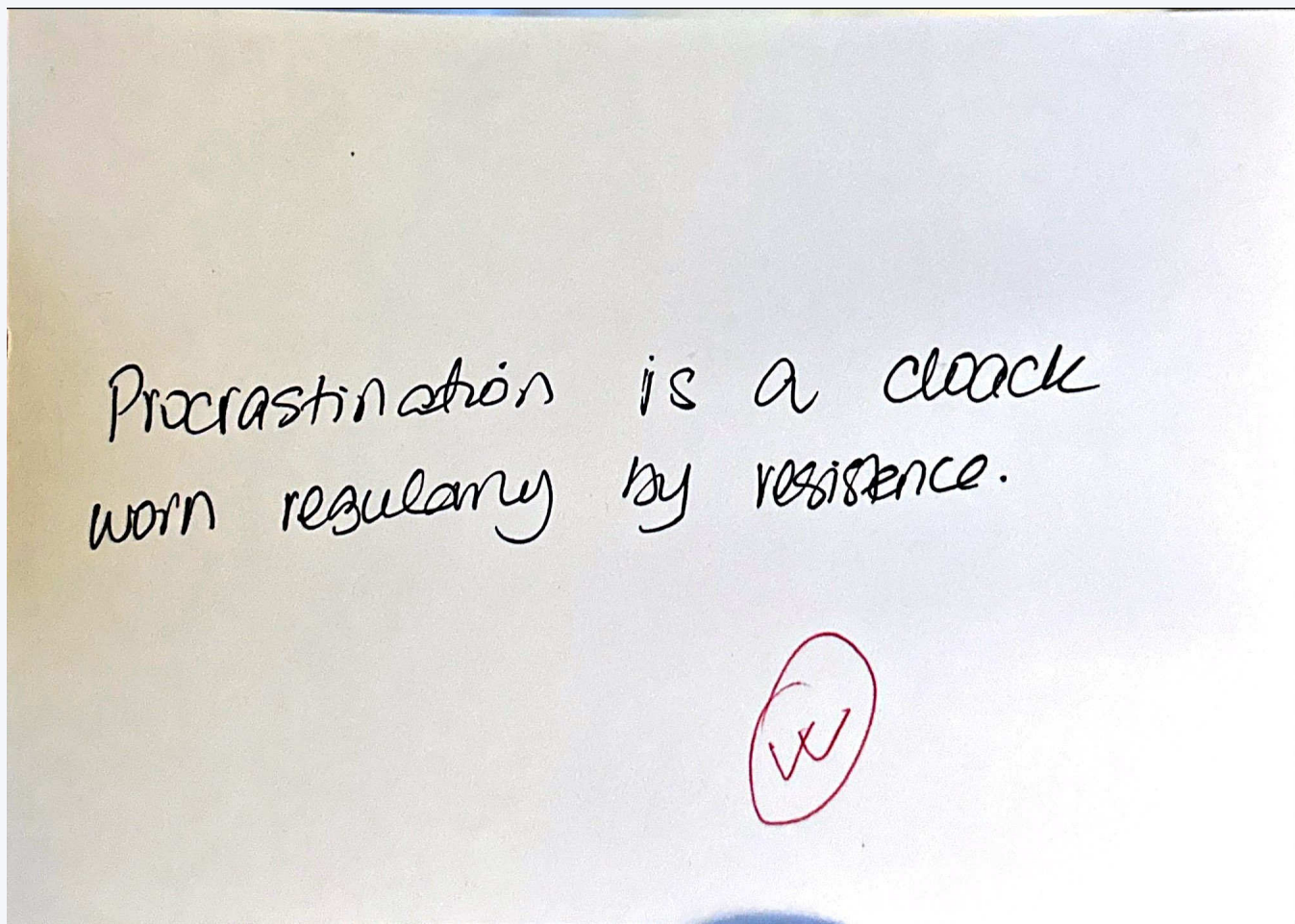
Steven Pressfield's idea of Resistance runs through this collection. He uses the word for the inner opposition that can appear around work a person cares about. The cards give it familiar forms: postponing a start, chasing an immediate pleasure, fearing a change and finding a persuasive explanation for delay.

The language is often forceful. Battles, enemies and finish lines belong to Pressfield's literary framework and the notes made around it. Their shared concern is the gap between an intention and what happens next. Having named that gap, the book turns towards the repeated acts of beginning, returning and continuing.



ORIGINAL CARD 002

Procrastination



THE ORIGINAL HANDWRITTEN NOTE

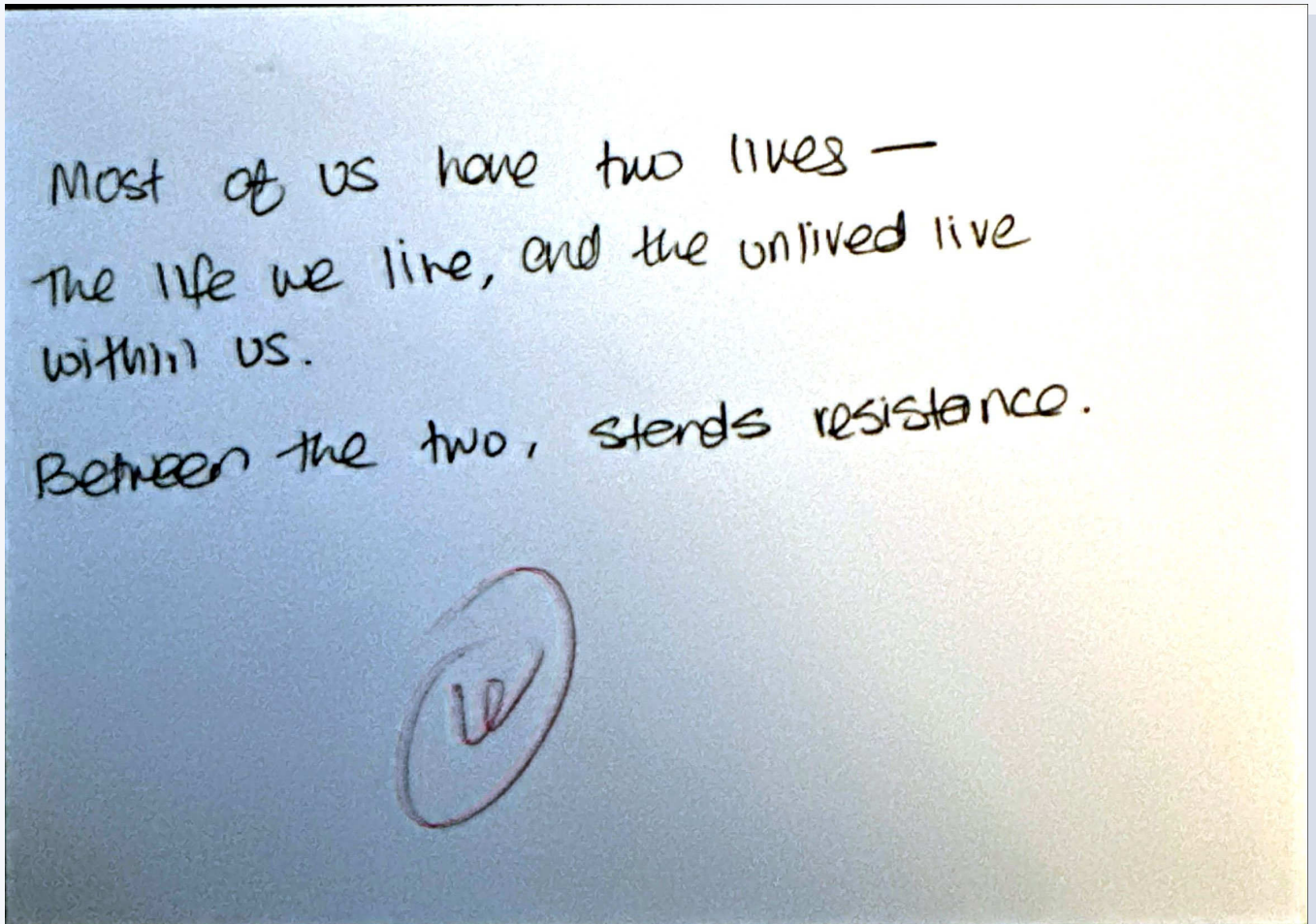
EDITED READING NOTE

Putting something off can be one way resistance appears.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 011

The unlived life



THE ORIGINAL HANDWRITTEN NOTE

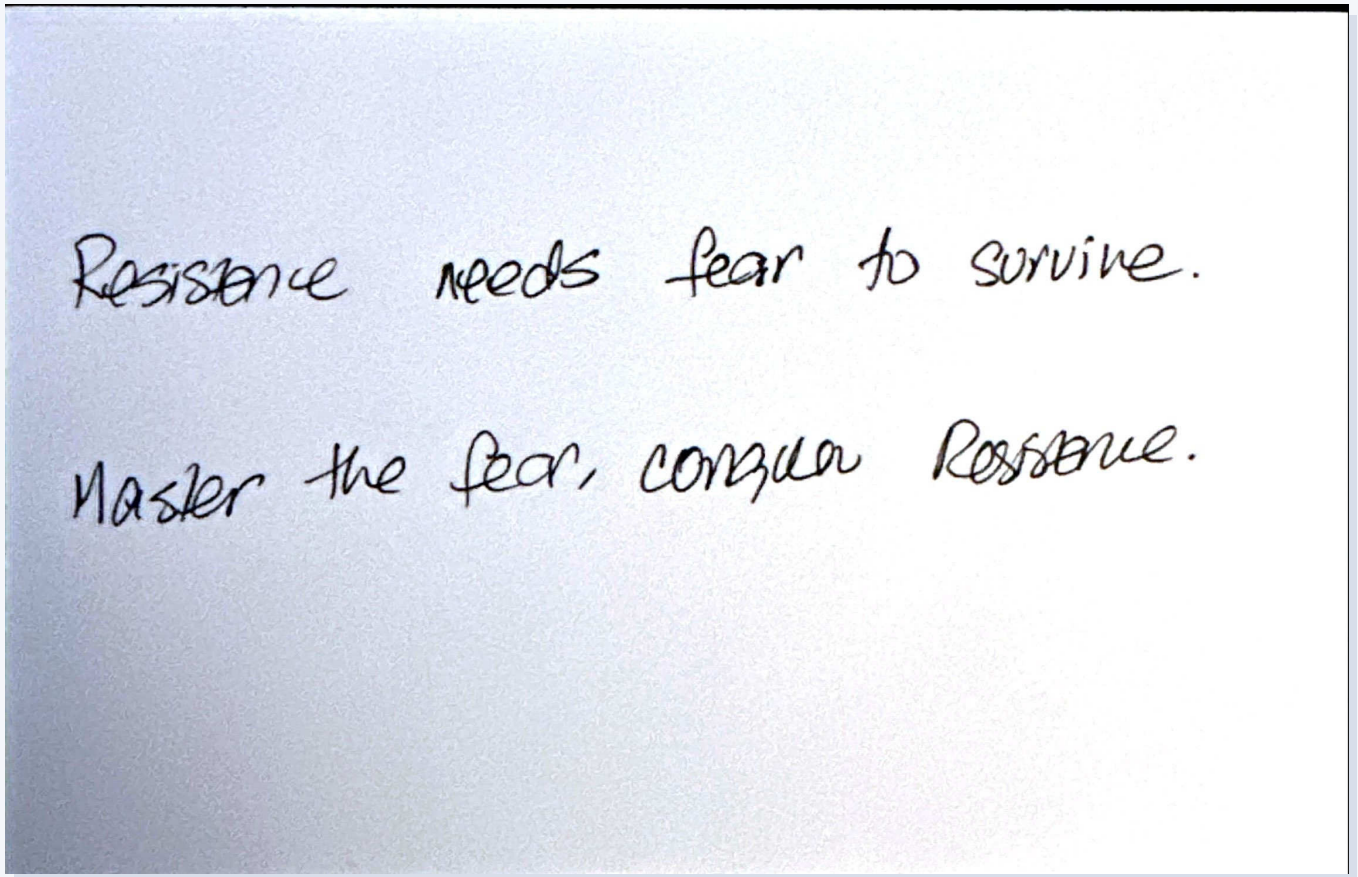
EDITED READING NOTE

Pressfield describes a gap between the life we live and the life we imagine living. Resistance stands in that gap.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 037

Resistance and fear



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

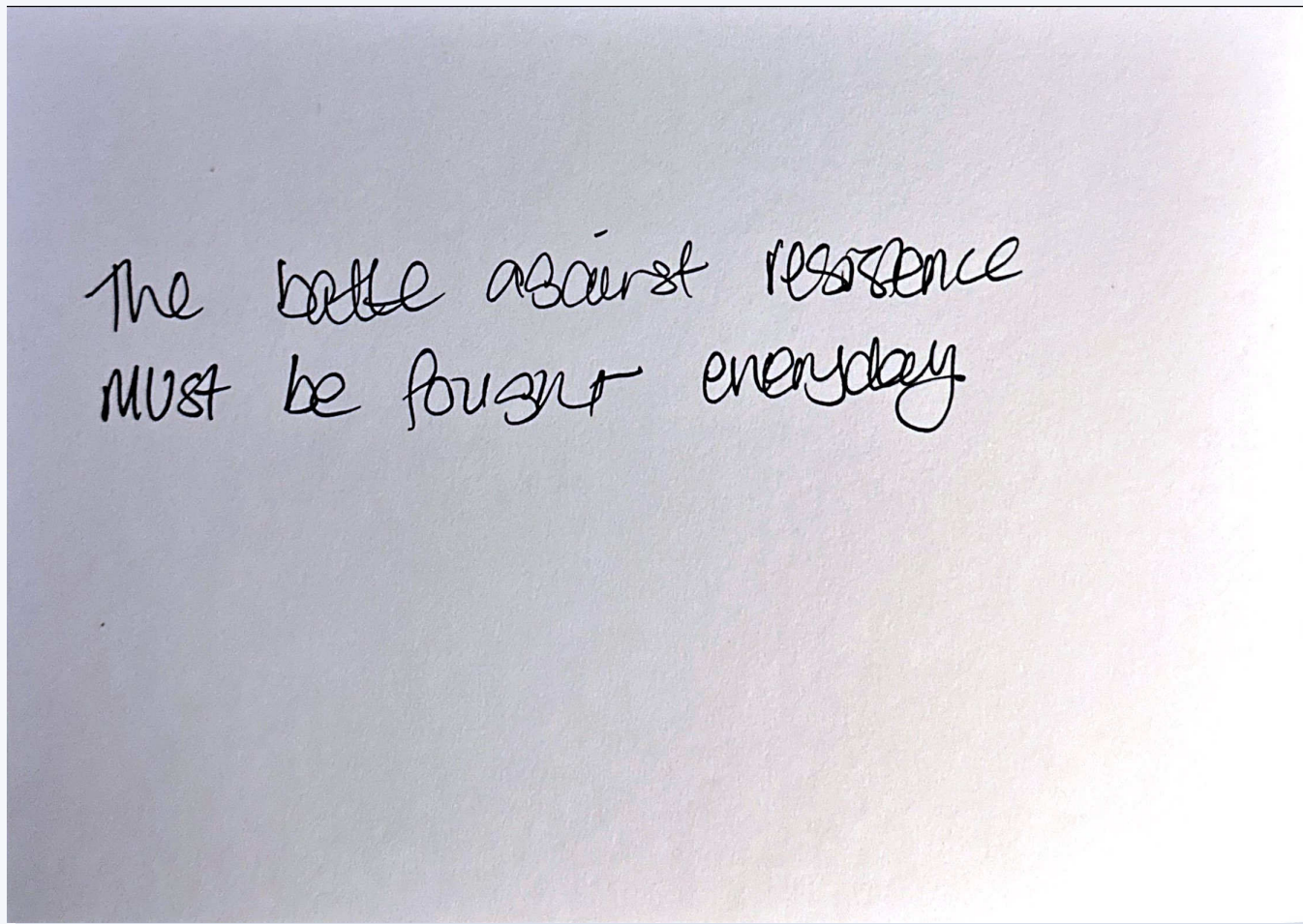
Resistance needs fear to survive.

Master the fear, conquer resistance.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 038

The daily battle



THE ORIGINAL HANDWRITTEN NOTE

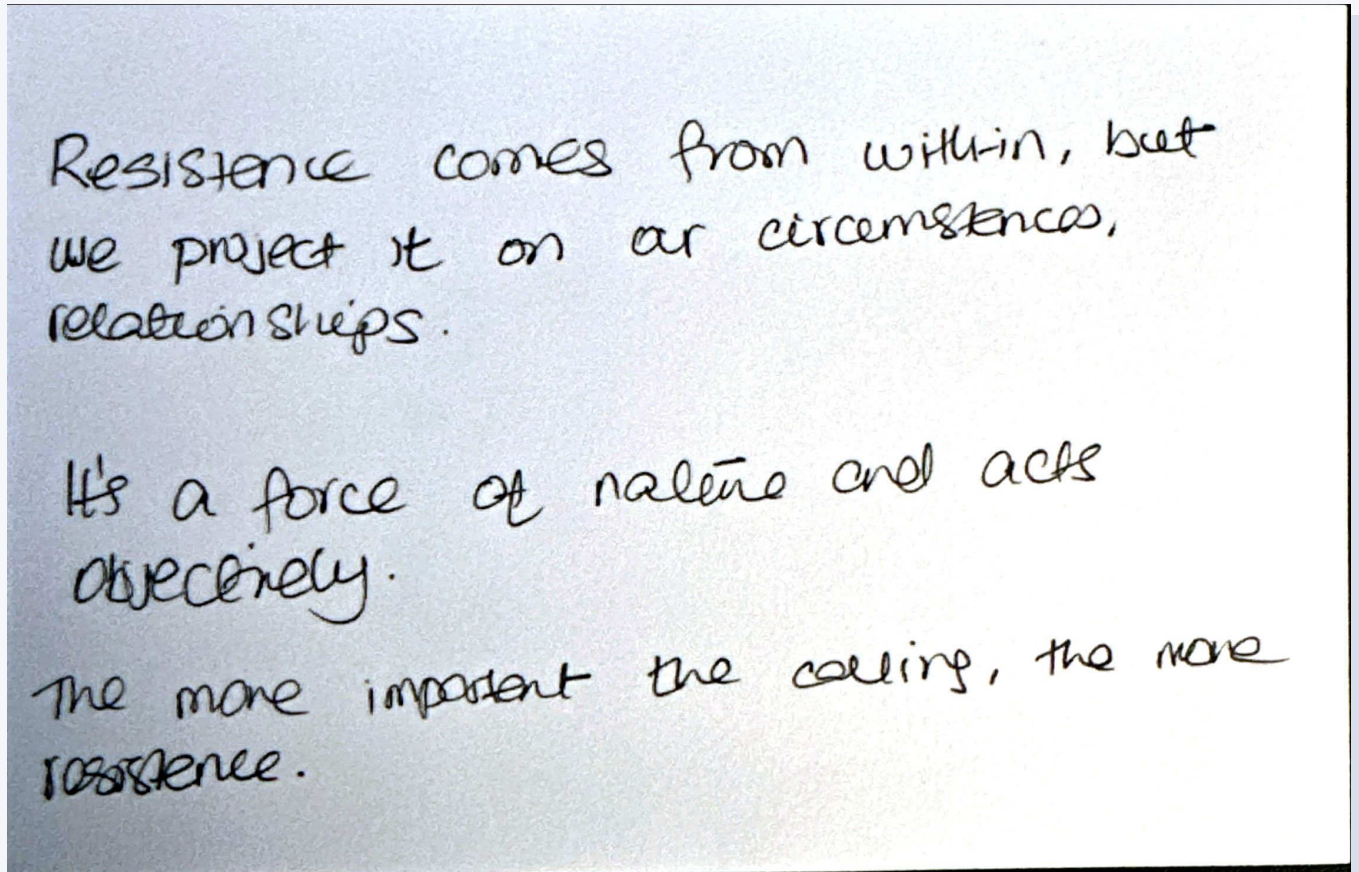
EDITED READING NOTE

The battle against resistance must be fought every day.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 040

Where resistance appears



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

Pressfield describes resistance as arising within us. We can project it onto circumstances and relationships. In his account, work that matters deeply can stir a strong urge to avoid it.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 041

Between me and the mission



THE ORIGINAL HANDWRITTEN NOTE

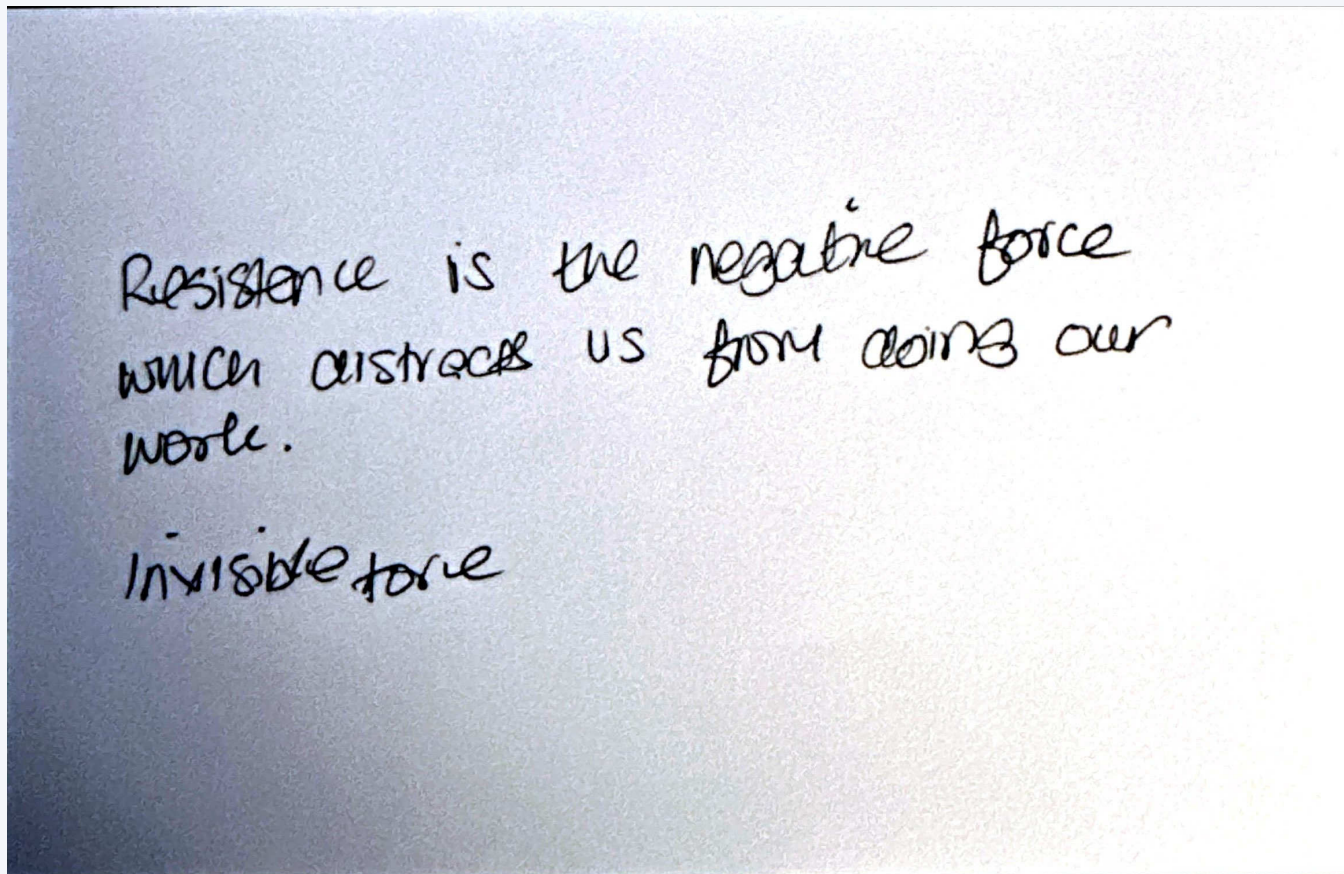
EDITED READING NOTE

Resistance stands between me and my mission.

Personal diagram using Steven Pressfield's Resistance framework

ORIGINAL CARD 042

The invisible force



THE ORIGINAL HANDWRITTEN NOTE

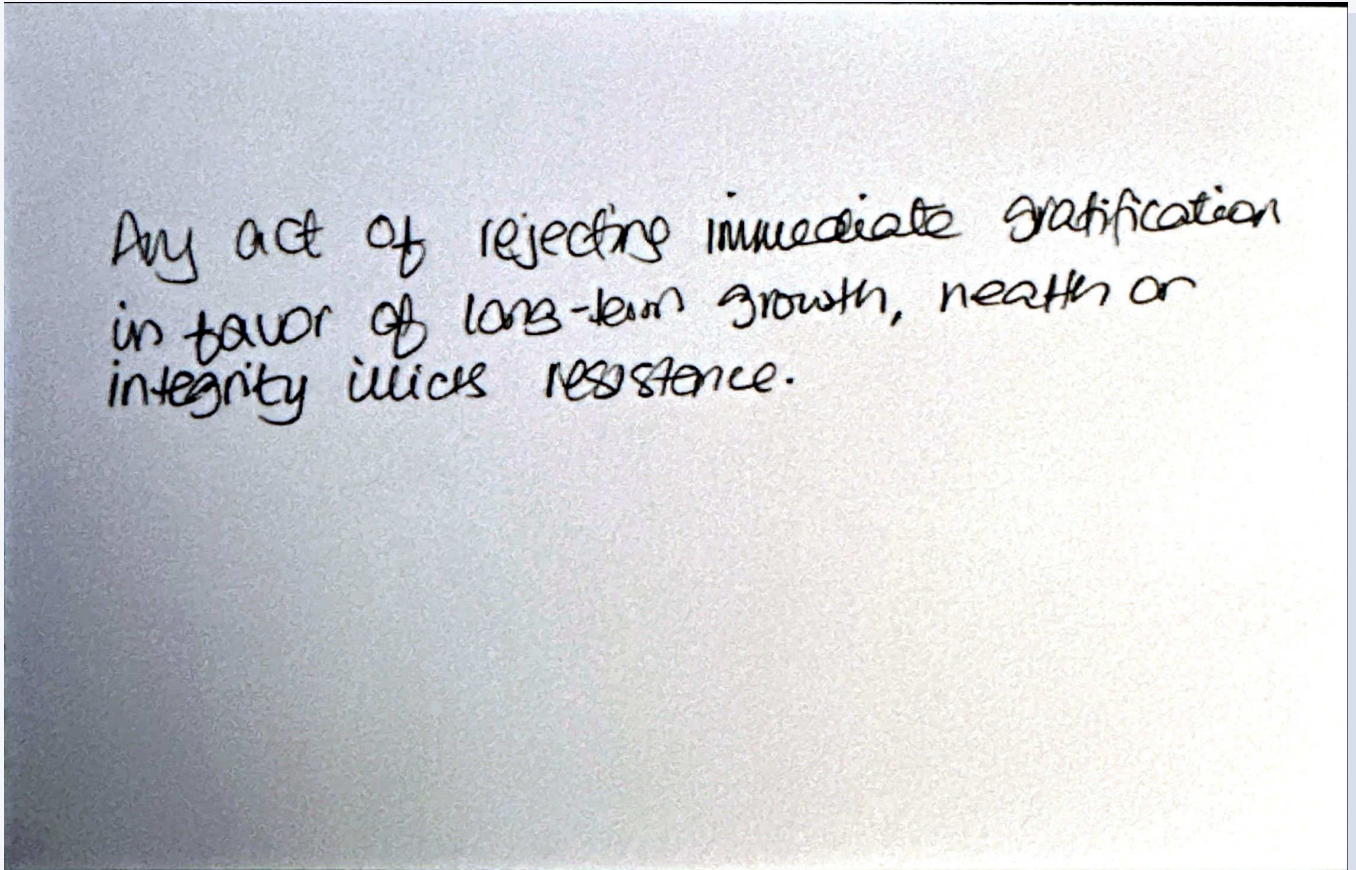
EDITED READING NOTE

Resistance is Pressfield's name for the inner opposition that distracts us from doing work we care about.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 043

Immediate gratification



THE ORIGINAL HANDWRITTEN NOTE

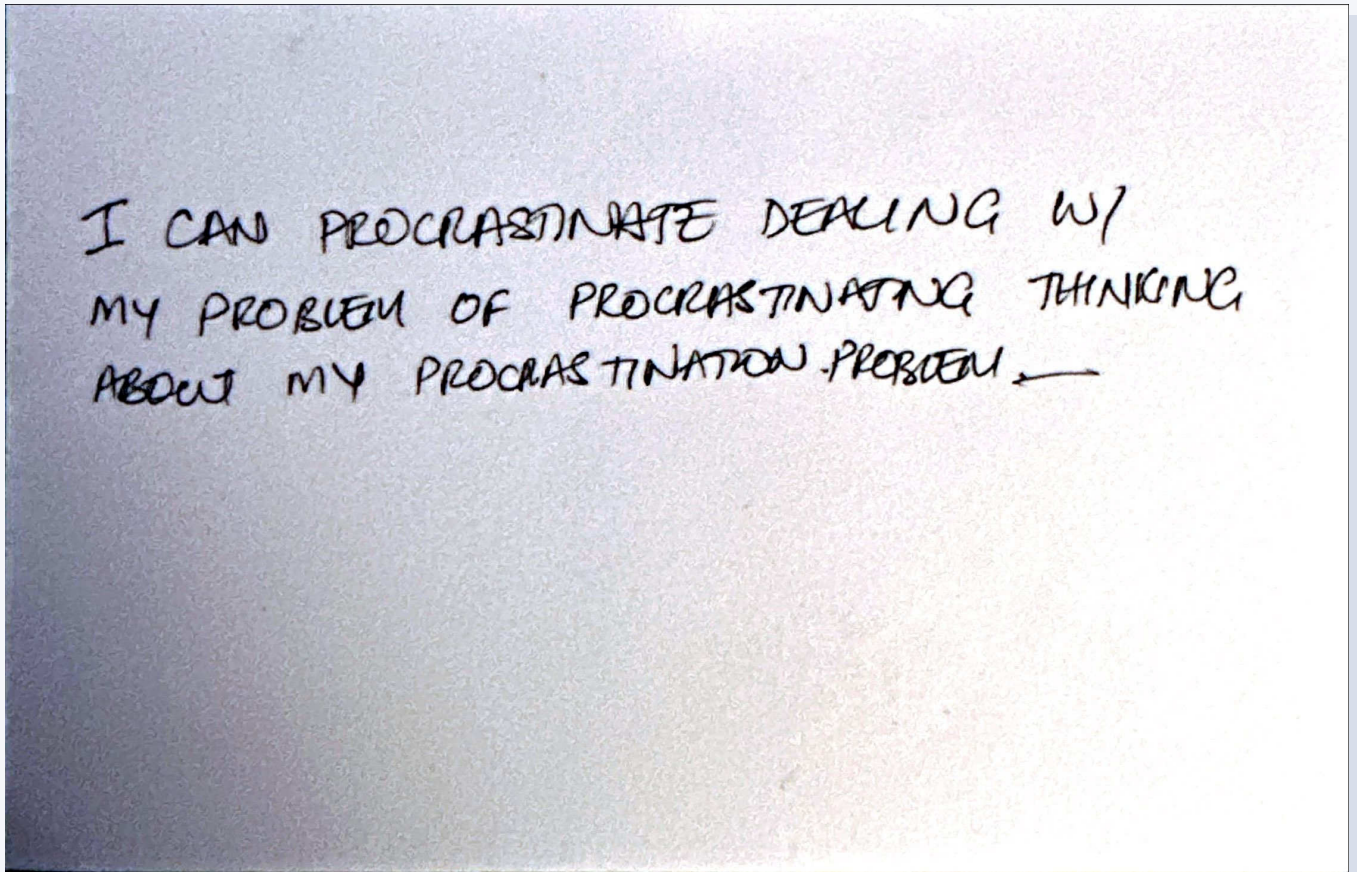
EDITED READING NOTE

Long-term growth, health and integrity can require giving up an immediate pleasure. Pressfield places resistance in that moment of choice.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 049

Procrastinating about procrastination



THE ORIGINAL HANDWRITTEN NOTE

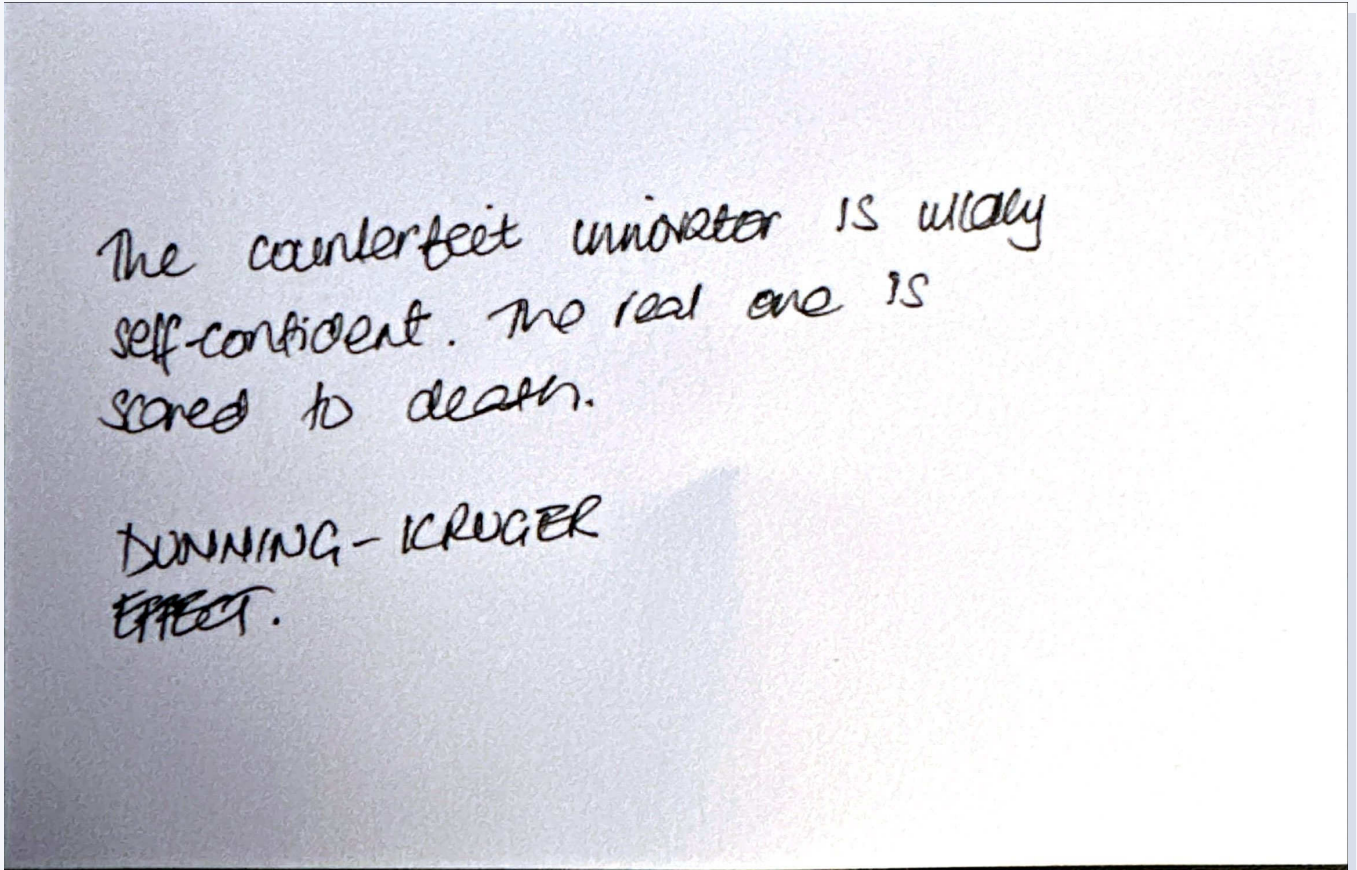
EDITED READING NOTE

Even thinking about procrastination can become another way of putting off the work.

After Robert McKee, foreword to *The War of Art*

ORIGINAL CARD 051

Confidence and uncertainty



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

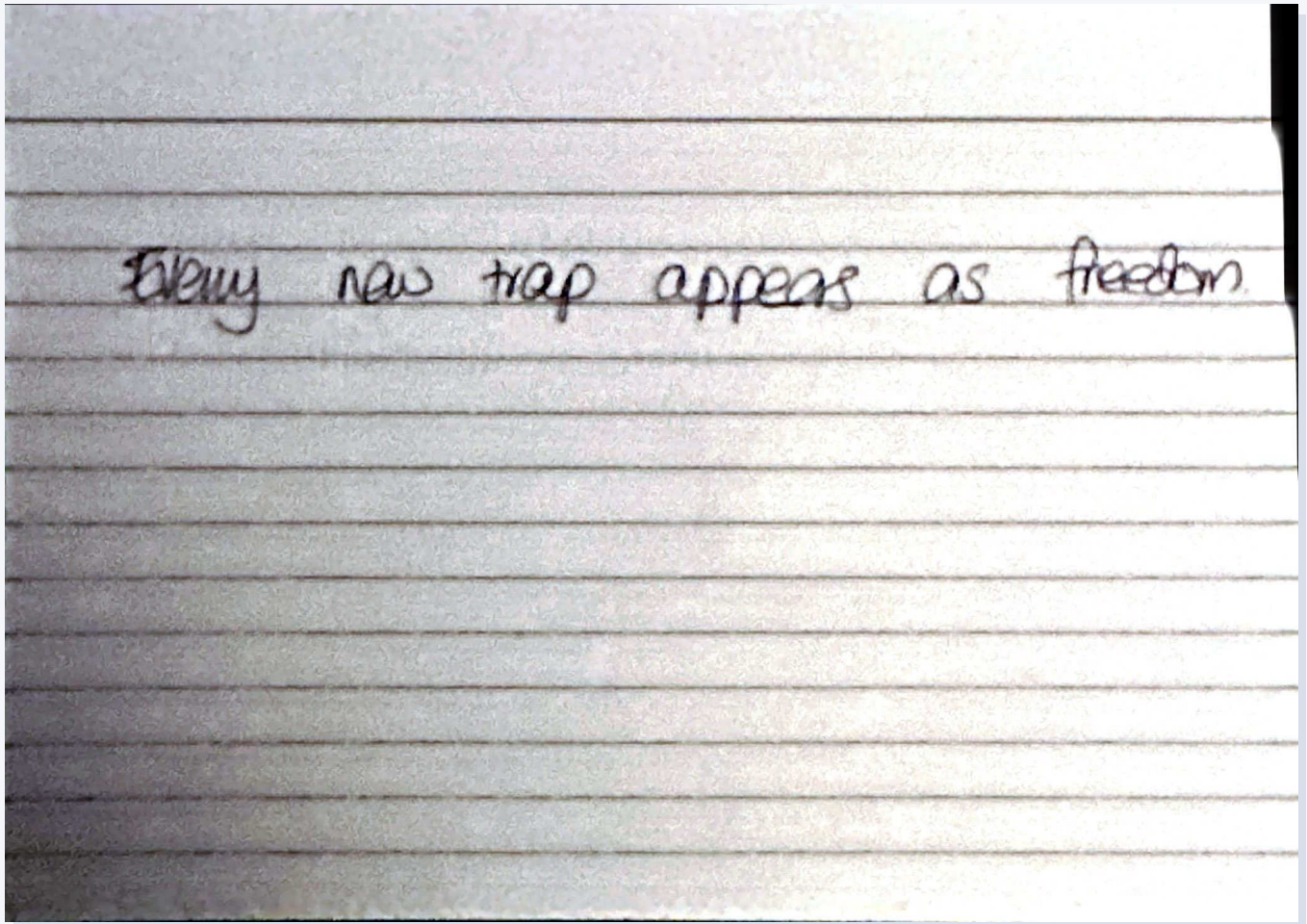
Pressfield contrasts the certainty of the counterfeit innovator with the fear experienced by someone attempting new work.

Reading note after Steven Pressfield, The War of Art

Context: The handwritten Dunning-Kruger association is a personal annotation. The edited reading concerns Pressfield's description of creative uncertainty.

ORIGINAL CARD 062

A new trap



THE ORIGINAL HANDWRITTEN NOTE

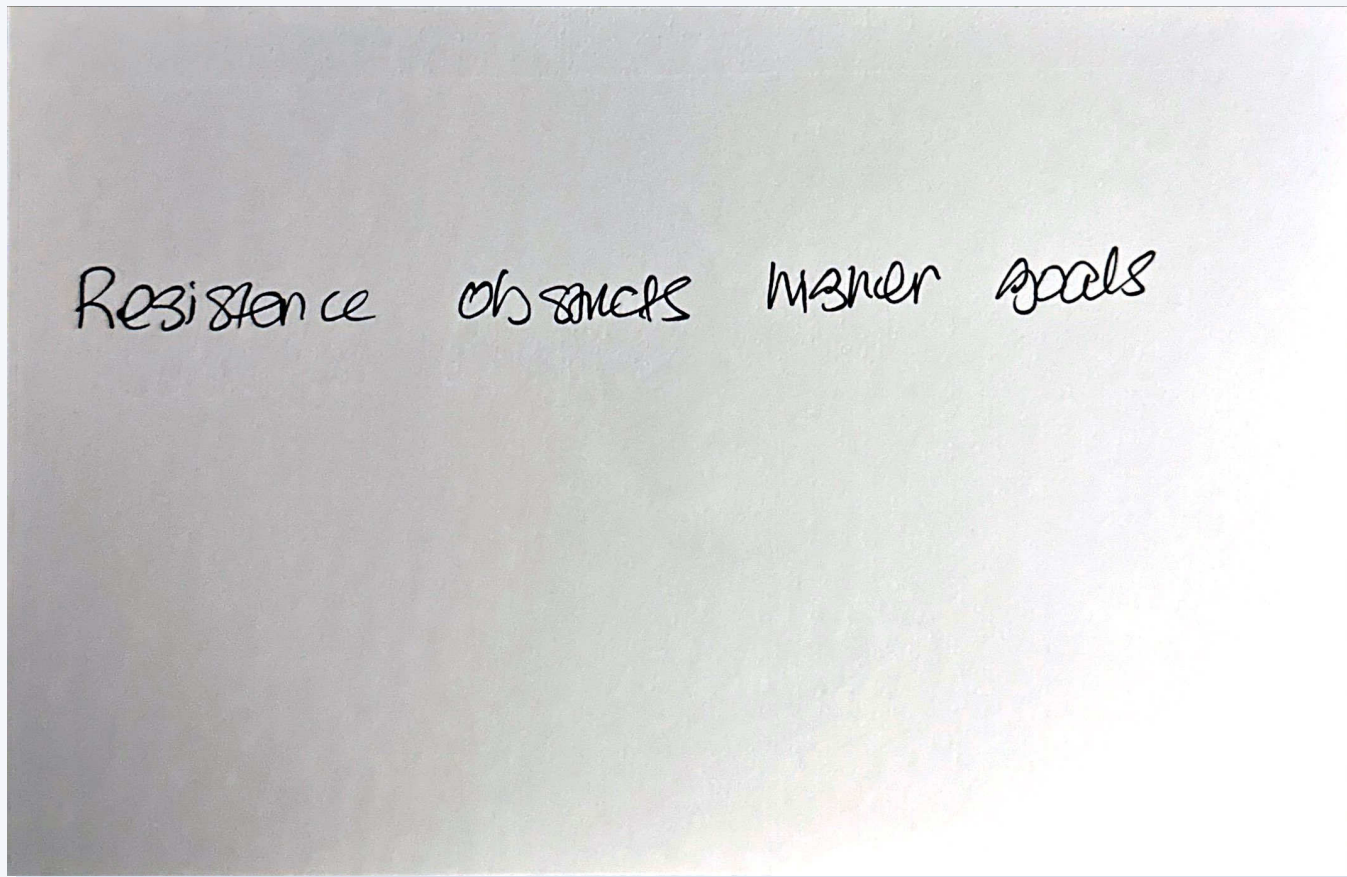
EDITED READING NOTE

Every new trap appears as freedom.

Collected note

ORIGINAL CARD 063

Resistance and higher goals



THE ORIGINAL HANDWRITTEN NOTE

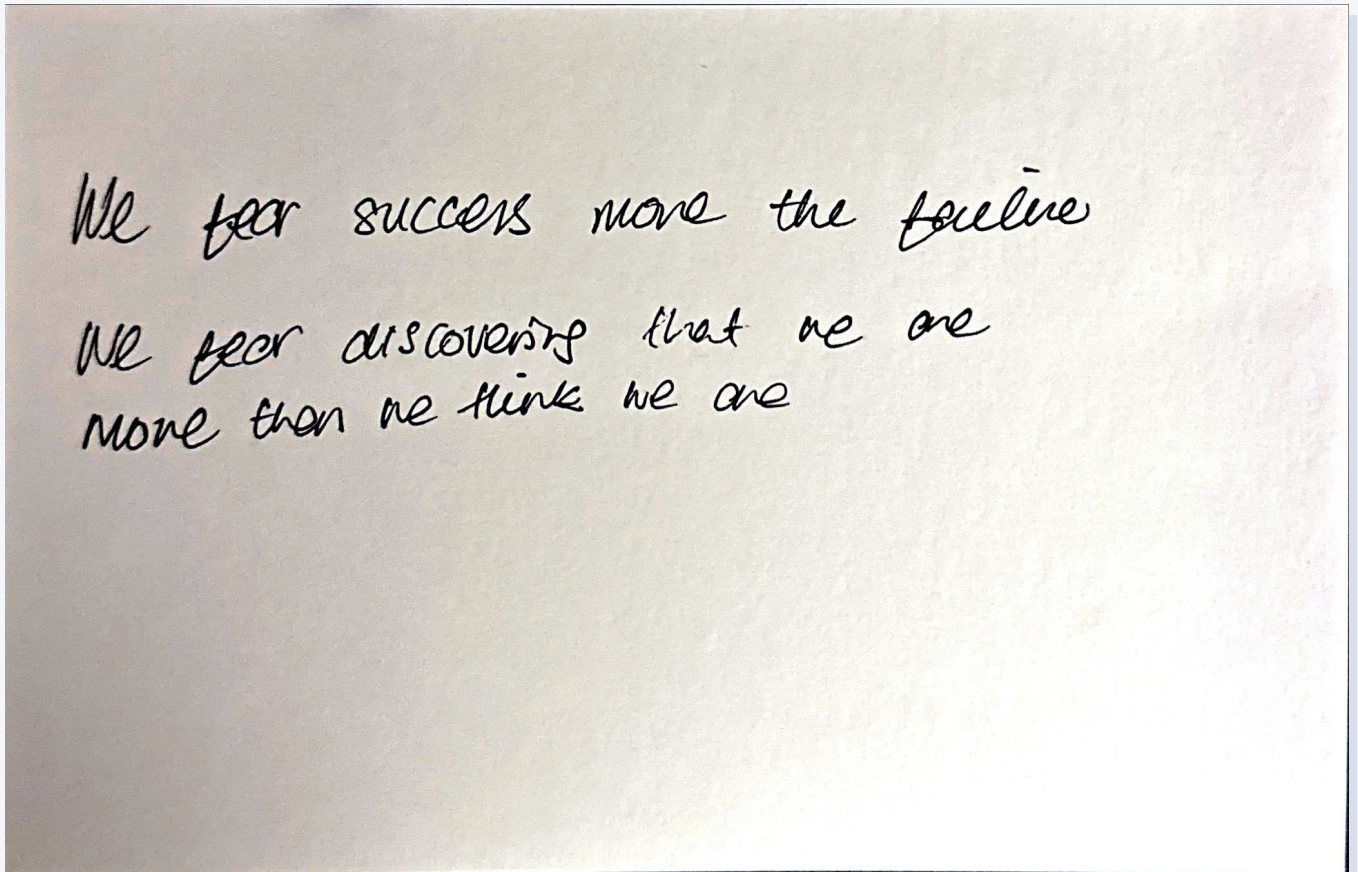
EDITED READING NOTE

Resistance obstructs higher goals.

Collected note related to Steven Pressfield's Resistance framework; exact source unconfirmed

ORIGINAL CARD 093

Fear of success



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

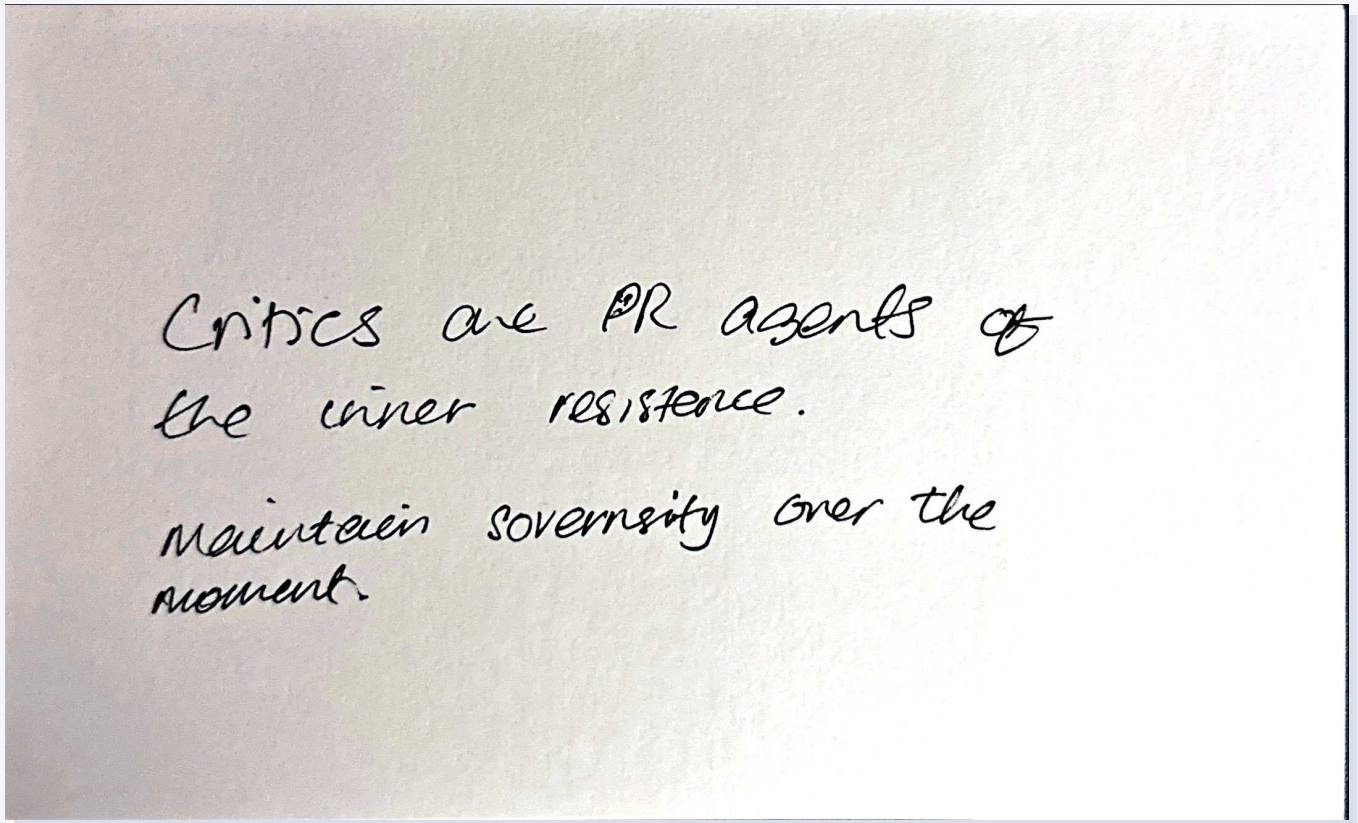
Pressfield suggests that success can feel frightening because it asks us to revise our idea of who we are.

Reading note after Steven Pressfield, *The War of Art*

Context: Pressfield's interpretation of resistance.

ORIGINAL CARD 101

Sovereignty over the moment



THE ORIGINAL HANDWRITTEN NOTE

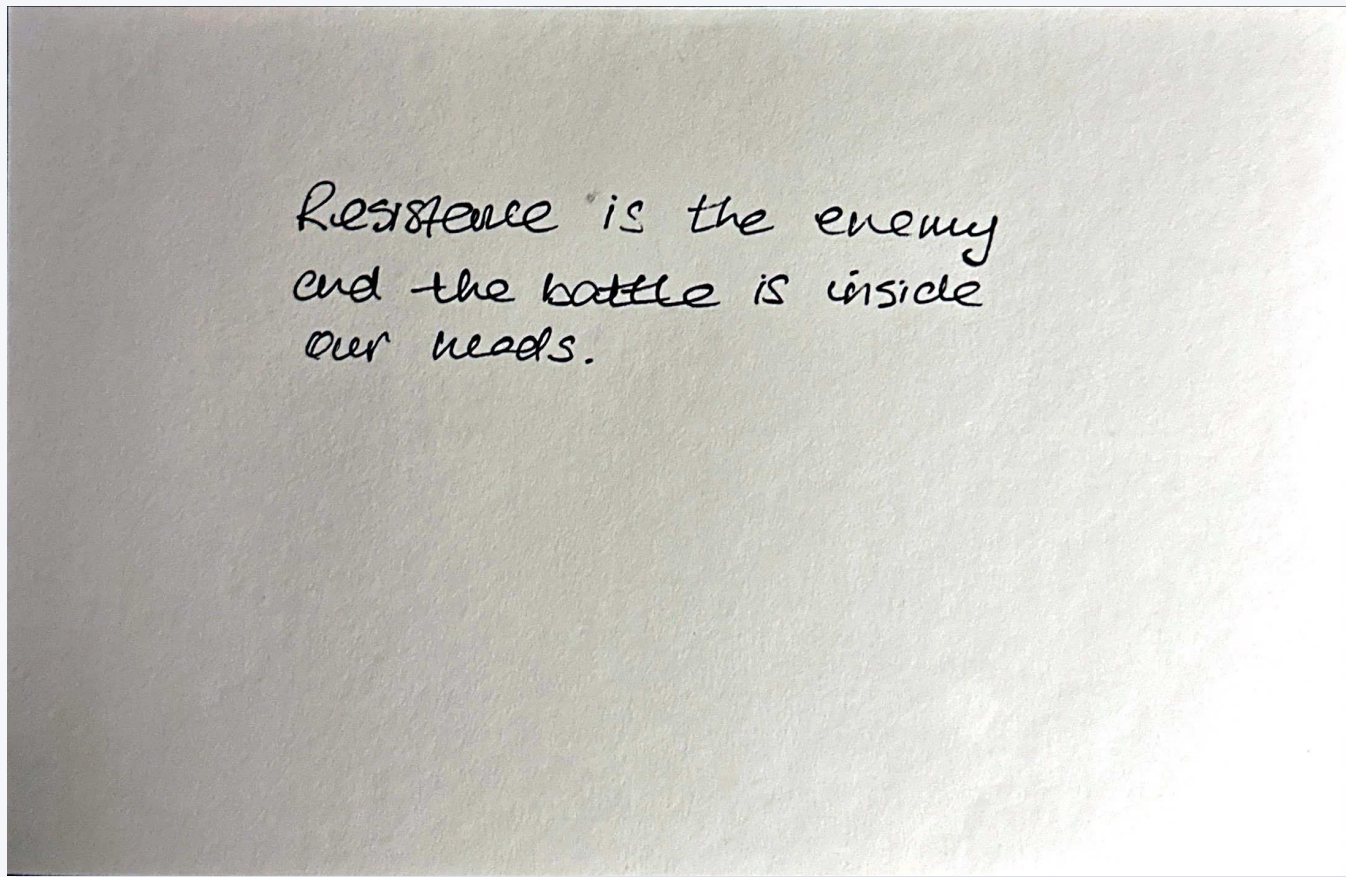
EDITED READING NOTE

Criticism can give inner resistance more material. Keep your attention on the work in front of you.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 103

The inner battle



THE ORIGINAL HANDWRITTEN NOTE

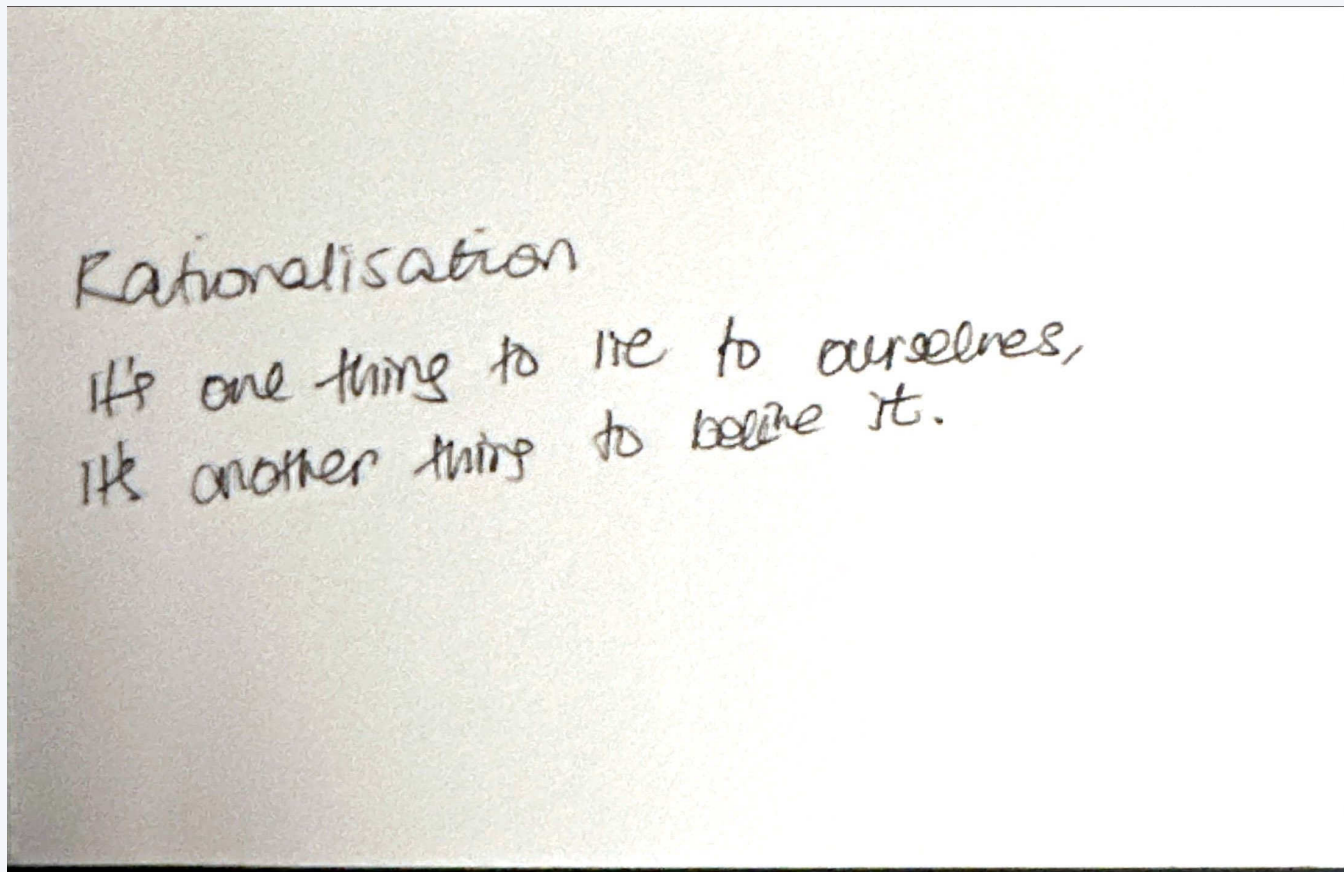
EDITED READING NOTE

Resistance is the enemy, and the battle is inside our heads.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 108

Rationalisation



THE ORIGINAL HANDWRITTEN NOTE

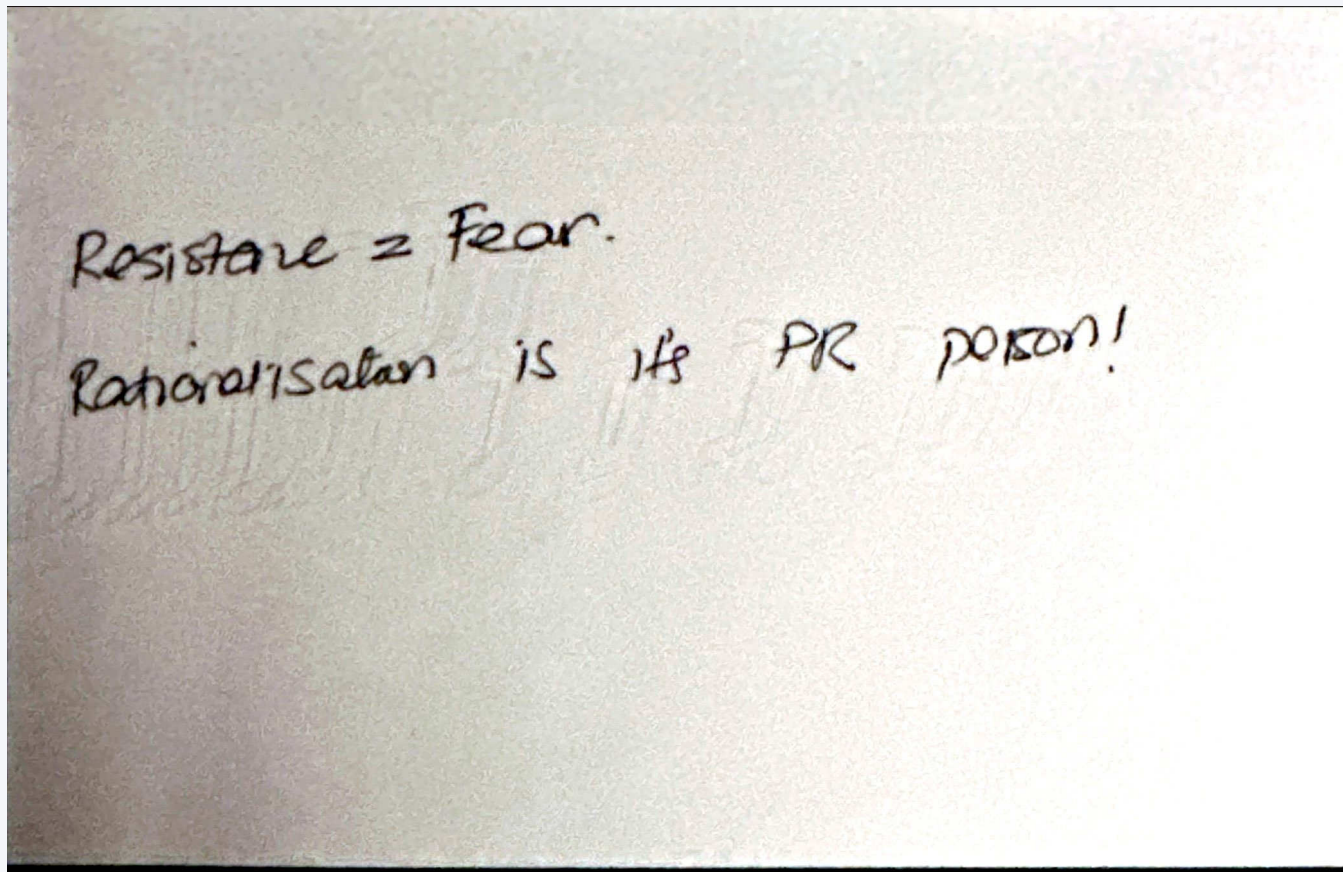
EDITED READING NOTE

Notice when you have begun to believe your own rationalisations.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 110

Fear and rationalisation



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

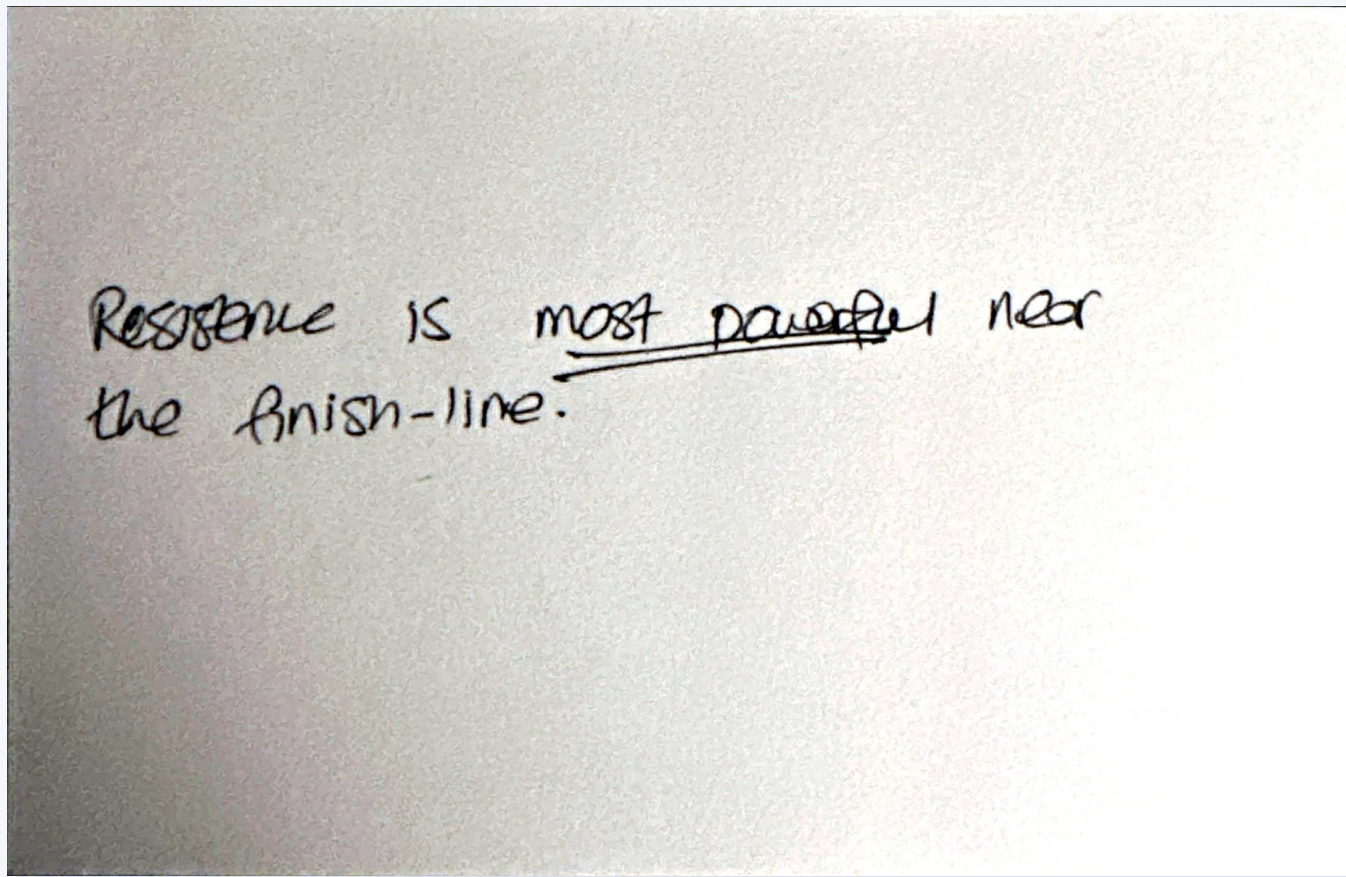
Resistance = fear.

Rationalisation is its PR person!

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 116

Near the finish line



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

Resistance is most powerful near the finish line.

Reading note after Steven Pressfield, The War of Art

Context: A creative-work heuristic within Pressfield's Resistance framework.

CHAPTER

04

Do the work

EDITORIAL INTRODUCTION

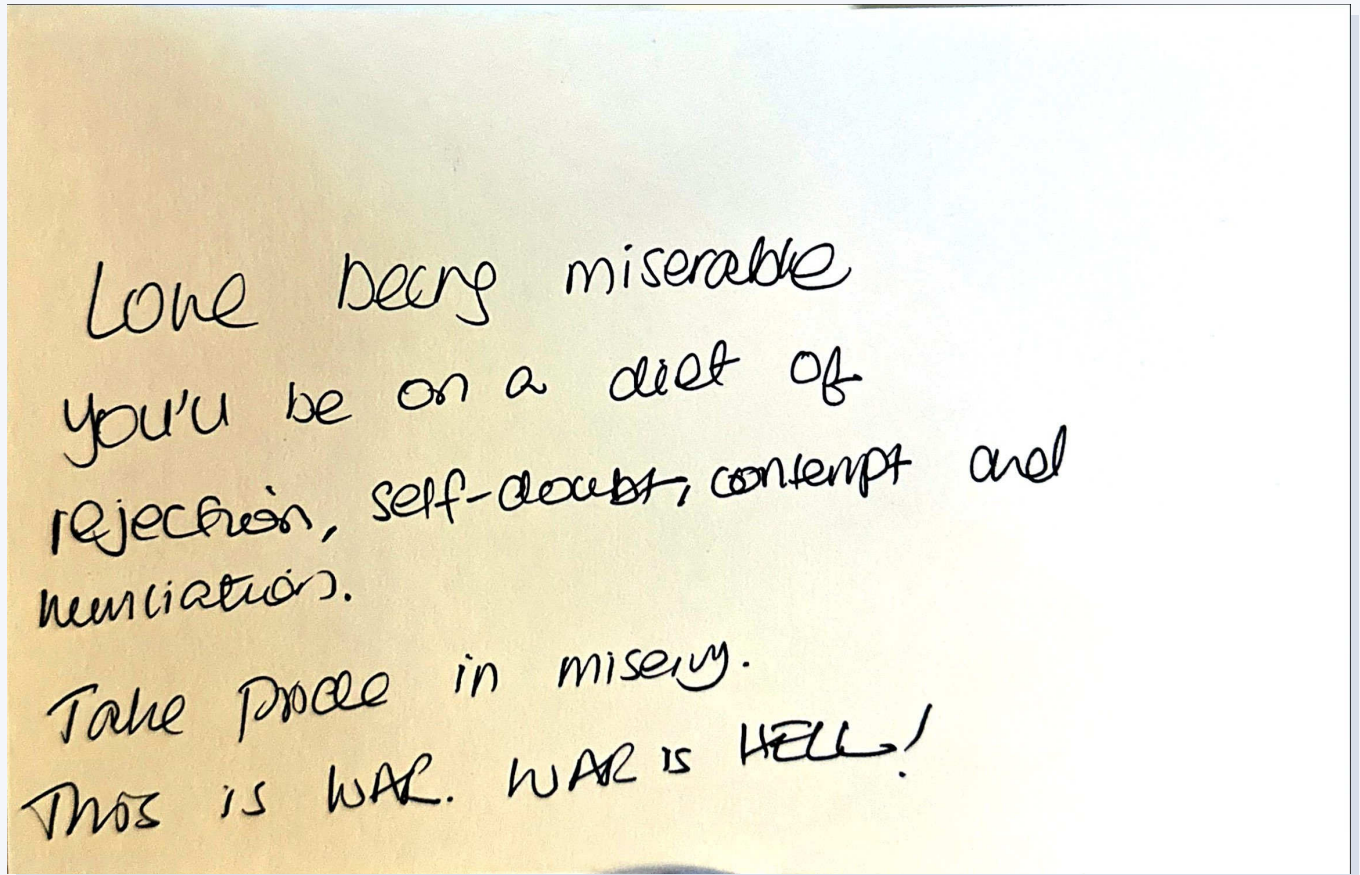
This chapter gathers the practical centre of the collection: attention, care, beginning and returning to the work. A business becomes something to take care of. A writing session begins by sitting down. Failure becomes experience that can inform the next attempt. Across these cards, an intention takes shape through what a person does.

The Bhagavad Gita's teaching on action and its fruits sits beside Pressfield's notes on professional commitment. Each brings a different context to the relationship between effort and outcome. The connecting thread is the work within reach today, and the steadiness needed to return after success, disappointment or doubt.



ORIGINAL CARD 004

The difficult part



THE ORIGINAL HANDWRITTEN NOTE

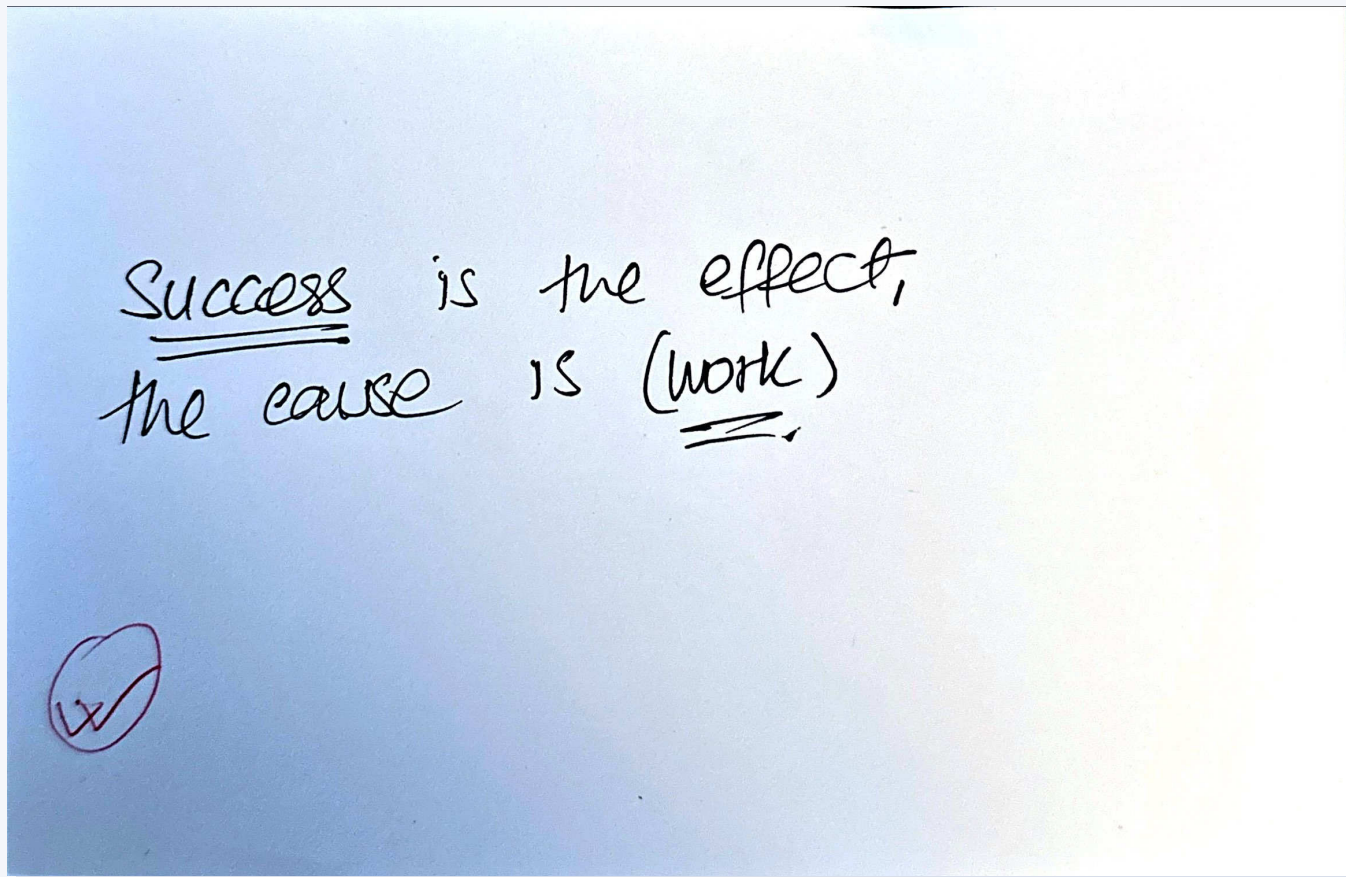
EDITED READING NOTE

Creative work can bring rejection, self-doubt and humiliation. The card uses the image of a battle to describe continuing through that difficulty.

Reading note after Steven Pressfield, *The War of Art*

ORIGINAL CARD 006

Work and results



THE ORIGINAL HANDWRITTEN NOTE

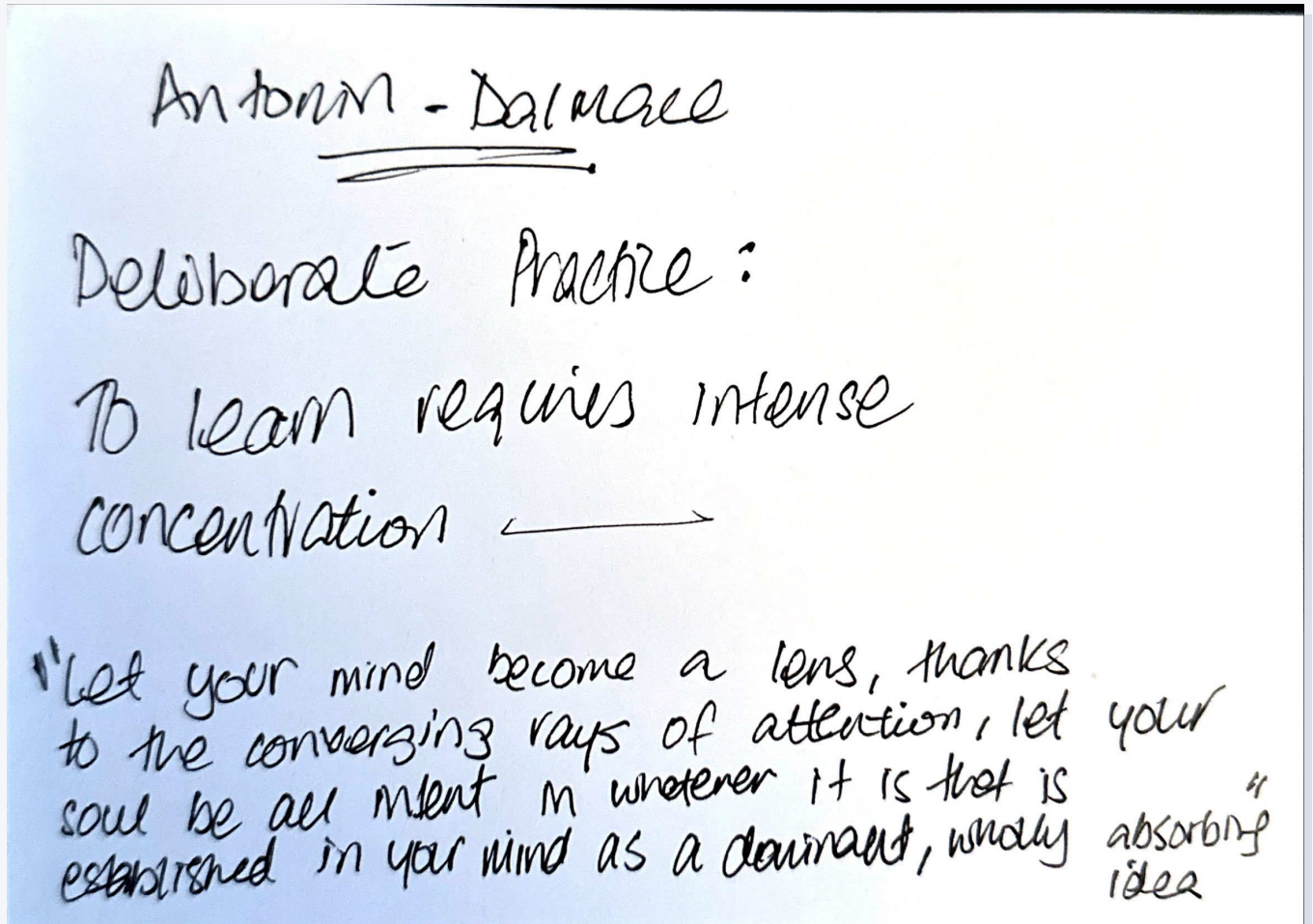
EDITED READING NOTE

Put your attention into the work that can contribute to the result you want.

Collected note

ORIGINAL CARD 008

A lens of attention



THE ORIGINAL HANDWRITTEN NOTE

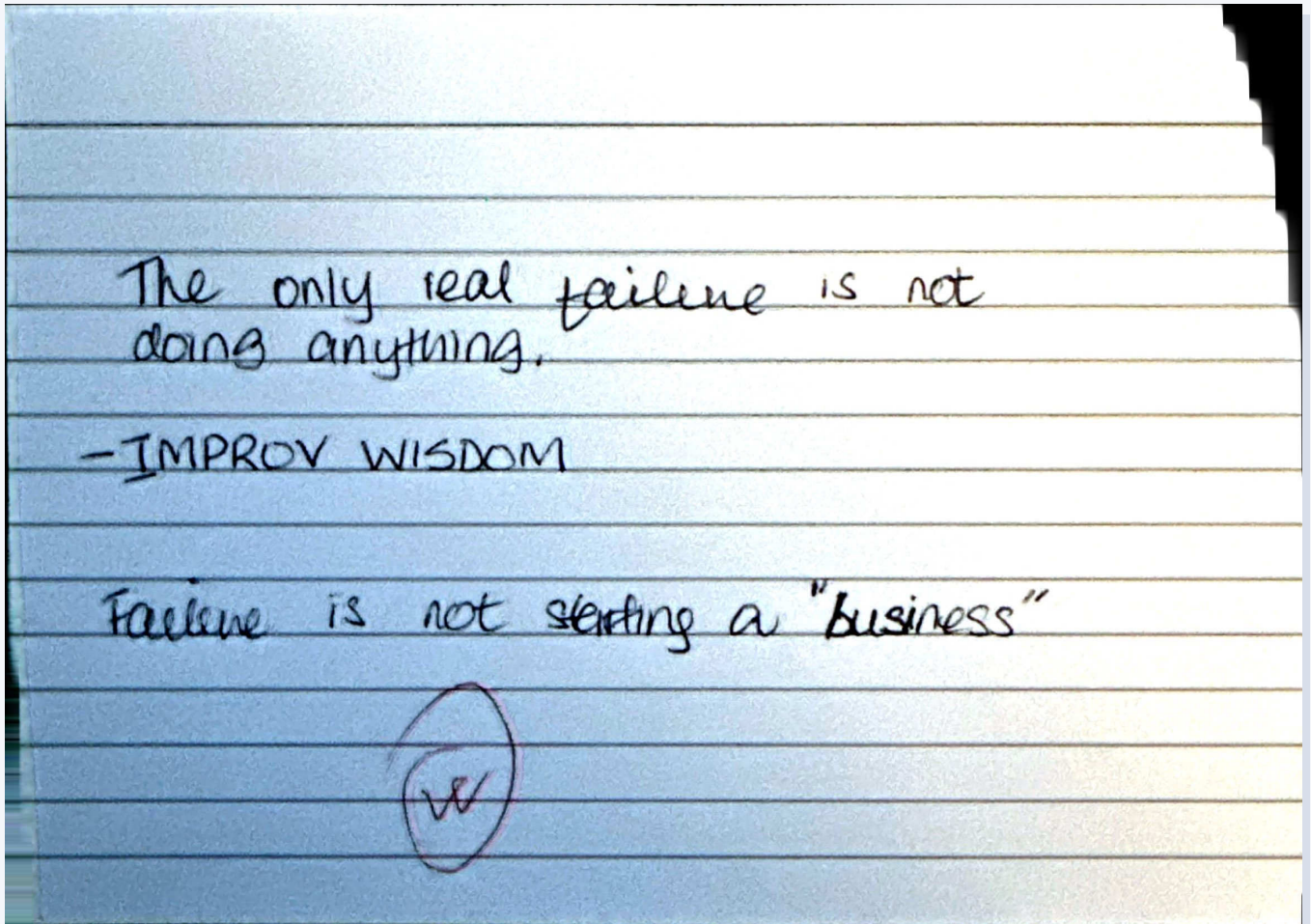
EDITED READING NOTE

Concentrated attention gathers the mind around one idea. Sertillanges describes it as a lens bringing rays of attention together.

After A. G. Sertillanges, *The Intellectual Life*; Mary Ryan translation

ORIGINAL CARD 012

Begin



THE ORIGINAL HANDWRITTEN NOTE

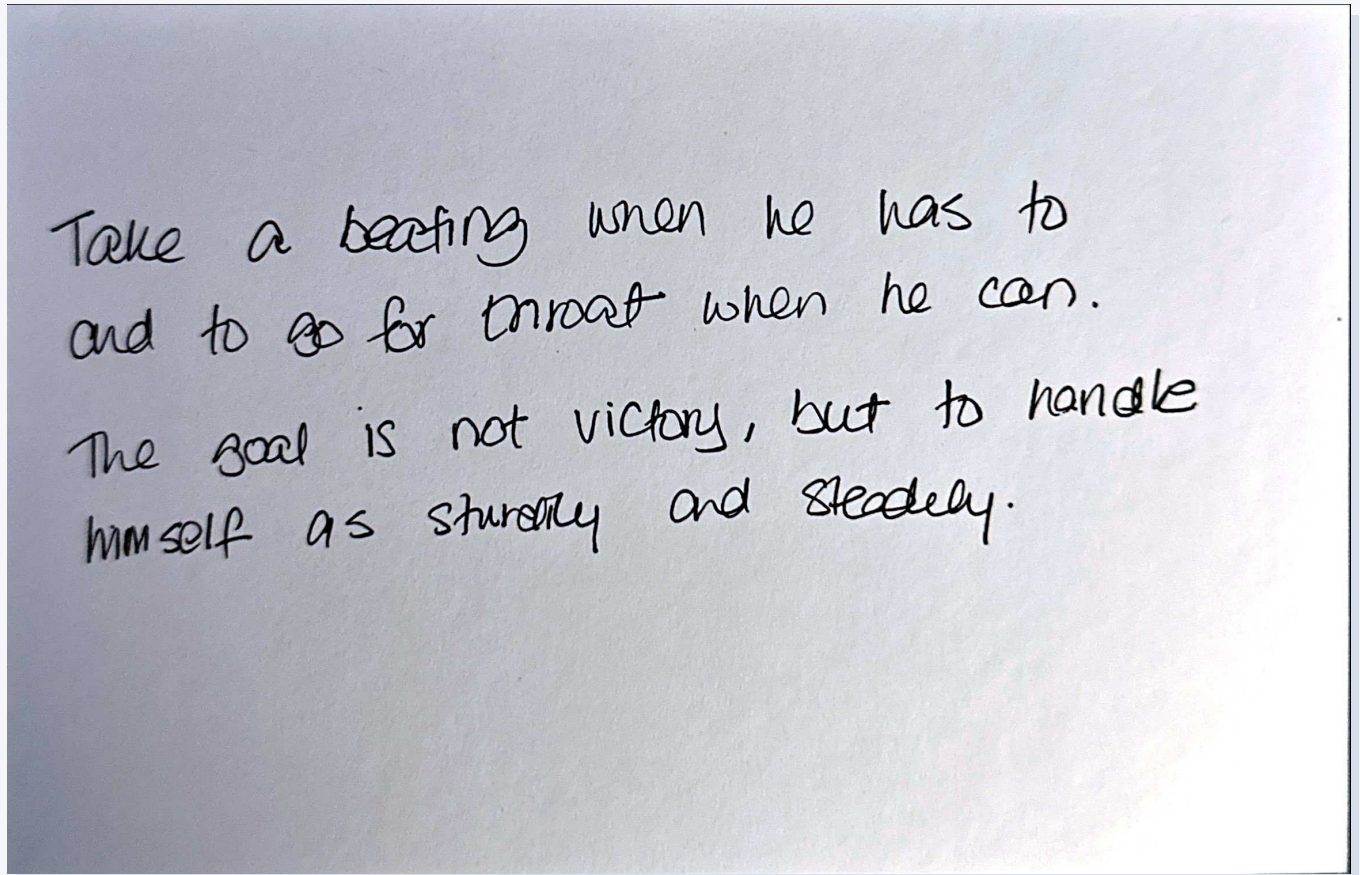
EDITED READING NOTE

Begin. Action gives an idea a chance to become something you can learn from. The card applies this to starting a business.

After Patricia Ryan Madson, Improv Wisdom

ORIGINAL CARD 050

Handle yourself steadily



THE ORIGINAL HANDWRITTEN NOTE

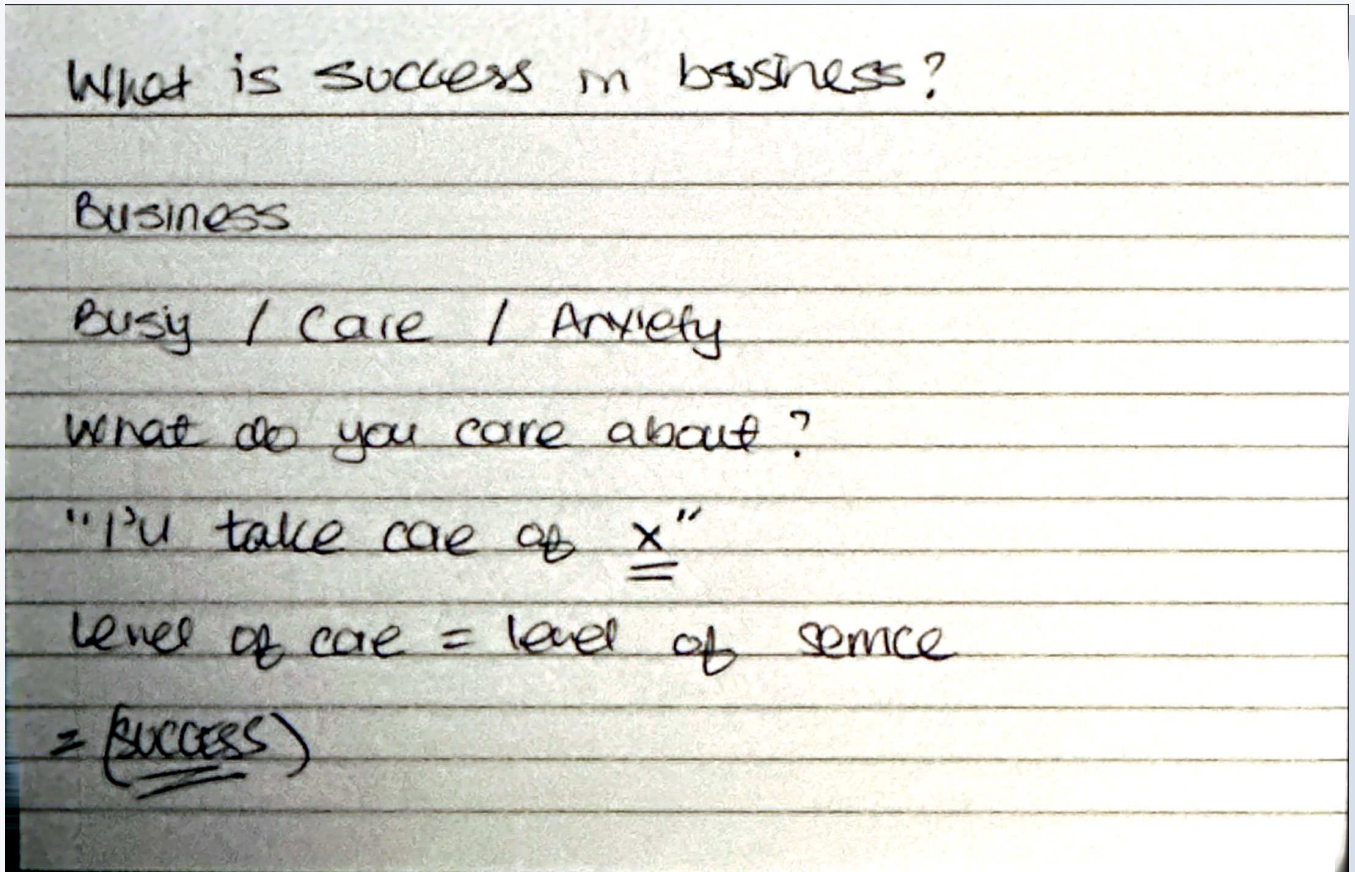
EDITED READING NOTE

Handle yourself steadily through the work and its setbacks.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 059

What is success in business?



THE ORIGINAL HANDWRITTEN NOTE

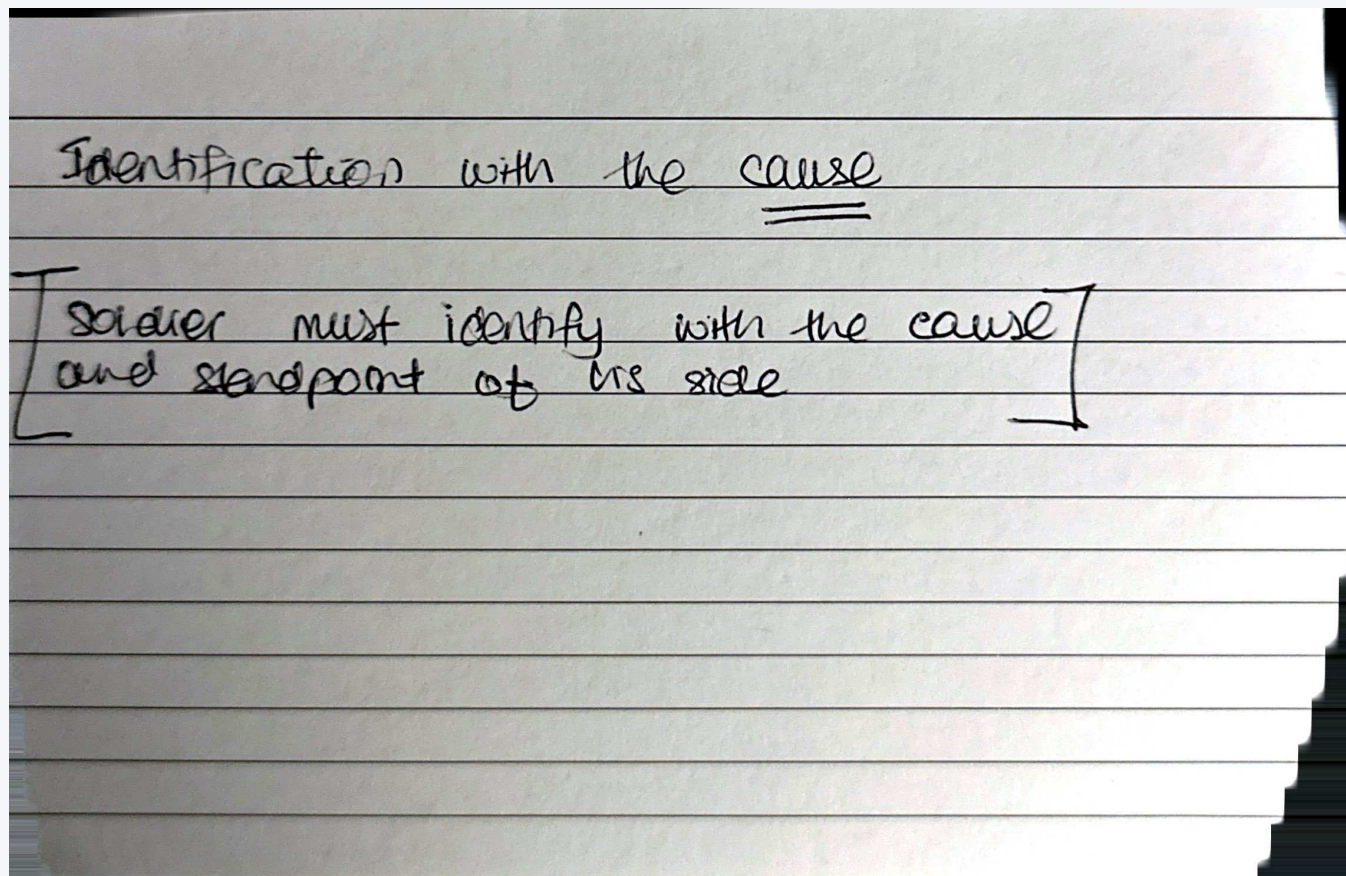
EDITED READING NOTE

What do you care about enough to take care of? The card connects care, service and business success.

Collected note

ORIGINAL CARD 071

Identification with the cause



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

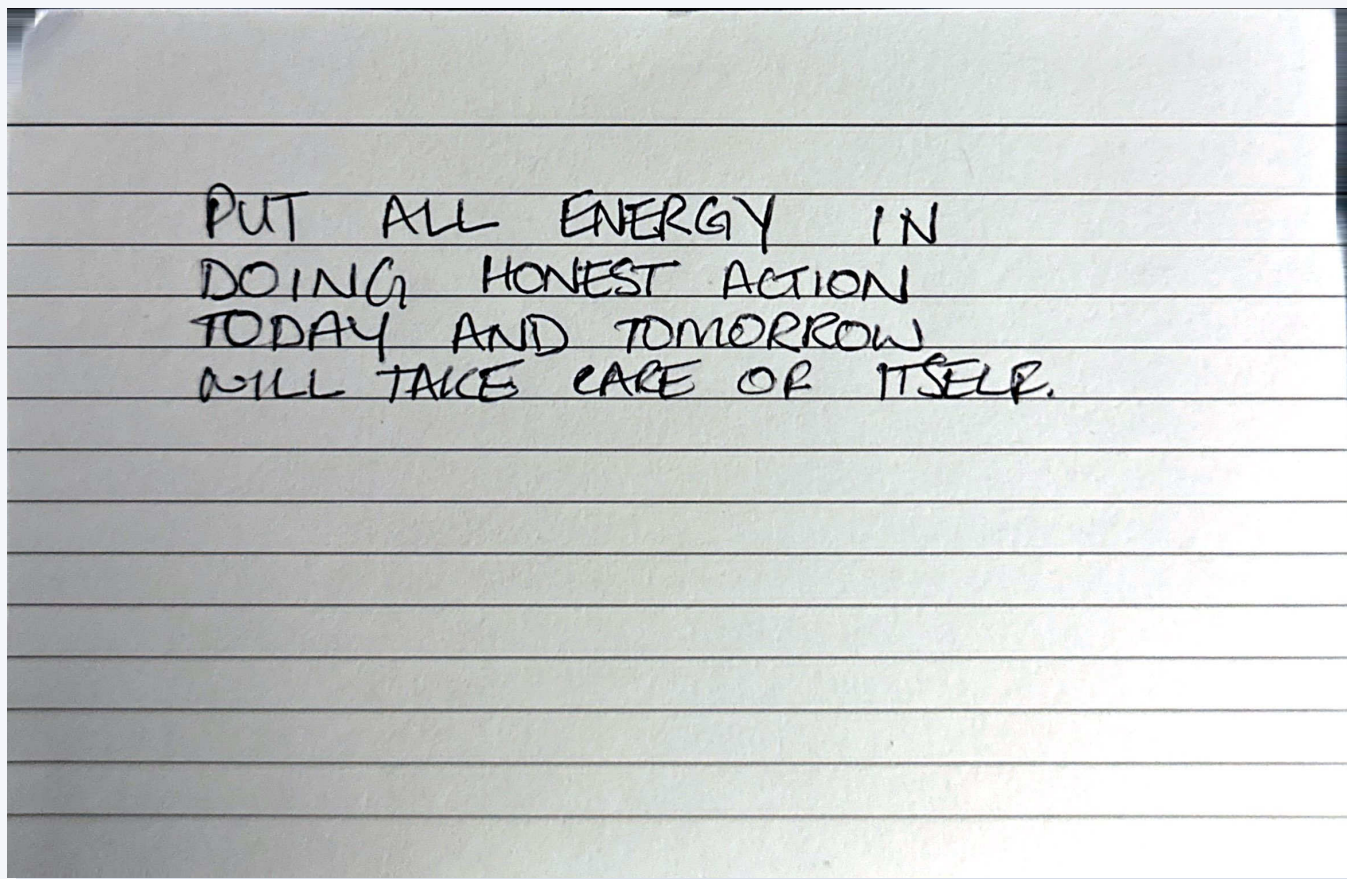
Identification with the cause

A soldier must identify with the cause and standpoint of his side.

Collected note

ORIGINAL CARD 072

Honest action today



THE ORIGINAL HANDWRITTEN NOTE

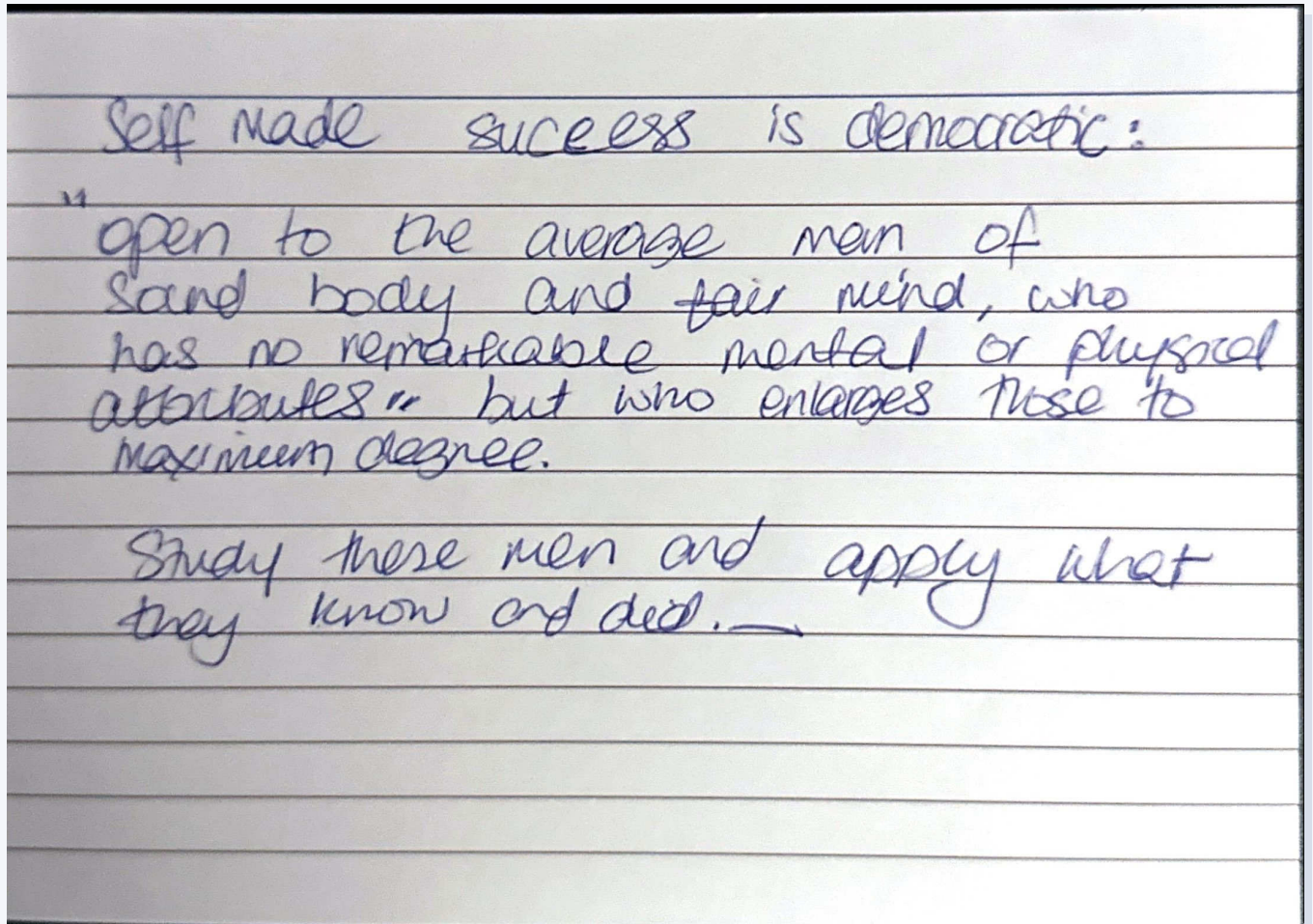
EDITED READING NOTE

Put all energy into doing honest action today, and tomorrow will take care of itself.

Collected note

ORIGINAL CARD 075

Self-made success



THE ORIGINAL HANDWRITTEN NOTE

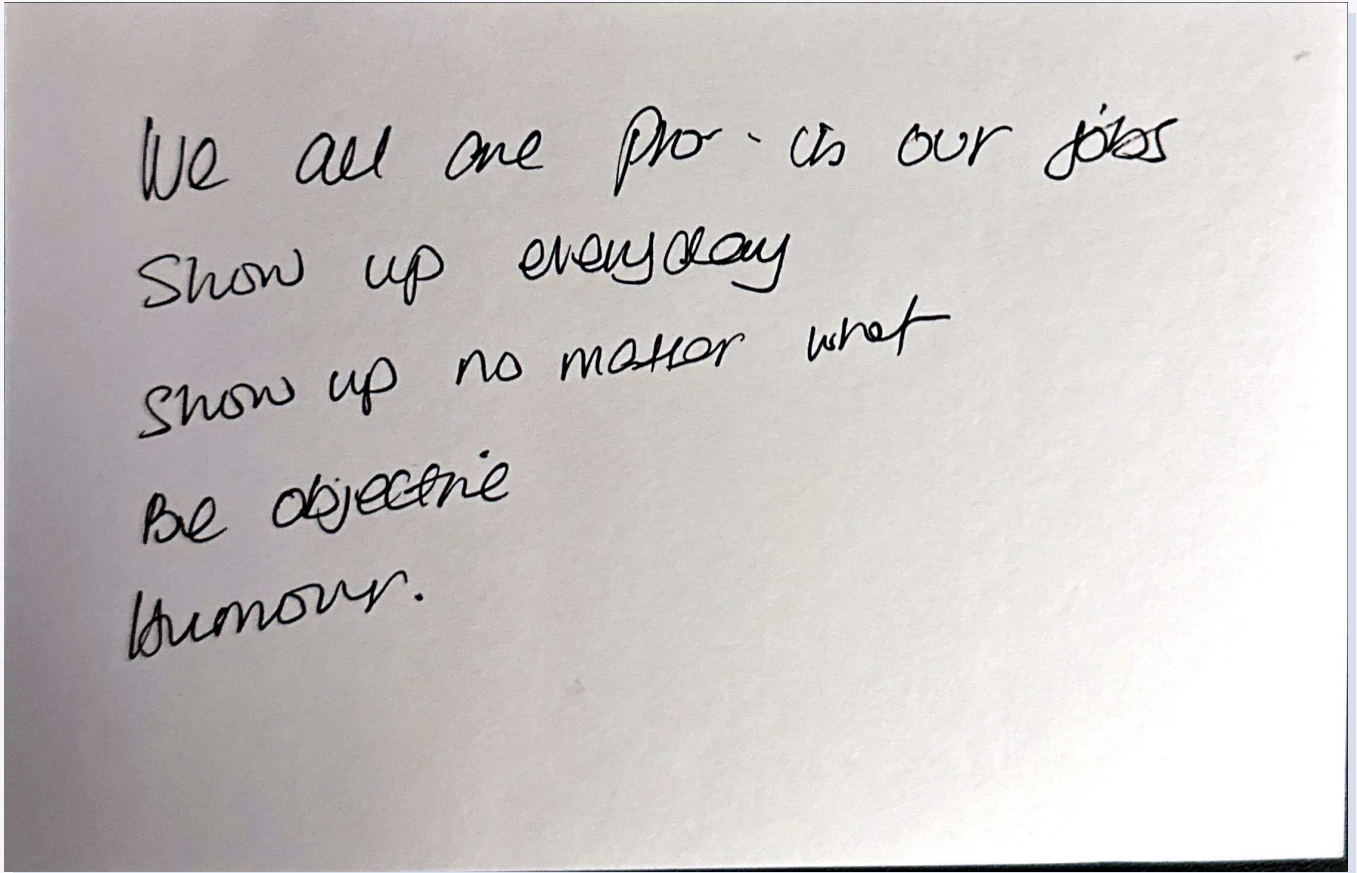
EDITED READING NOTE

Roosevelt describes a life open to an ordinary person who develops the abilities they have. The card adds a practical intention: study people's actions and apply what you learn.

After Theodore Roosevelt, An Autobiography, chapter II

ORIGINAL CARD 081

Showing up



THE ORIGINAL HANDWRITTEN NOTE

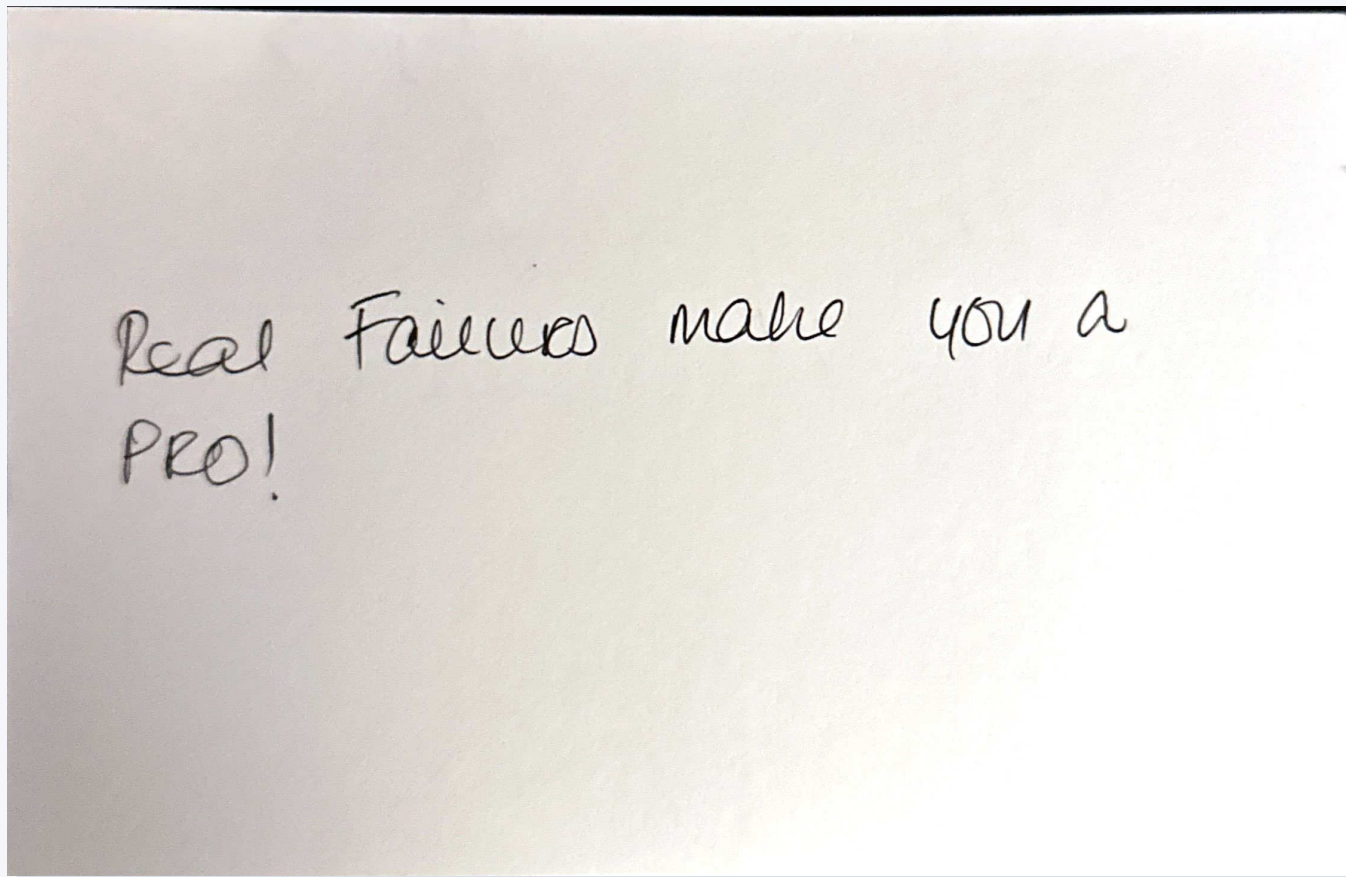
EDITED READING NOTE

Bring the habits of working life to your chosen work: show up, keep perspective and retain a sense of humour.

Collected note; exact source unconfirmed

ORIGINAL CARD 082

Real failures



THE ORIGINAL HANDWRITTEN NOTE

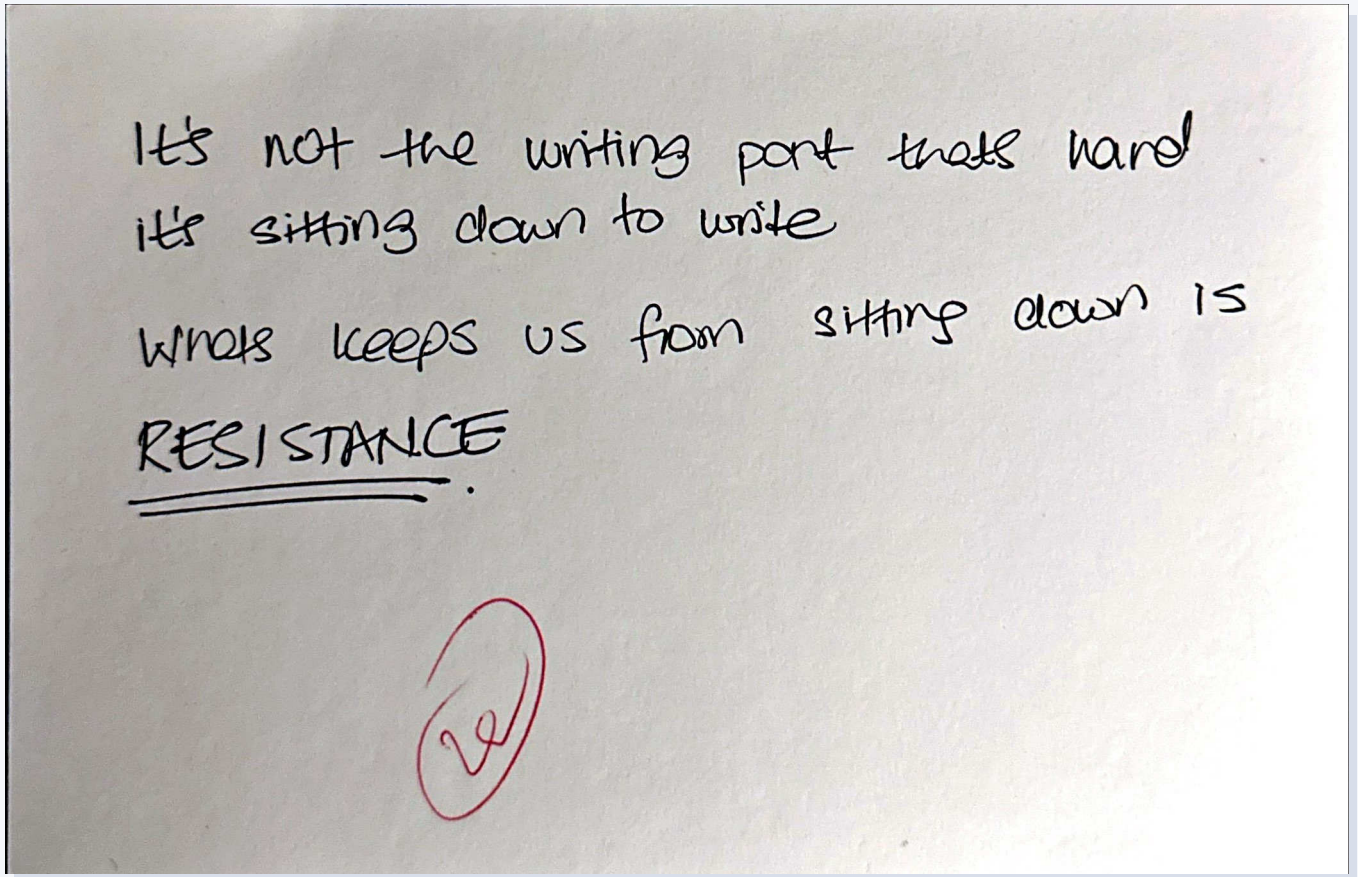
EDITED READING NOTE

Experience of failure can help you develop the steadiness of a professional.

Collected note; exact source unconfirmed

ORIGINAL CARD 083

Sitting down to write



THE ORIGINAL HANDWRITTEN NOTE

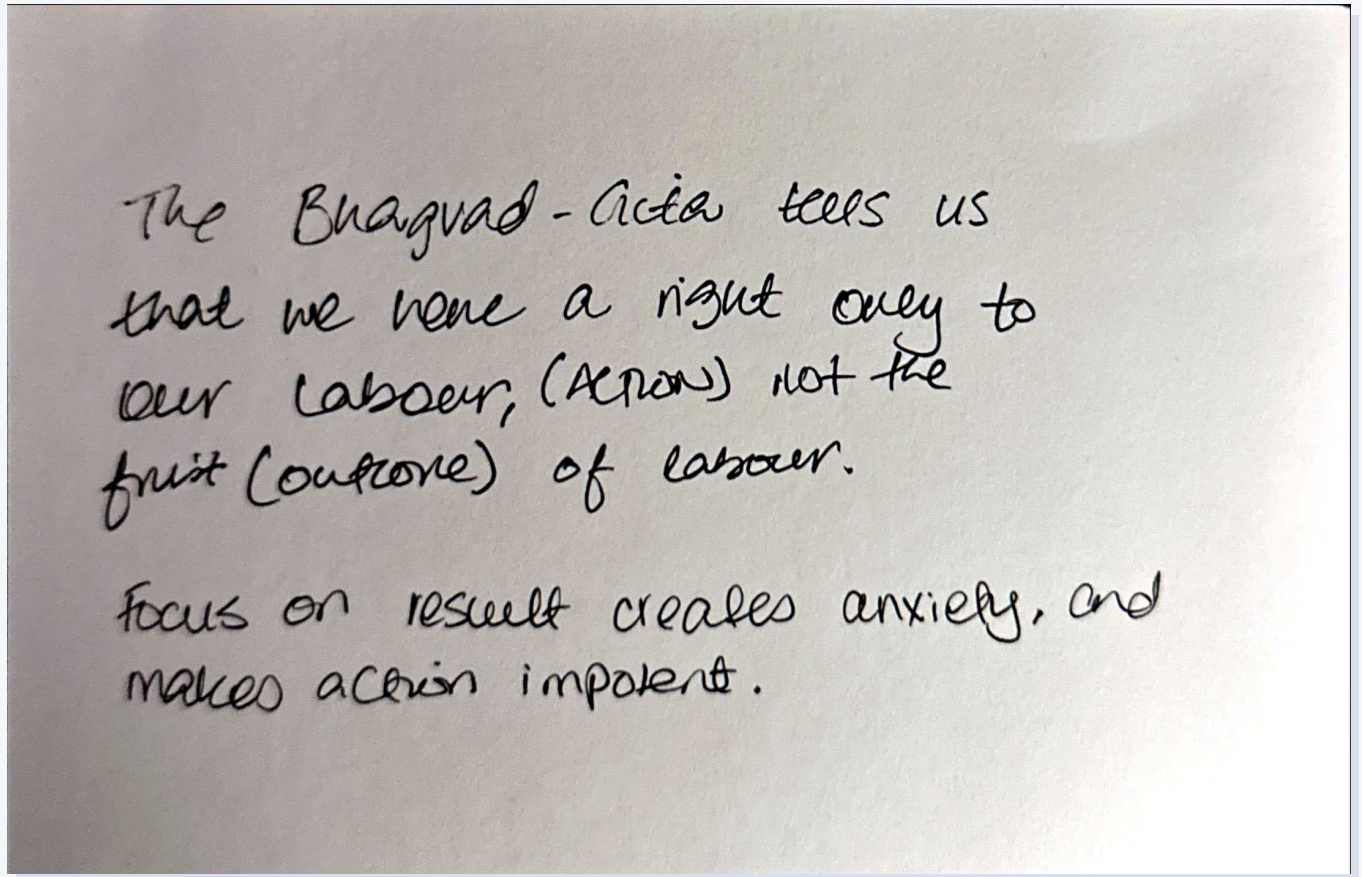
EDITED READING NOTE

Beginning a writing session can be the hardest part. Pressfield calls the force that keeps us from sitting down resistance.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 085

Labour and its fruit



THE ORIGINAL HANDWRITTEN NOTE

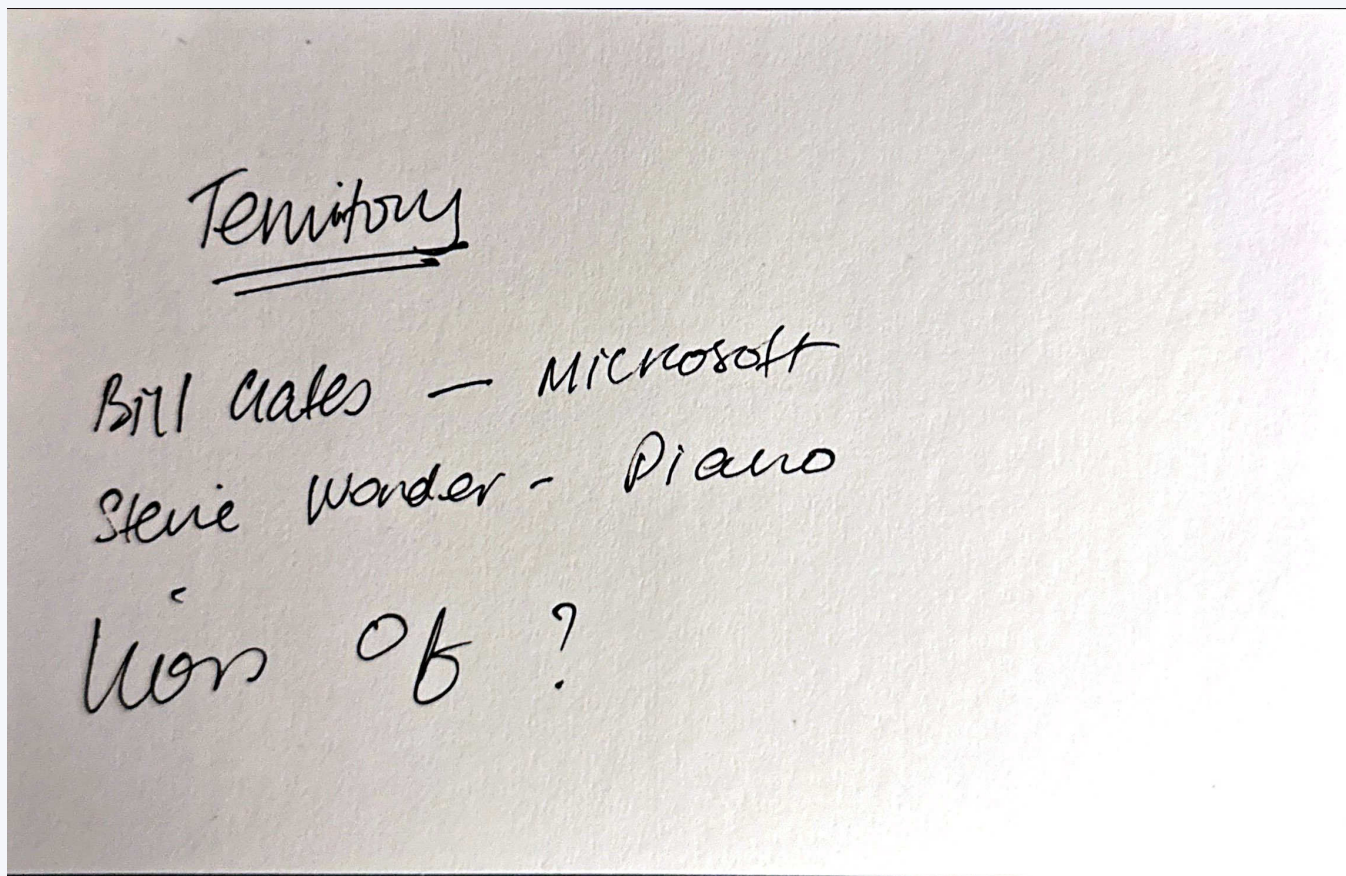
EDITED READING NOTE

Bhagavad Gita 2.47 directs attention to action while loosening the claim on its fruits. The card applies this to work and the anxiety attached to outcomes.

After Bhagavad Gita 2.47

ORIGINAL CARD 086

Territory



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

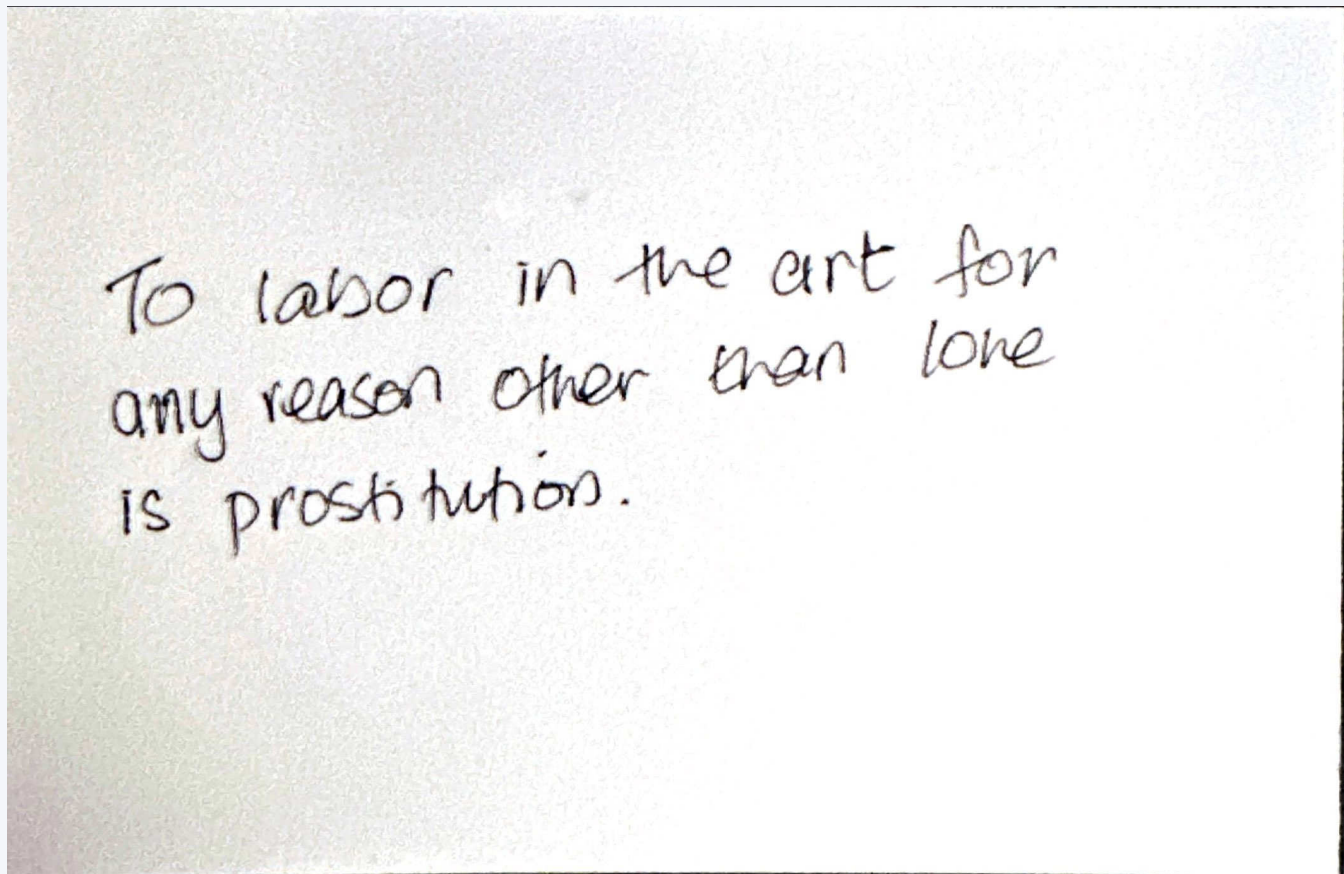
The card names a person's field of work as their territory: Stevie Wonder at the piano, Bill Gates at Microsoft.

Collected note related to Steven Pressfield's territory concept

Context: The final handwritten prompt remains unclear.

ORIGINAL CARD 088

Love of the art



THE ORIGINAL HANDWRITTEN NOTE

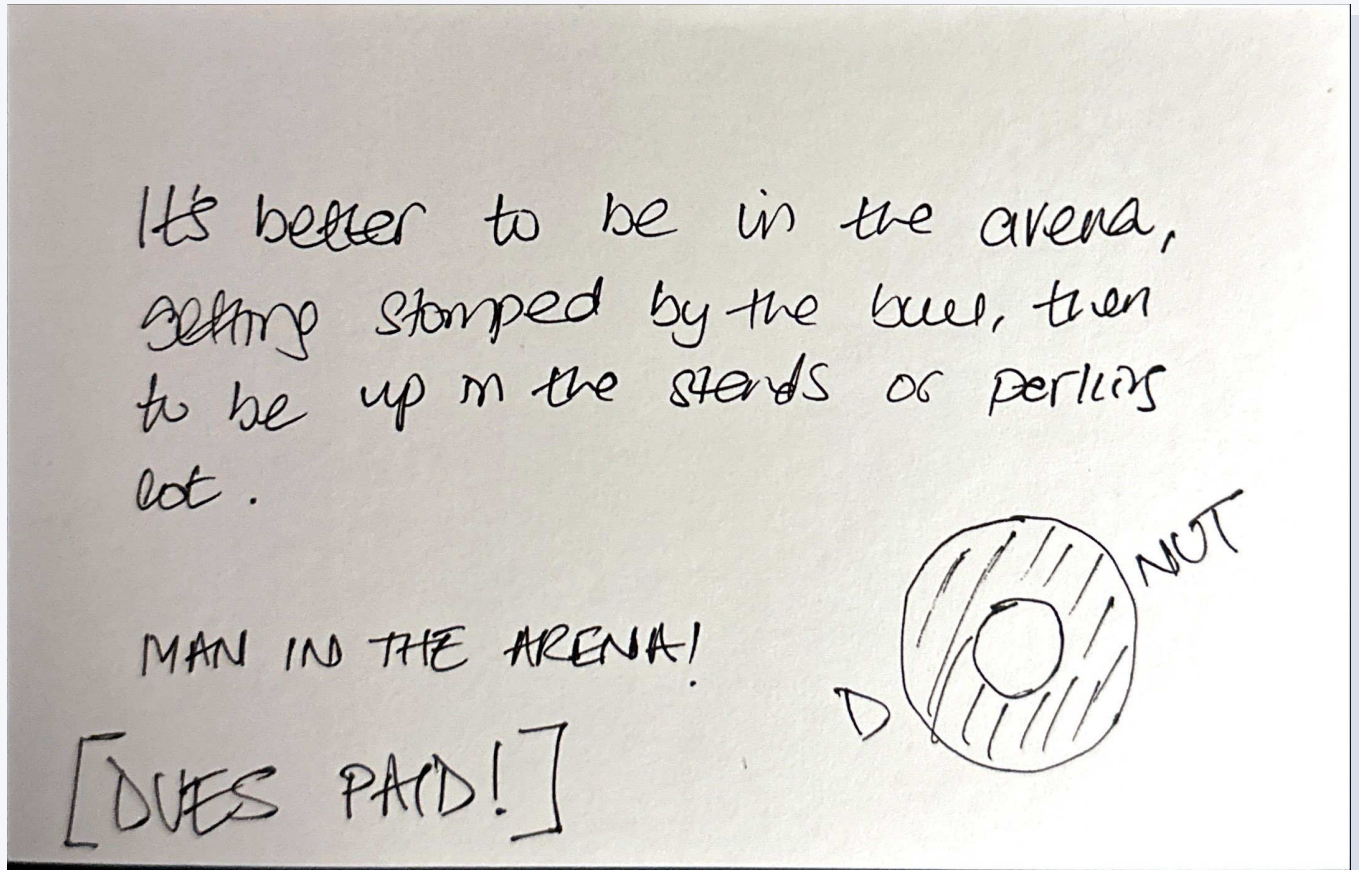
EDITED READING NOTE

Let love of the work have a central place in why you do it.

Collected reading note; probable source: Steven Pressfield, *The War of Art*

ORIGINAL CARD 102

In the arena



THE ORIGINAL HANDWRITTEN NOTE

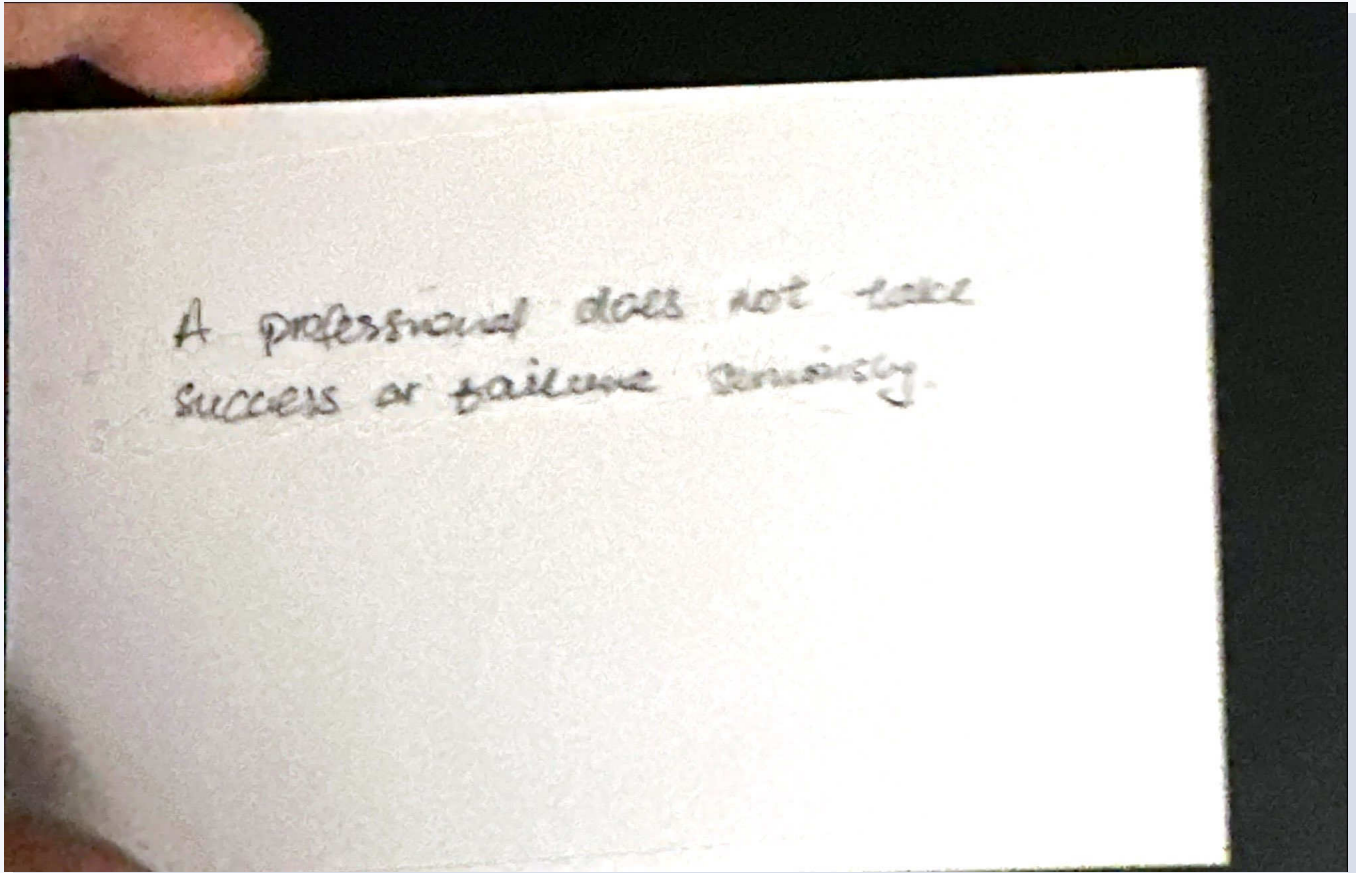
EDITED READING NOTE

Take part in the work and encounter its difficulties. The card uses the image of entering the arena and paying your dues.

Reading note after Steven Pressfield, *The War of Art*

ORIGINAL CARD 104

Success and failure



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

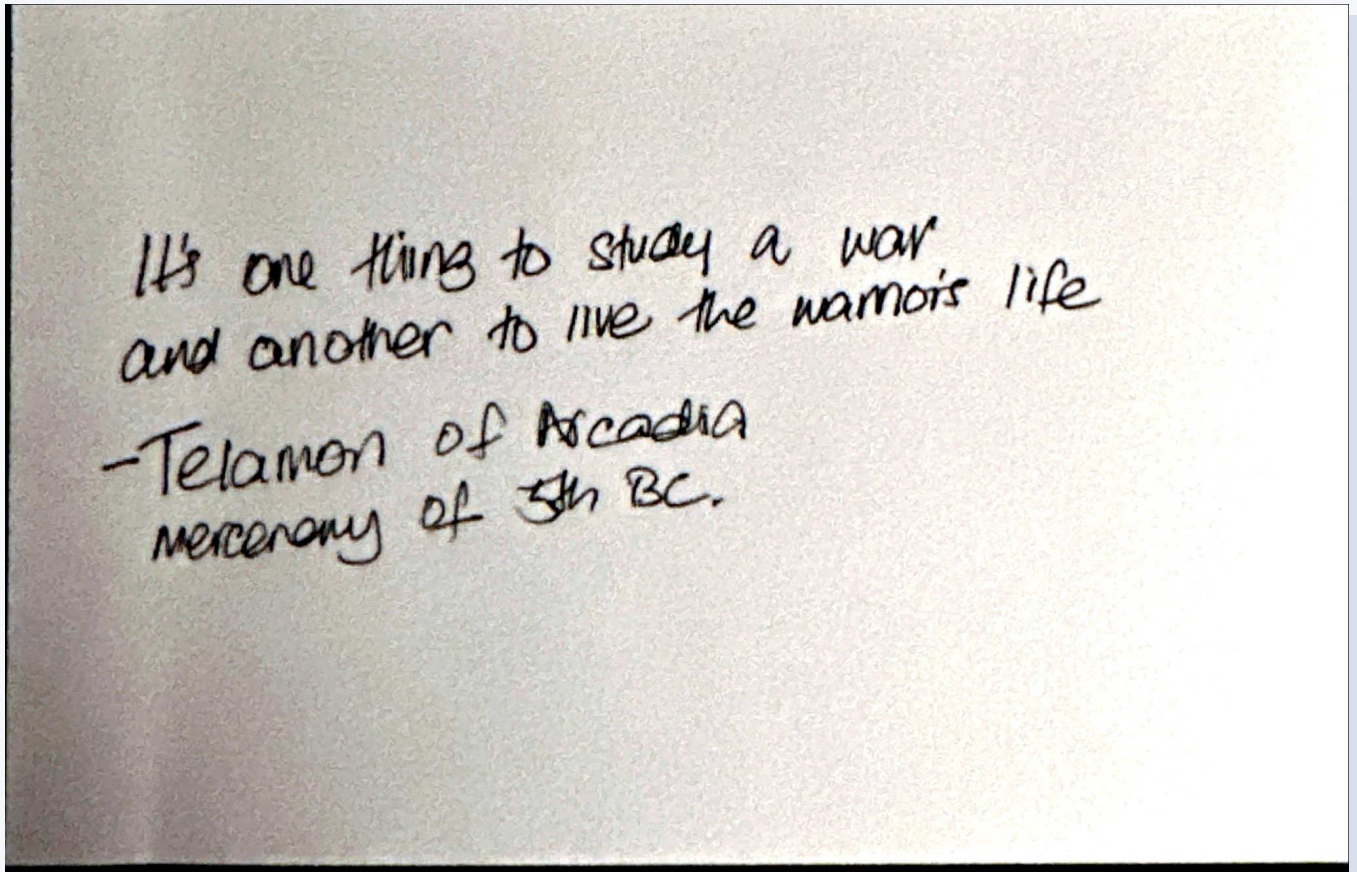
Keep success and failure from becoming your whole identity. Return to the work.

Reading note after Steven Pressfield, The War of Art

Context: The final handwritten word is blurred. This edited reading draws on Pressfield's verified discussion of taking success and failure personally.

ORIGINAL CARD 111

Living the warrior's life



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

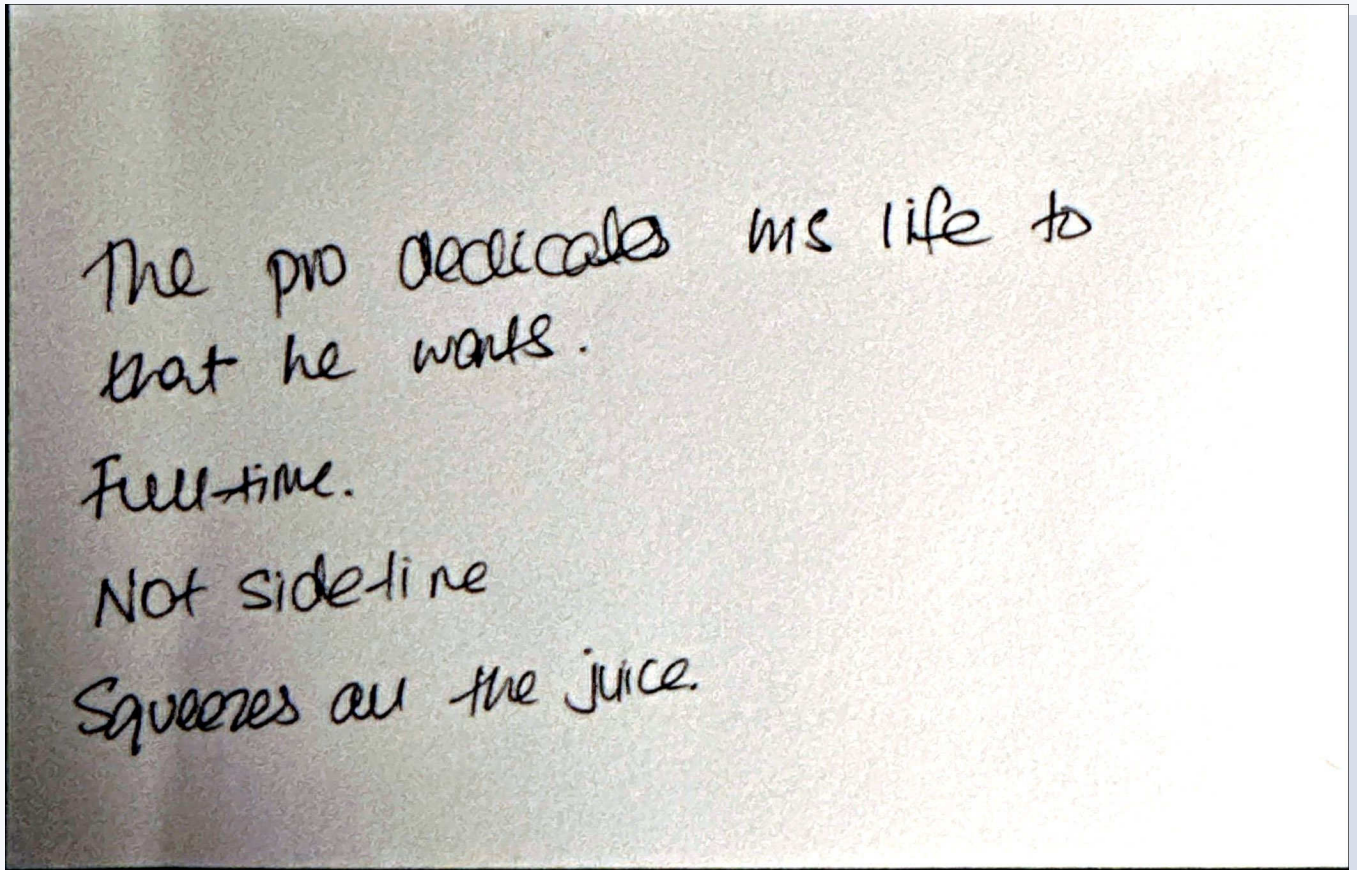
Studying a challenge and living through it give different kinds of understanding.

After Steven Pressfield, through fictional Telamon of Arcadia

Context: Telamon of Arcadia is a fictional character used by Steven Pressfield. The edited reading preserves the contrast between studying and experiencing a challenge.

ORIGINAL CARD 112

Full-time commitment



THE ORIGINAL HANDWRITTEN NOTE

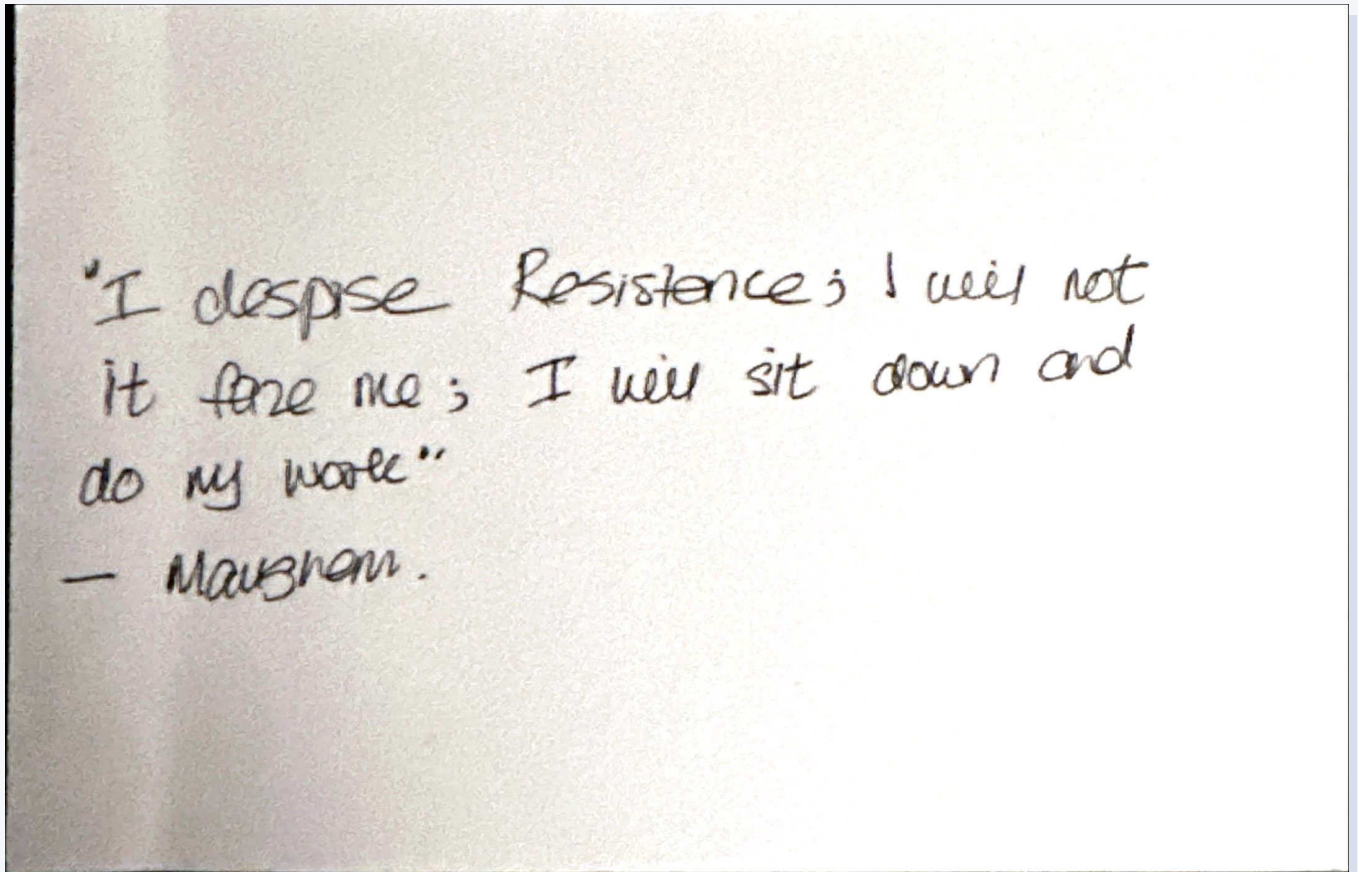
EDITED READING NOTE

Give the work a committed place in your life. Put time and energy behind what you want to do.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 113

Sit down and work



THE ORIGINAL HANDWRITTEN NOTE

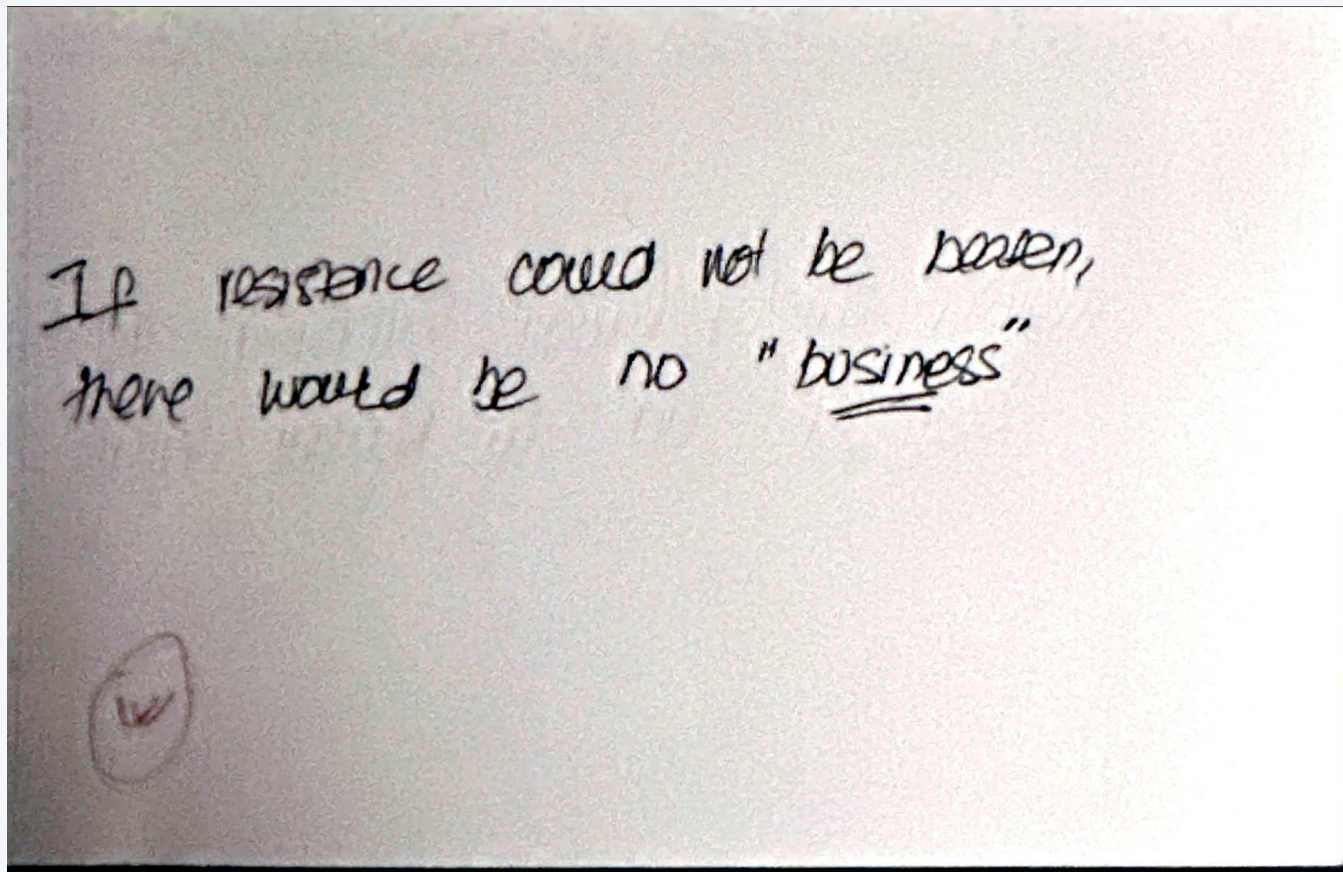
EDITED READING NOTE

Sit down and do the work, even while resistance is present.

After Steven Pressfield, discussing Somerset Maugham

ORIGINAL CARD 114

Beating resistance



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

The existence of completed work shows that resistance can be overcome.

Reading note after Steven Pressfield, The War of Art

CHAPTER

05

Live with others

EDITORIAL INTRODUCTION

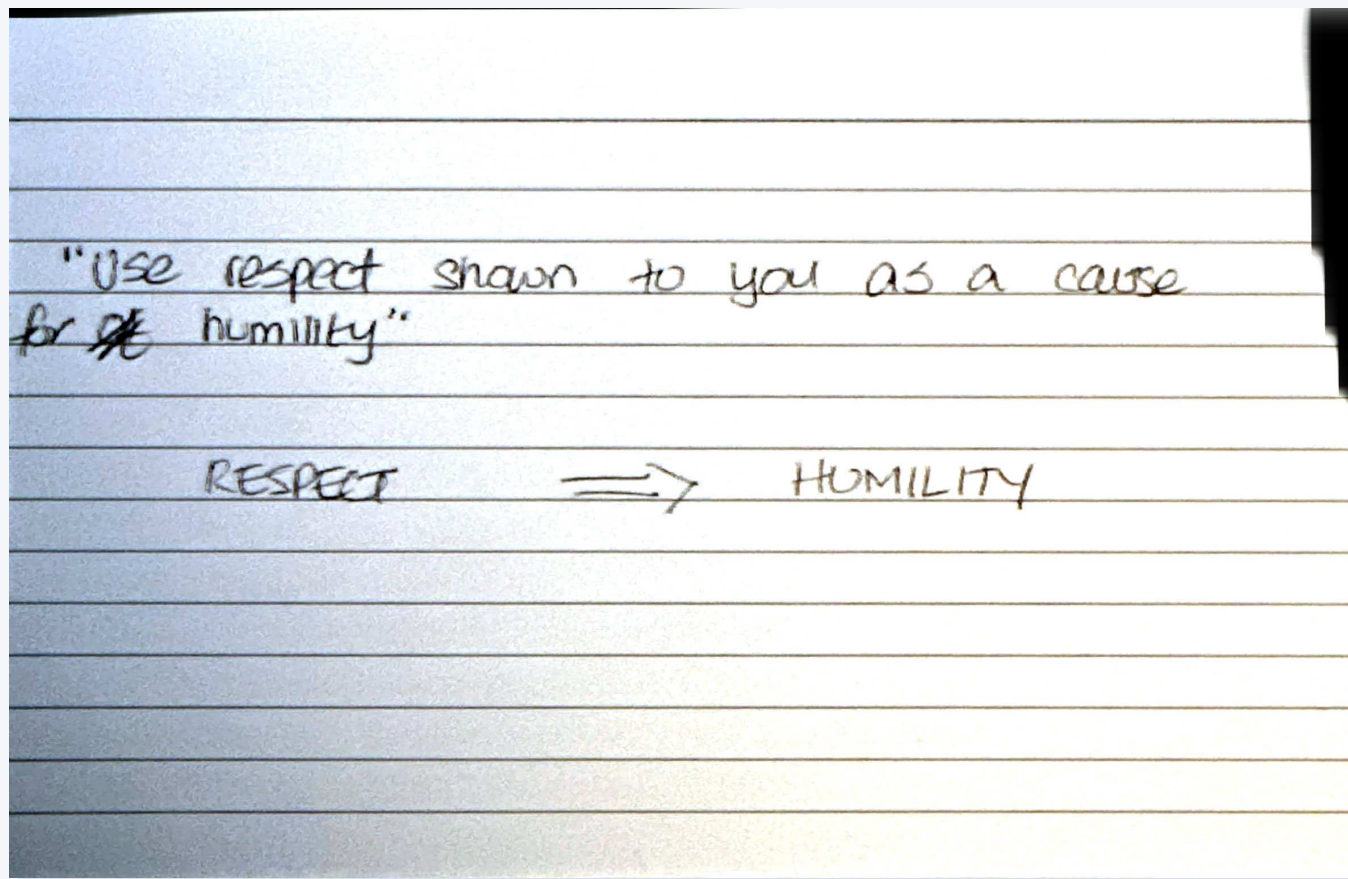
The focus widens here to the people around us. Respect, listening, judgement and humility join the book's questions about direction and effort. These short cards connect how a person sees themselves with how they respond to another person. Approval can carry weight; so can disapproval. Listening creates space to understand what is happening in a conversation.

The chapter brings together personal reminders, an unattributed saying, a line spoken by Shakespeare's Polonius and a reflection associated with the Dalai Lama. Their different origins remain visible. Together they introduce relationships as another place where the ideas in the collection meet daily conduct.



ORIGINAL CARD 019

Respect and humility



THE ORIGINAL HANDWRITTEN NOTE

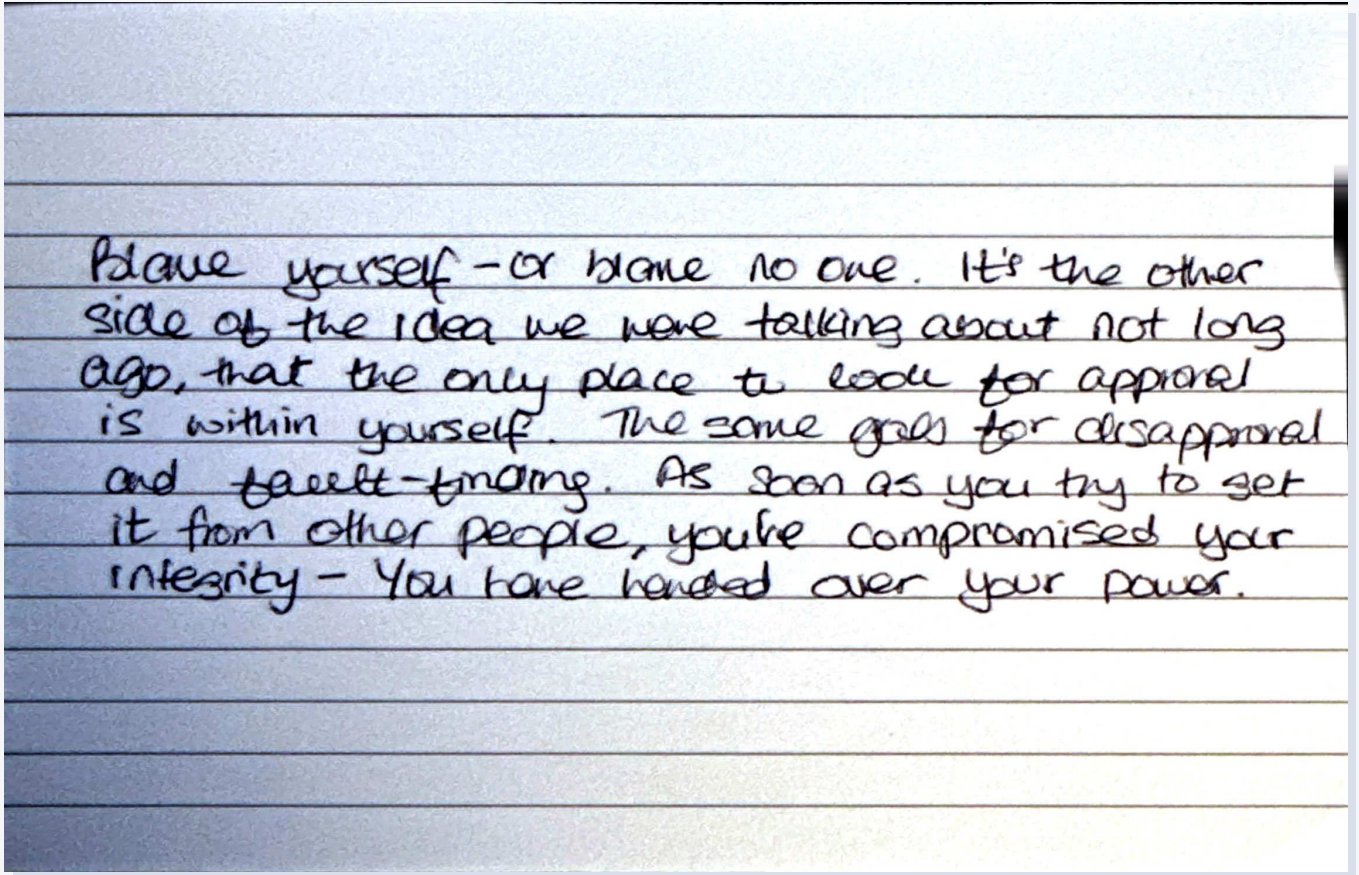
EDITED READING NOTE

Let the respect shown to you become a reason for humility.

Collected note

ORIGINAL CARD 026

Judging yourself



THE ORIGINAL HANDWRITTEN NOTE

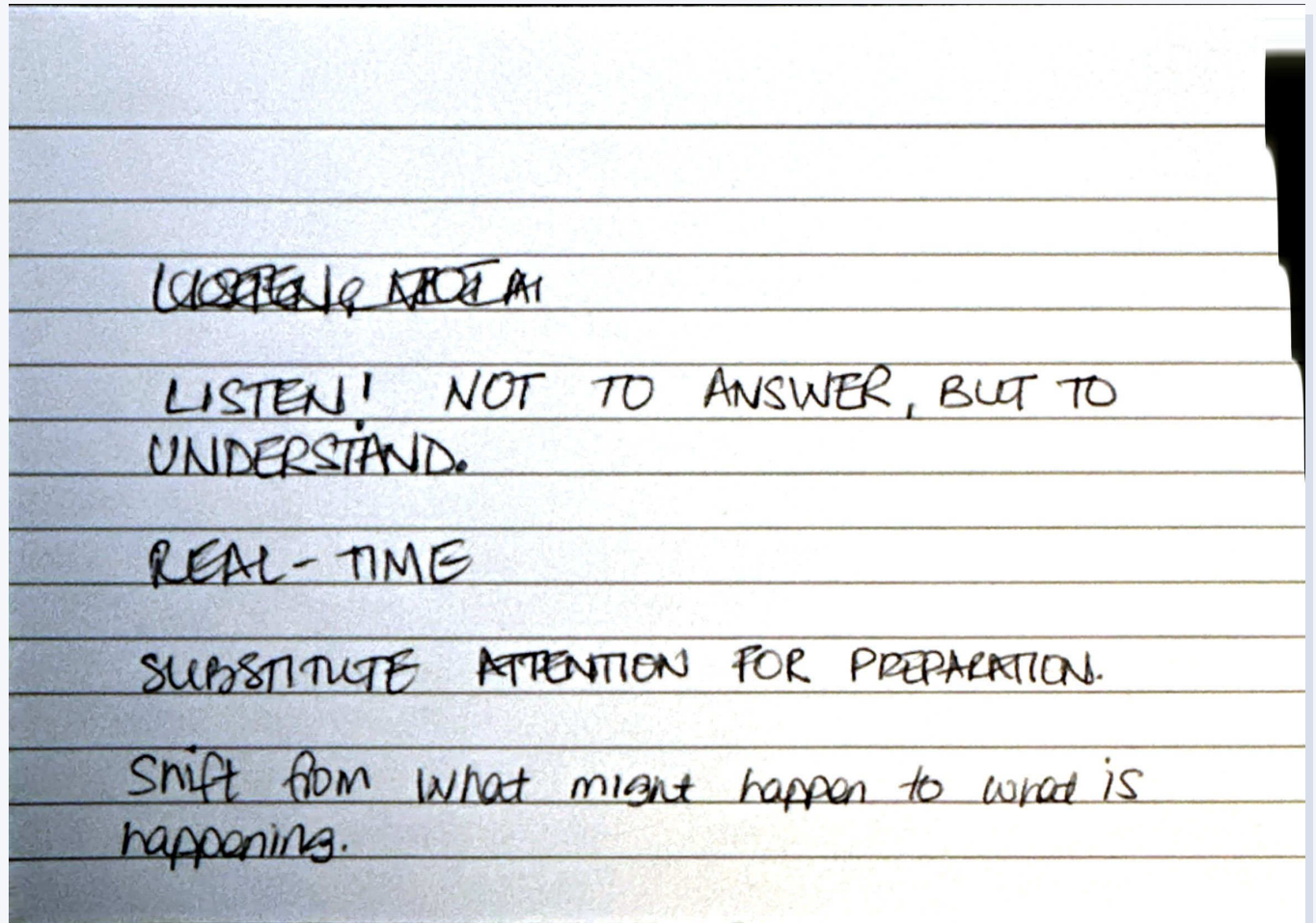
EDITED READING NOTE

Examine your own conduct when judging approval, disapproval and responsibility. Giving other people complete authority over that judgement gives them power over you.

After Daily Stoic, Blame Yourself or No One

ORIGINAL CARD 029

Listen to understand



THE ORIGINAL HANDWRITTEN NOTE

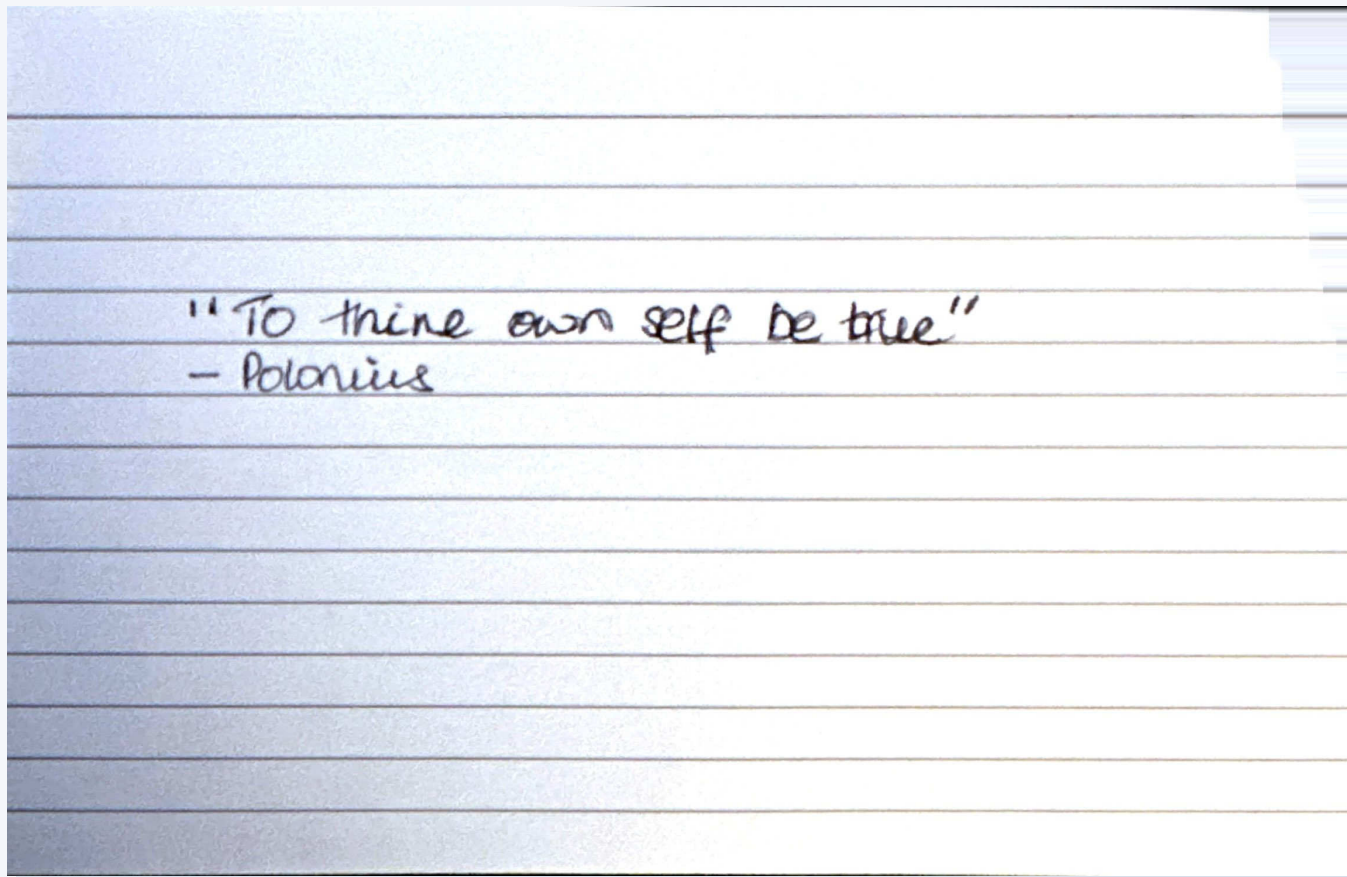
EDITED READING NOTE

Listen to understand. Give attention to what is happening in the conversation. Let the present moment guide your response.

Collected note

ORIGINAL CARD 030

Be true to yourself



THE ORIGINAL HANDWRITTEN NOTE

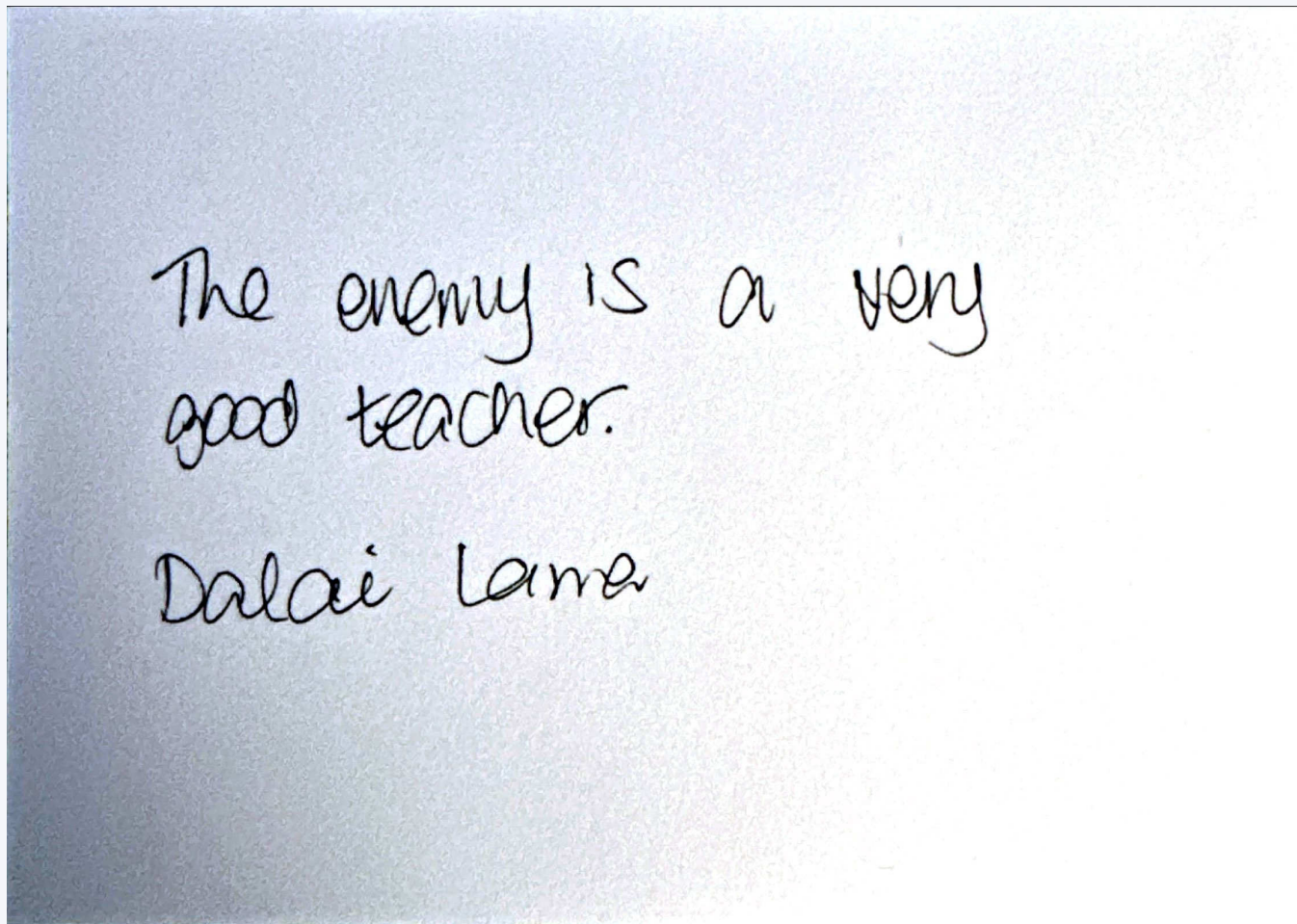
EDITED READING NOTE

Be true to yourself.

William Shakespeare, Hamlet 1.3; spoken by Polonius

ORIGINAL CARD 044

The enemy as teacher



THE ORIGINAL HANDWRITTEN NOTE

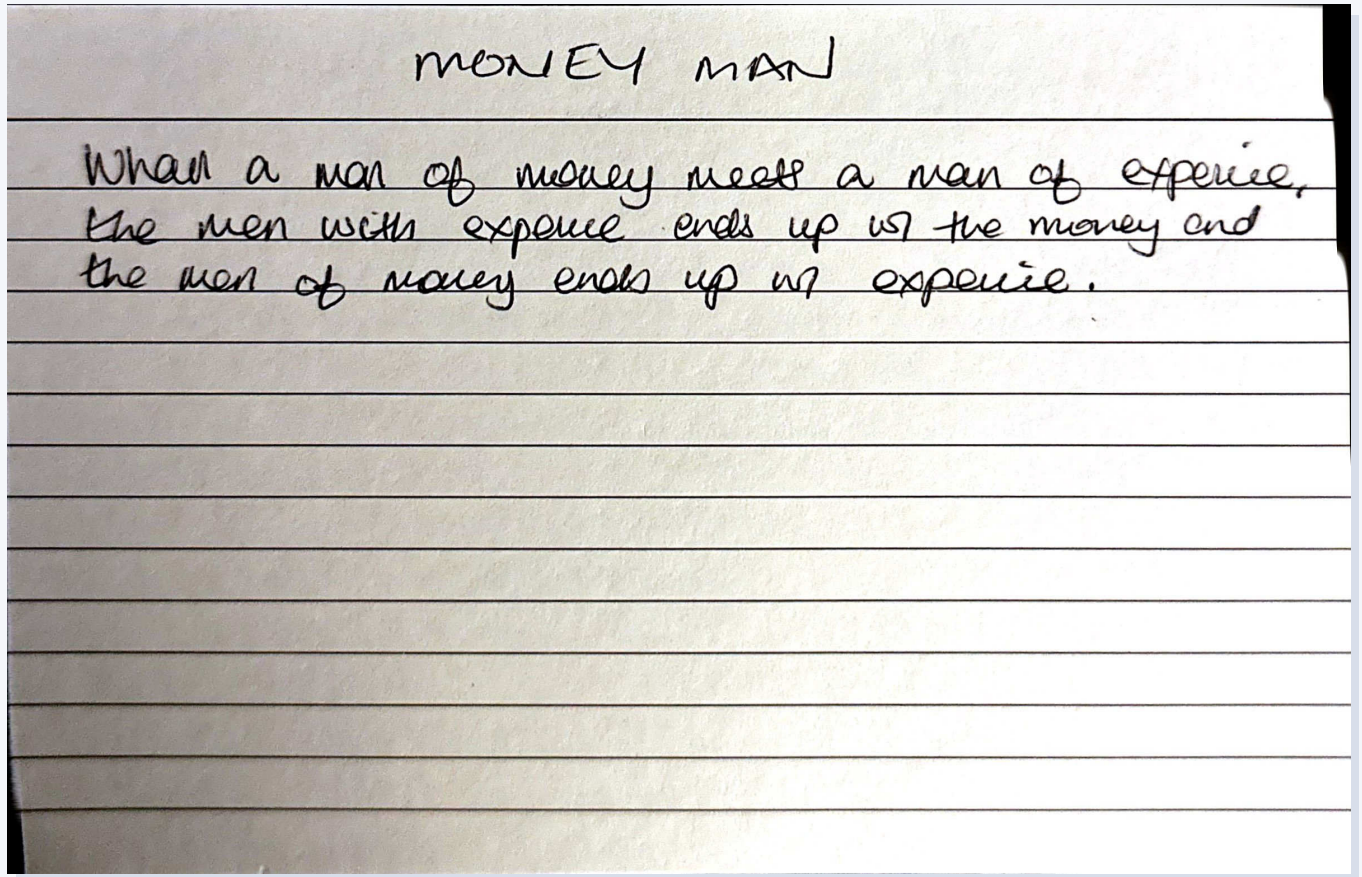
EDITED READING NOTE

An enemy can become a teacher, giving you an opportunity to practise patience and compassion.

The 14th Dalai Lama, on compassion

ORIGINAL CARD 066

Money man



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

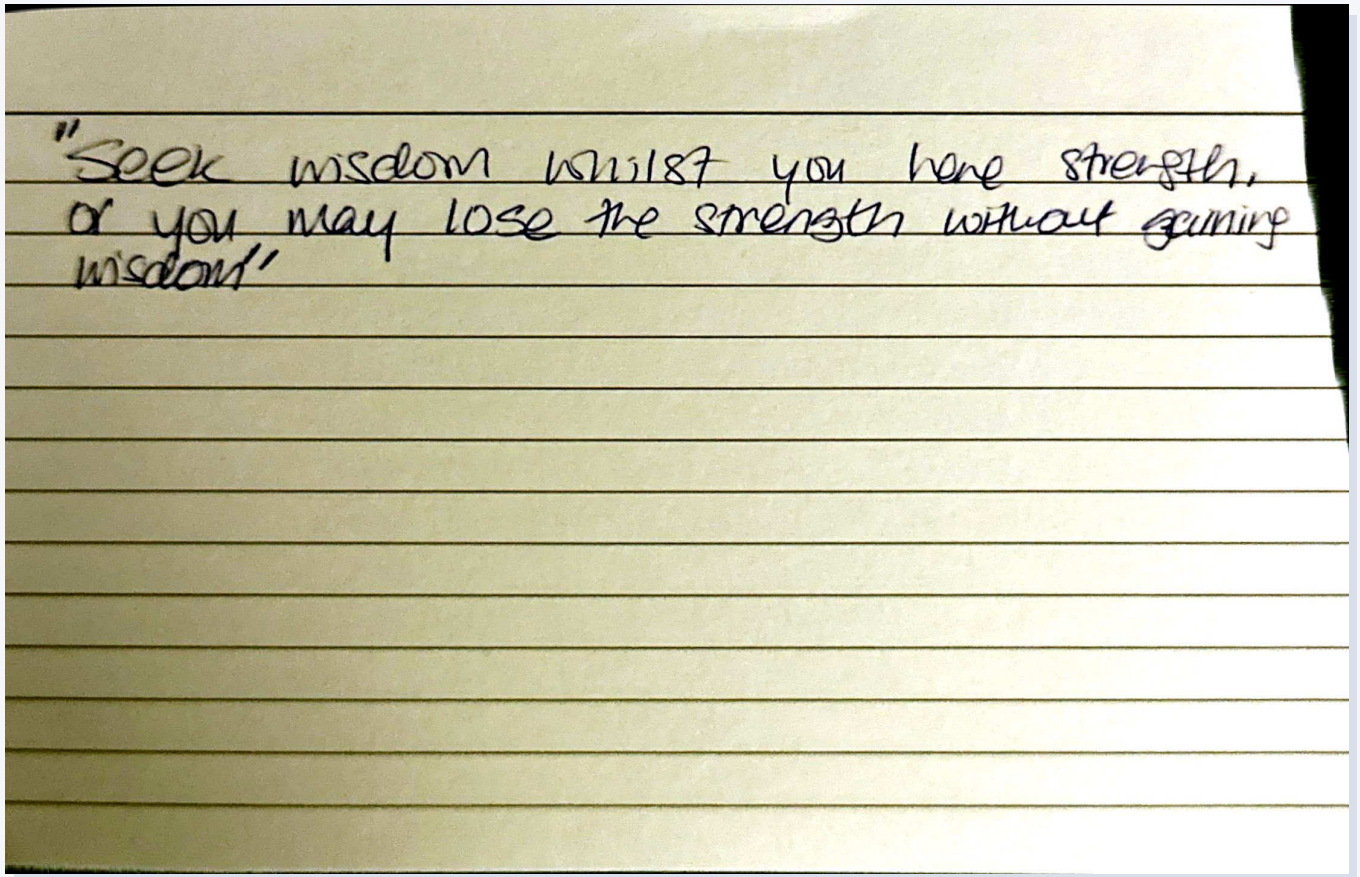
When a man of money meets a man of experience, the man with experience ends up with the money and the man of money ends up with experience.

Collected note

Context: An unattributed aphorism from the collection.

ORIGINAL CARD 068

Seek wisdom while you have strength



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

“Seek wisdom whilst you have strength, or you may lose the strength without gaining wisdom.”

Collected note

Context: An unattributed quotation from the collection.

CHAPTER

06

Keep your perspective

EDITORIAL INTRODUCTION

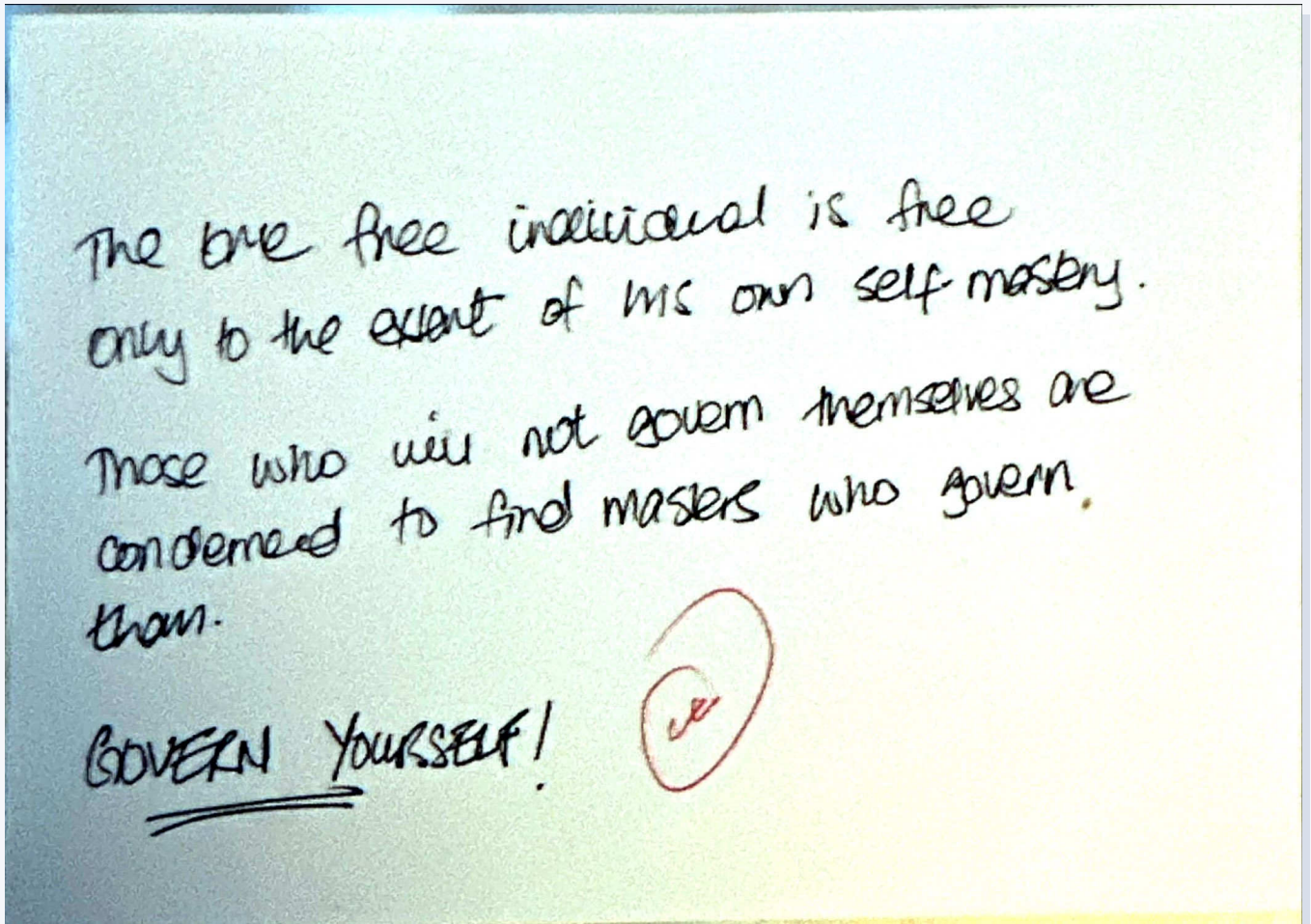
The final chapter steps back from the immediate task. Work, comparison, enjoyment, mortality and spiritual belief appear beside one another. Poetry and mythology give some cards their images. Other cards ask how attachment to a result shapes the experience of living and working. The range reflects a notebook gathering ideas from several traditions.

Claims about death, the soul and the self are presented in their philosophical or spiritual setting. Their presence shows the questions this collection holds open. The chapter ends the journey with perspective: choosing a direction, taking part in life and remaining willing to reconsider the stories carried along the way.



ORIGINAL CARD 001

Govern yourself



THE ORIGINAL HANDWRITTEN NOTE

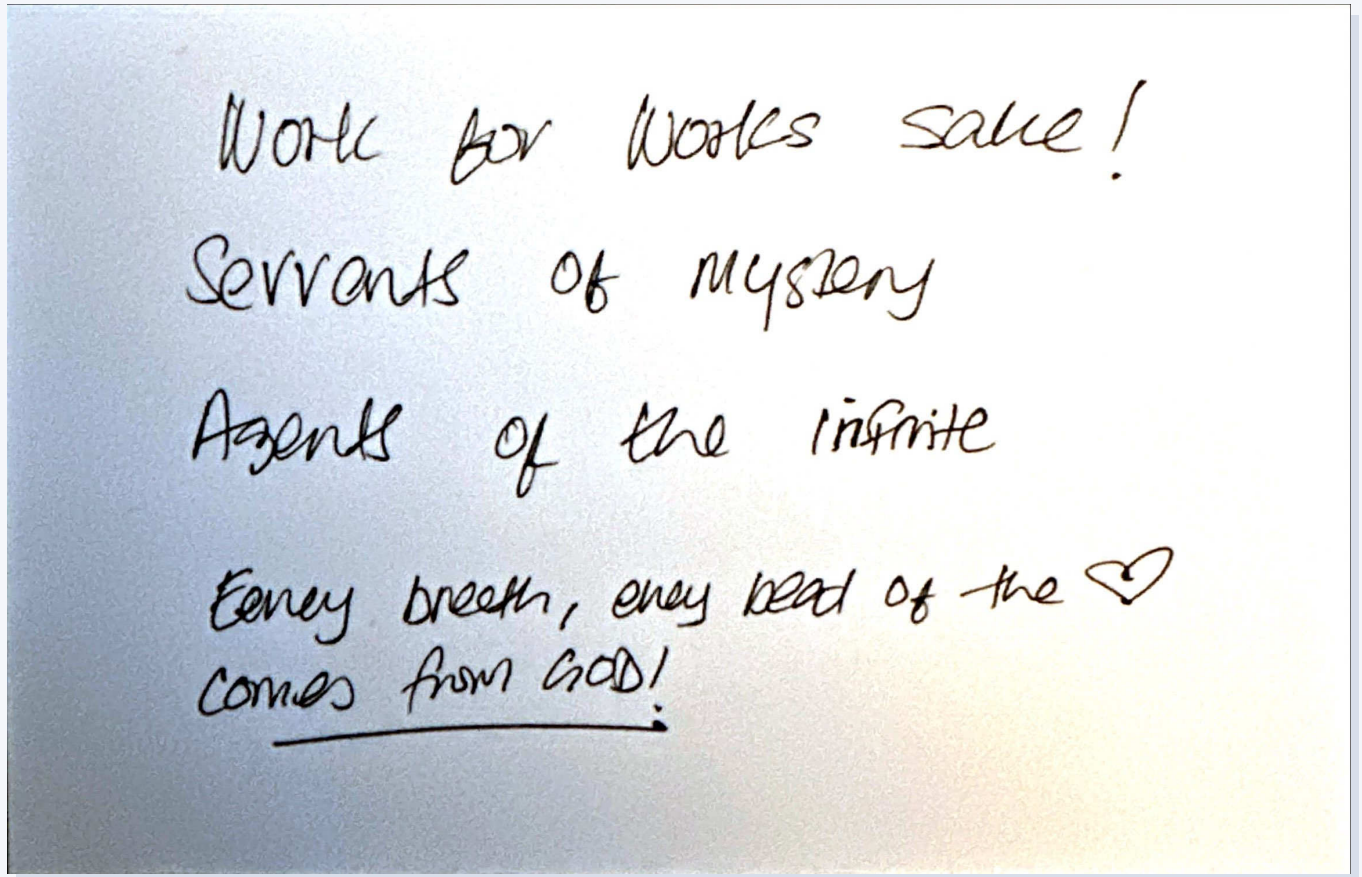
EDITED READING NOTE

Self-mastery gives you more freedom to direct your own life. Govern yourself.

Collected reading note; precise source unconfirmed

ORIGINAL CARD 005

Work for the work



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

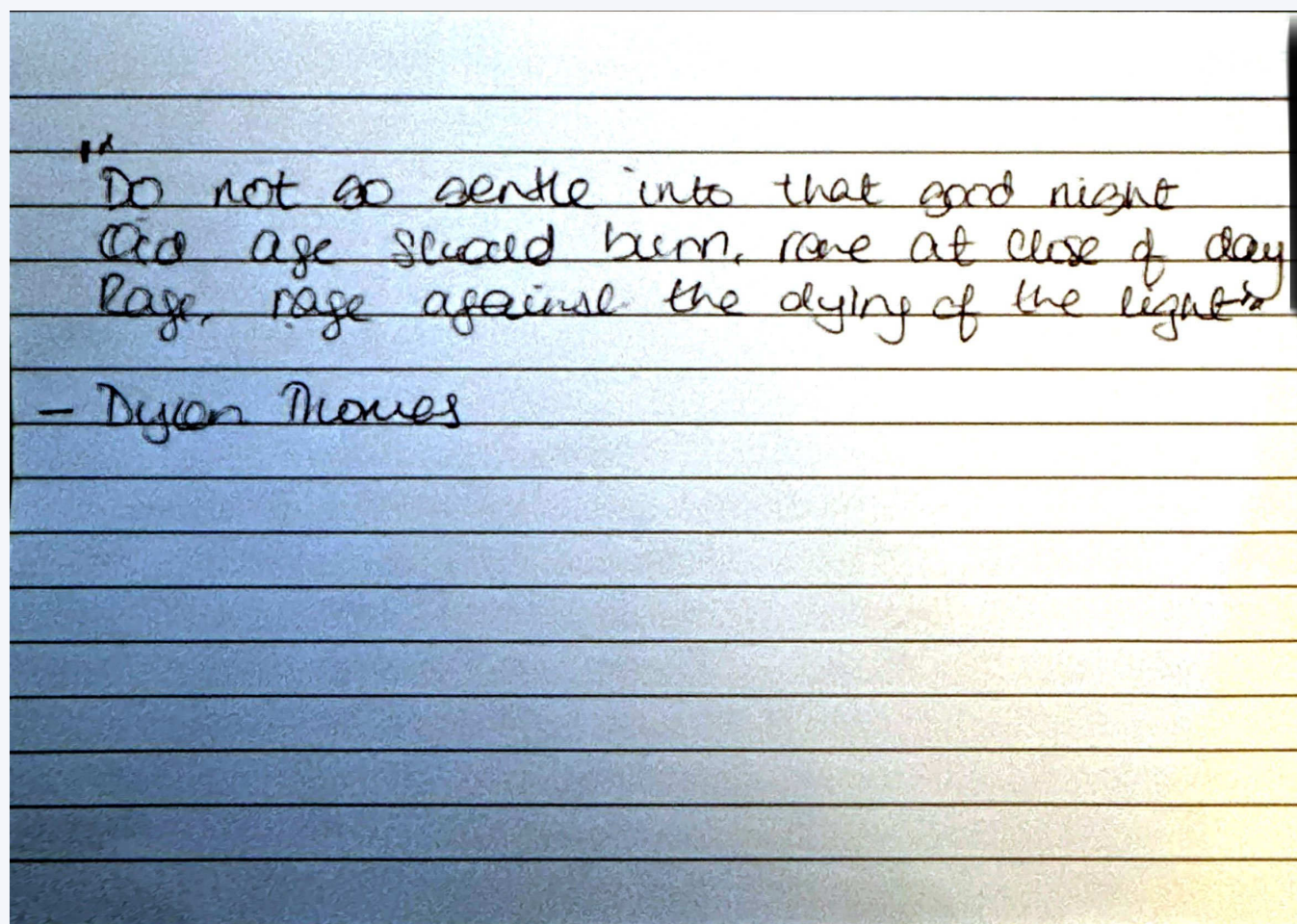
Work for the sake of the work. The card describes us as servants of mystery and agents of the infinite, with each breath and heartbeat coming from God.

Reading note after Steven Pressfield, The War of Art

Context: A spiritual perspective in the reading notes.

ORIGINAL CARD 009

The dying of the light



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

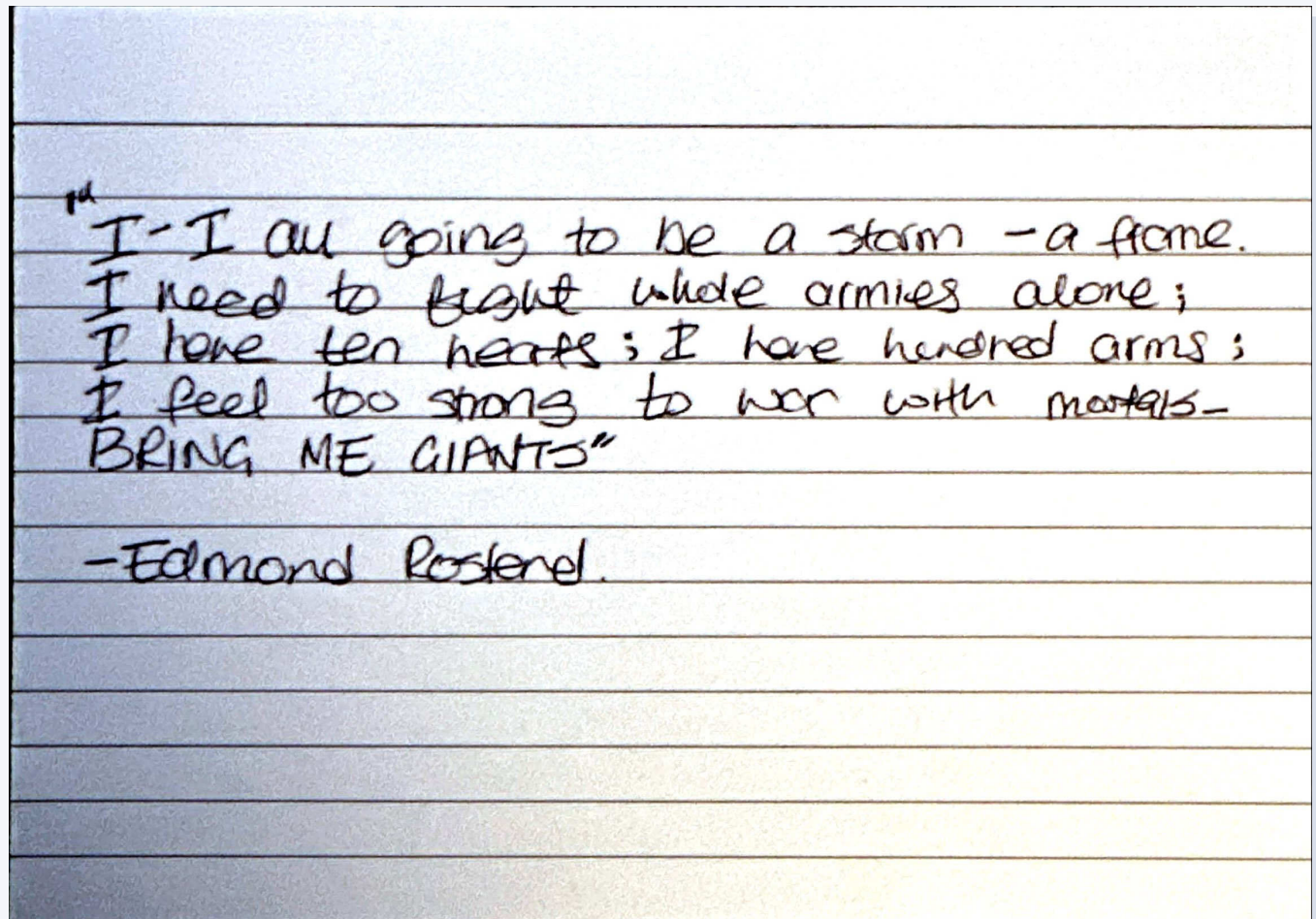
Dylan Thomas urges the reader to meet the end of life with fierce vitality. The card preserves the opening stanza of his poem.

Dylan Thomas, Do not go gentle into that good night

Context: The source scan clips part of the handwriting at the right edge. The edited reading summarises the poem.

ORIGINAL CARD 018

Bring me giants



THE ORIGINAL HANDWRITTEN NOTE

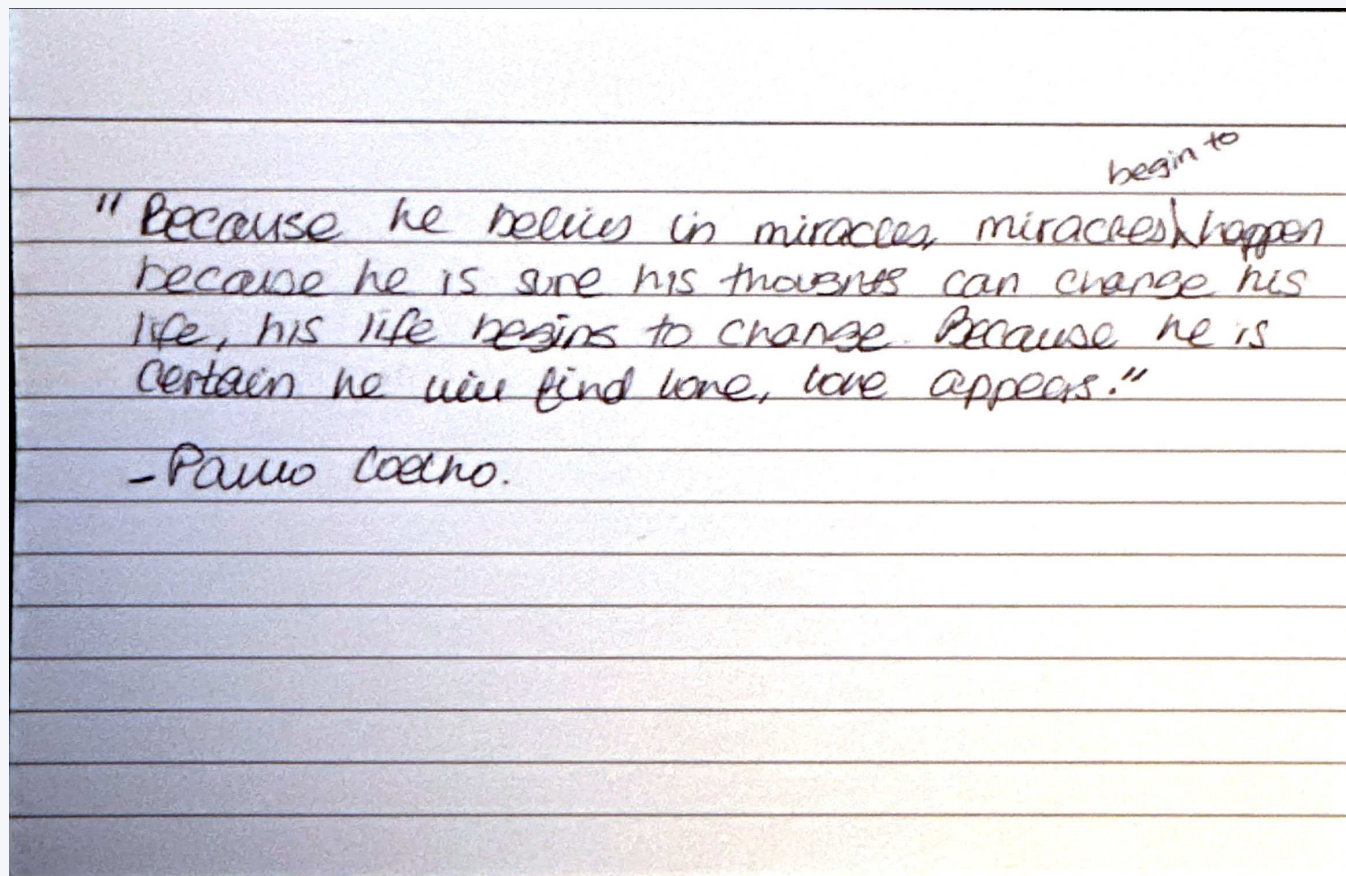
EDITED READING NOTE

Cyrano imagines meeting enormous challenges with enormous energy. The card keeps his cry for giants as an image of ambition.

After Edmond Rostand, *Cyrano de Bergerac*; Brian Hooker translation

ORIGINAL CARD 025

Belief and change



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

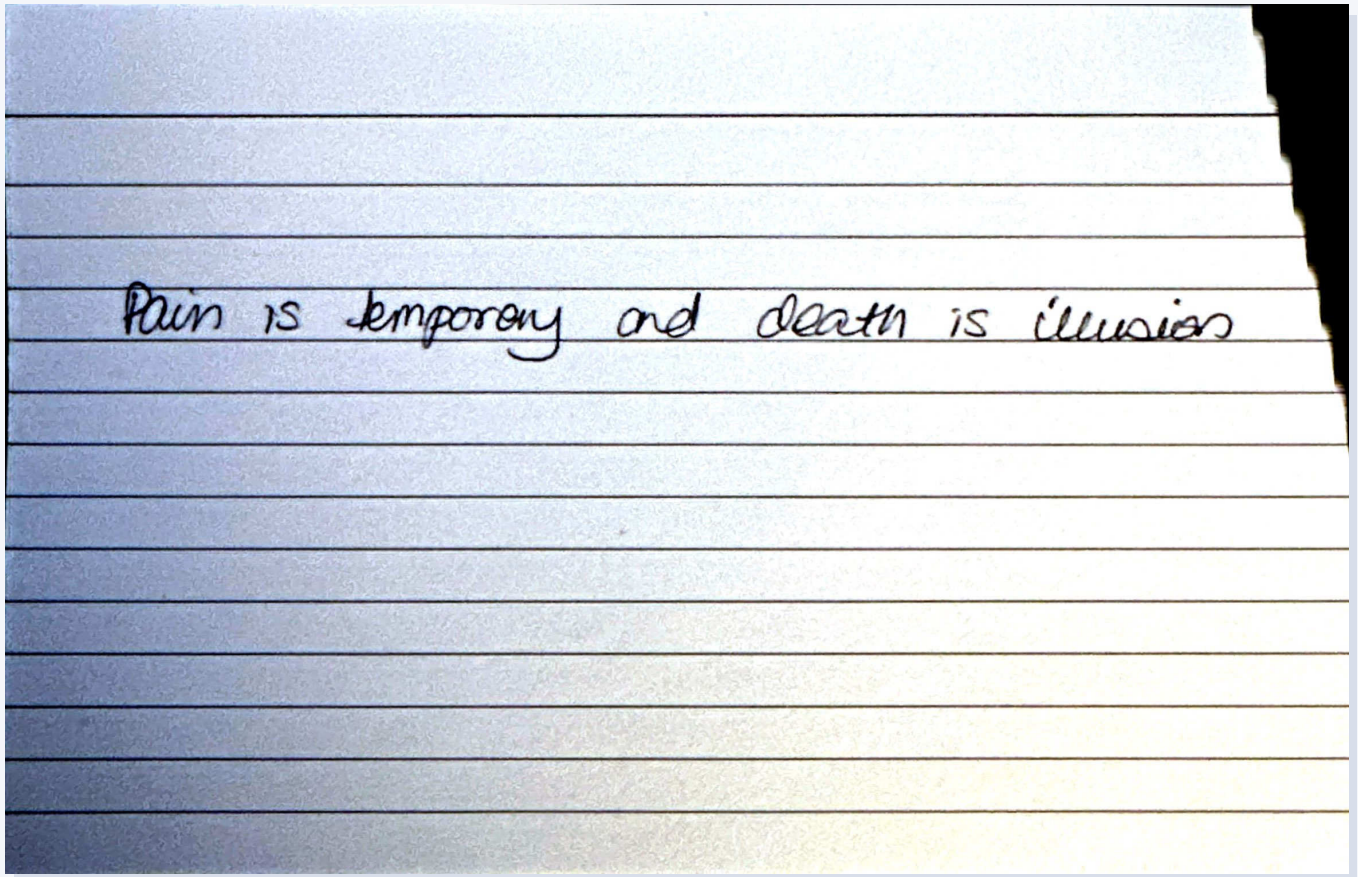
Coelho describes belief as changing how a person meets life: expecting possibility, love and change can shape the experience of moving towards them.

Paulo Coelho, *Believing without fear*

Context: Coelho's spiritual perspective on belief.

ORIGINAL CARD 027

Pain and death



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

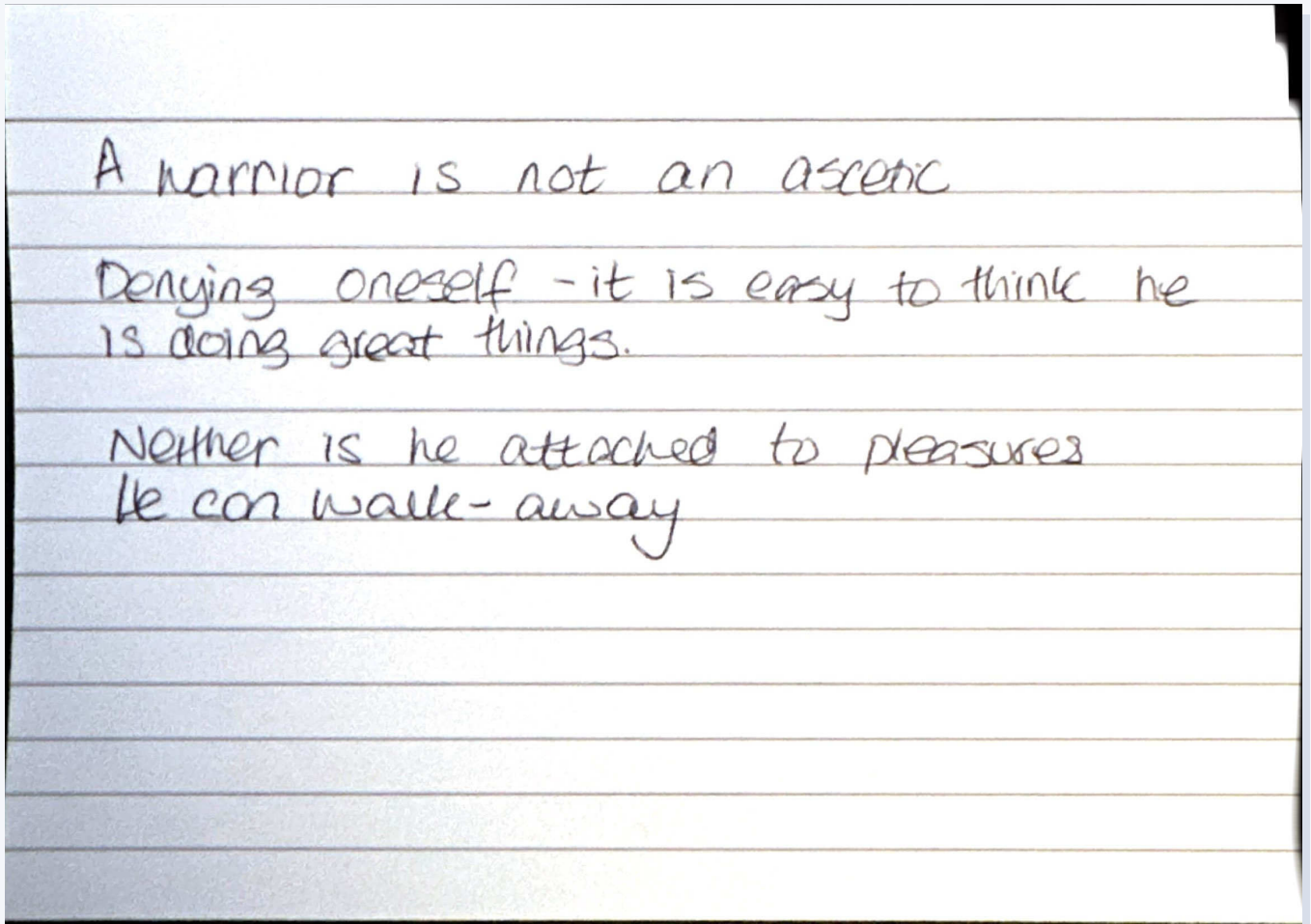
Pain is temporary and death is an illusion.

Collected note

Context: A metaphysical assertion preserved from the card.

ORIGINAL CARD 028

Enjoyment and freedom



THE ORIGINAL HANDWRITTEN NOTE

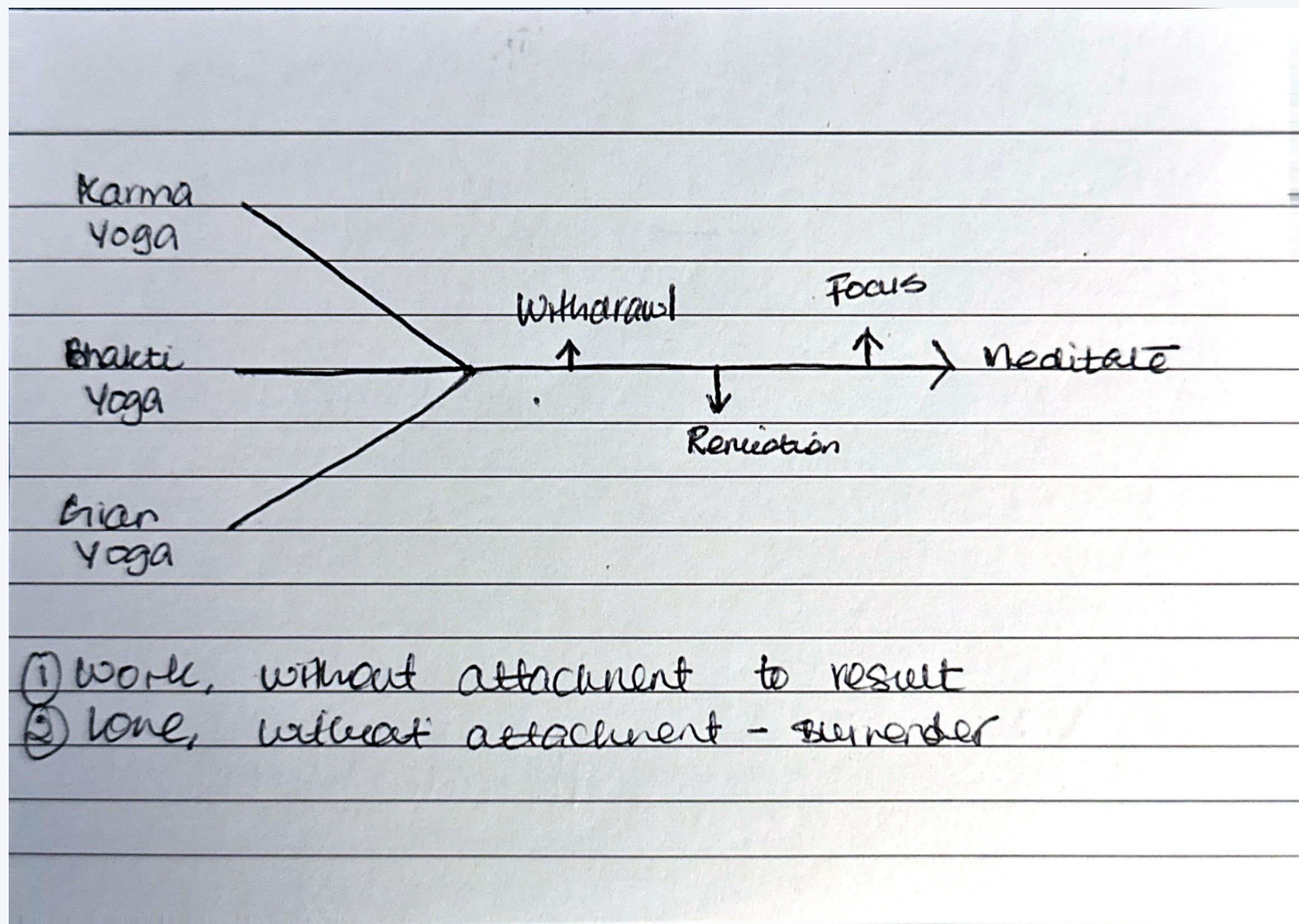
EDITED READING NOTE

Enjoyment and freedom can coexist. A warrior can enjoy pleasures and still be able to walk away from them. Self-denial alone can become another source of pride.

Collected note

ORIGINAL CARD 046

Paths towards meditation



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

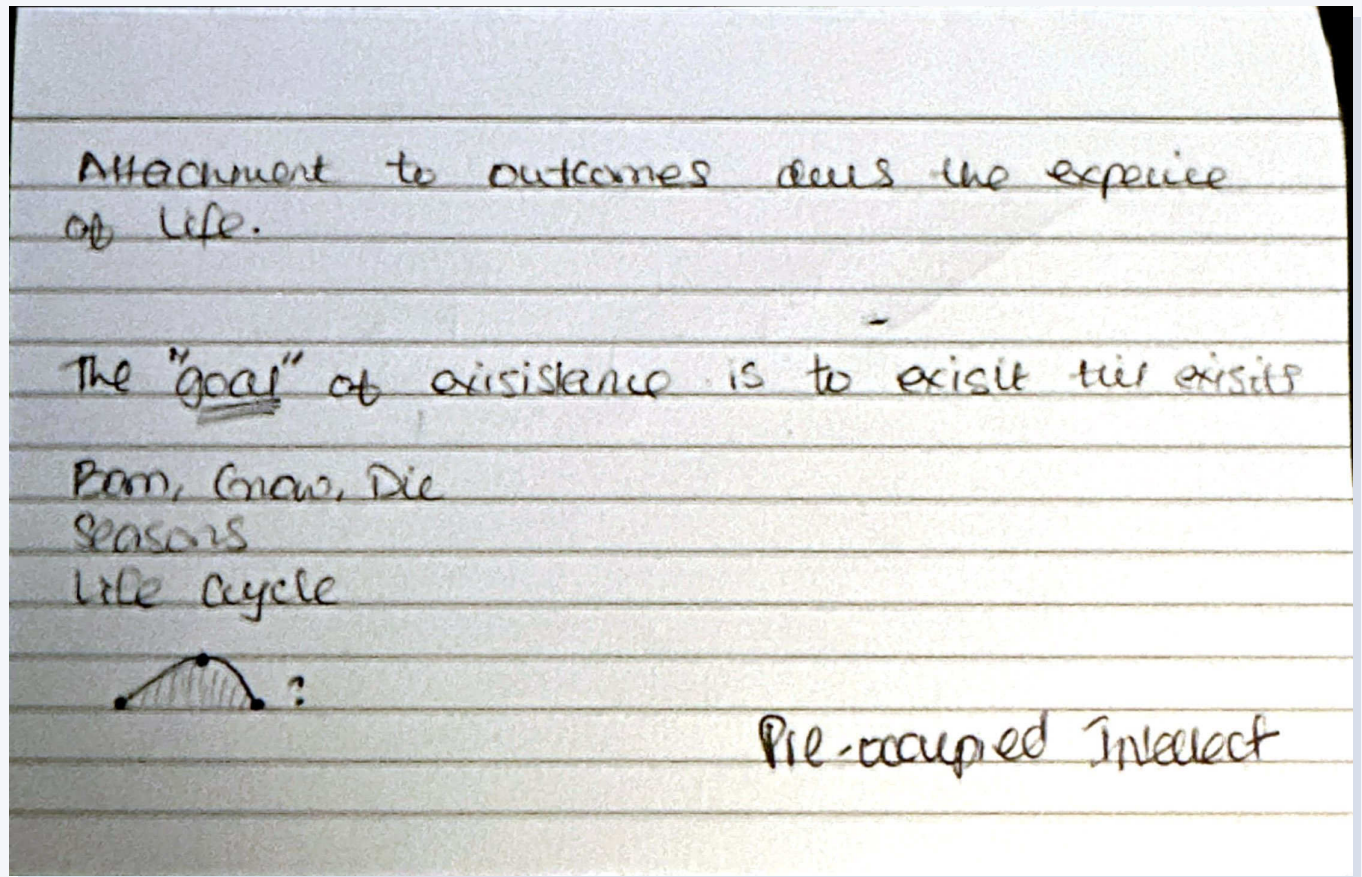
The card links action, devotion and enquiry with contemplation. It gives two reminders: work with less attachment to the result, and love with less attachment.

Collected note

Context: The source names karma yoga, bhakti yoga and jnana yoga.

ORIGINAL CARD 047

Attachment and the experience of life



THE ORIGINAL HANDWRITTEN NOTE

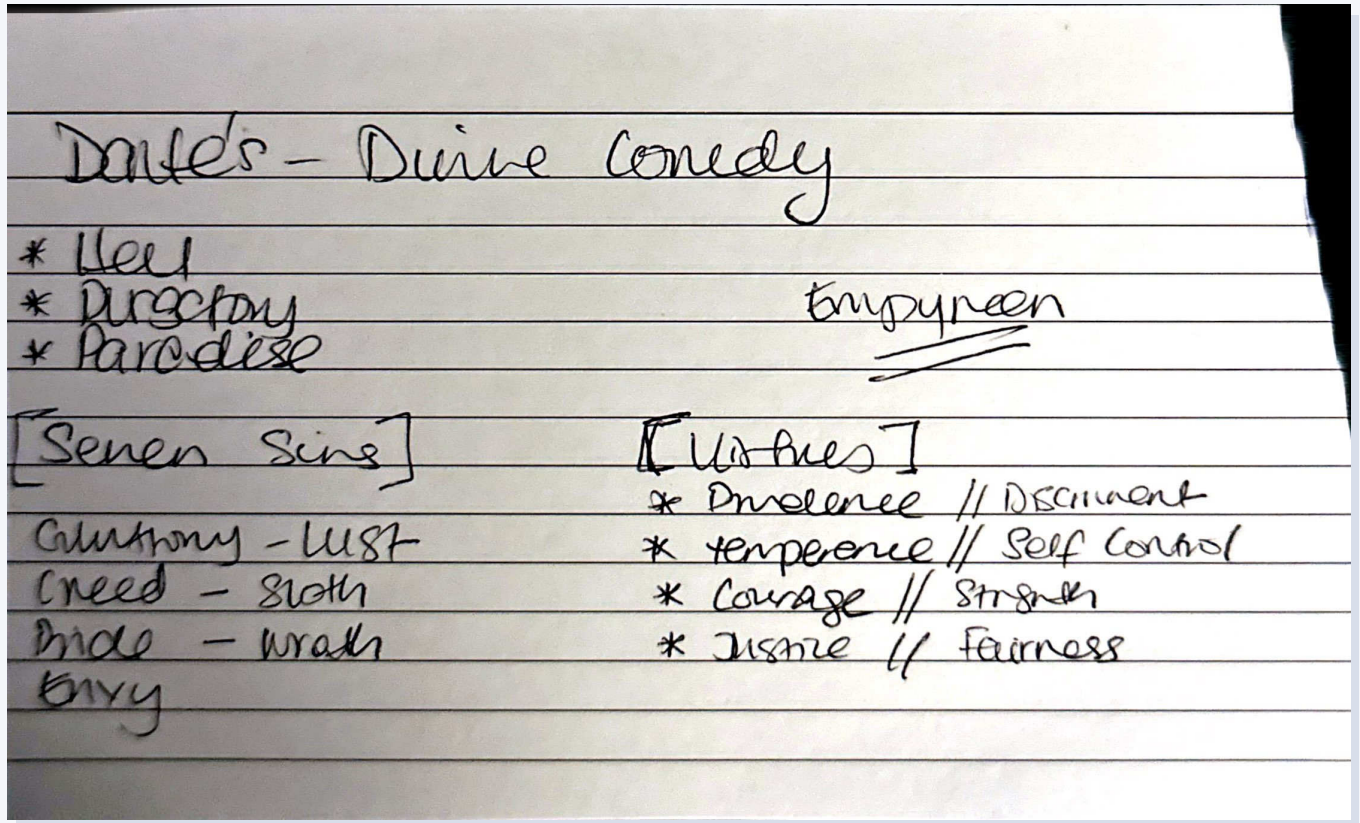
EDITED READING NOTE

Attachment to outcomes can dull the experience of life. The card places this beside a simple cycle: birth, growth and death, like the seasons.

Collected note

ORIGINAL CARD 060

Dante's Divine Comedy



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

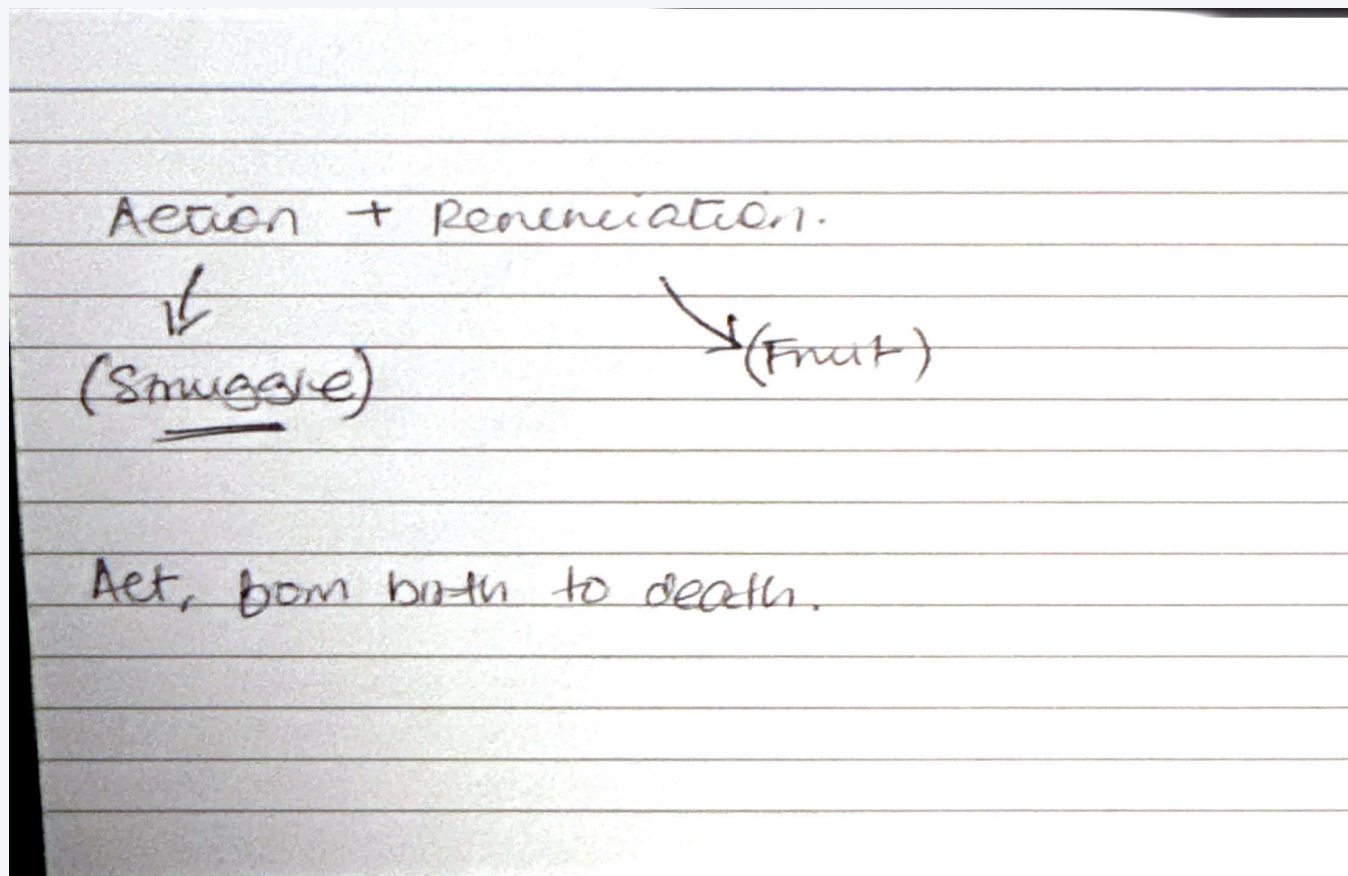
Dante's Divine Comedy moves through Hell, Purgatory and Paradise. The Empyrean belongs within Paradise.

The card also lists seven sins: gluttony, lust, greed, sloth, pride, wrath and envy. Alongside them sit four virtues: prudence, temperance, courage and justice.

Reading notes on Dante, Divine Comedy

ORIGINAL CARD 069

Action and renunciation



THE ORIGINAL HANDWRITTEN NOTE

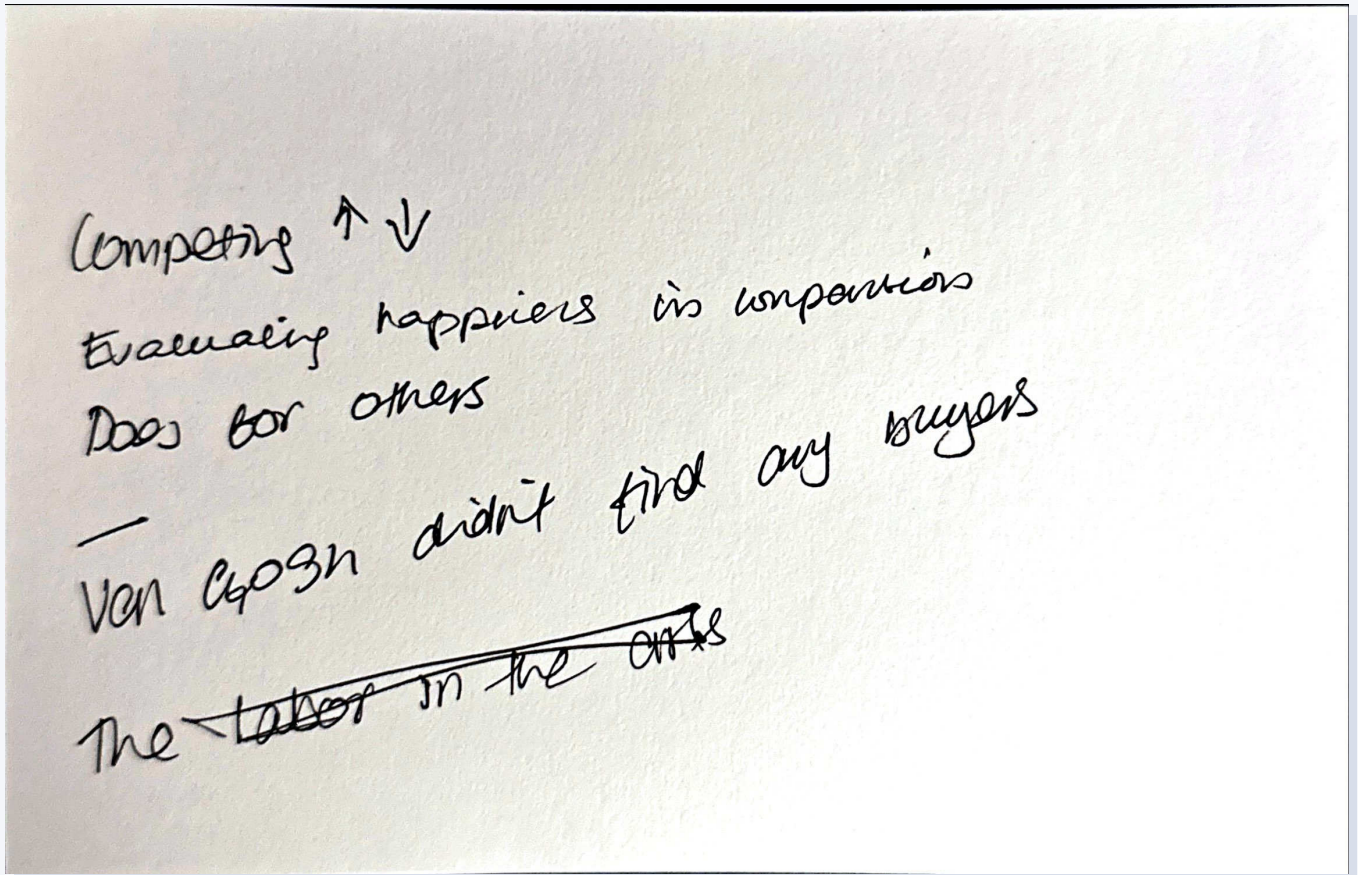
EDITED READING NOTE

Act throughout life. Undertake the effort while loosening attachment to its fruits.

Collected note

ORIGINAL CARD 089

Comparison



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

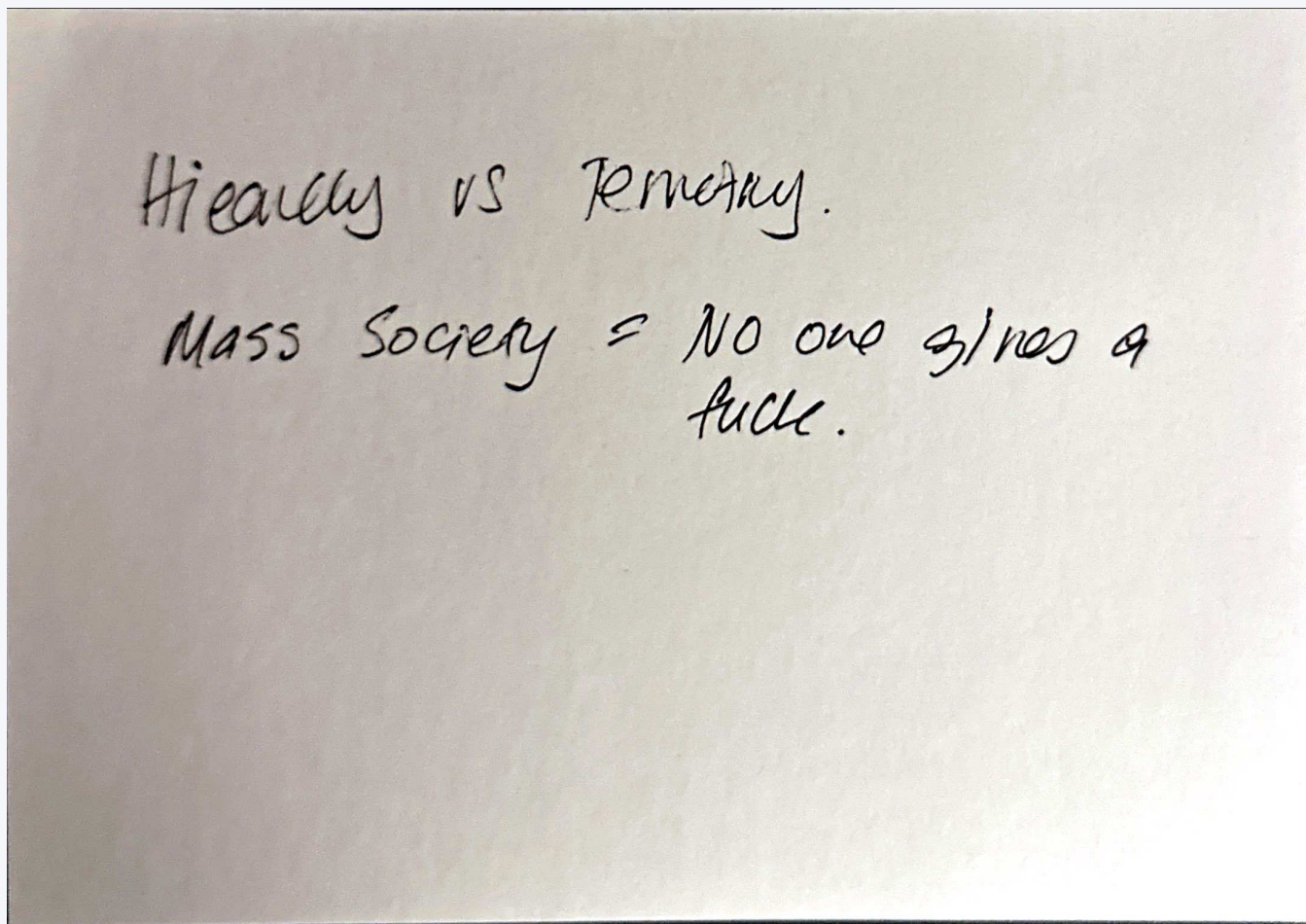
Notice when your happiness depends on comparison with other people.

Reading note after Steven Pressfield, The War of Art

Context: The claim about Van Gogh's lifetime sales in the handwritten card is inaccurate. The edited reading focuses on comparison.

ORIGINAL CARD 090

Hierarchy and territory



THE ORIGINAL HANDWRITTEN NOTE

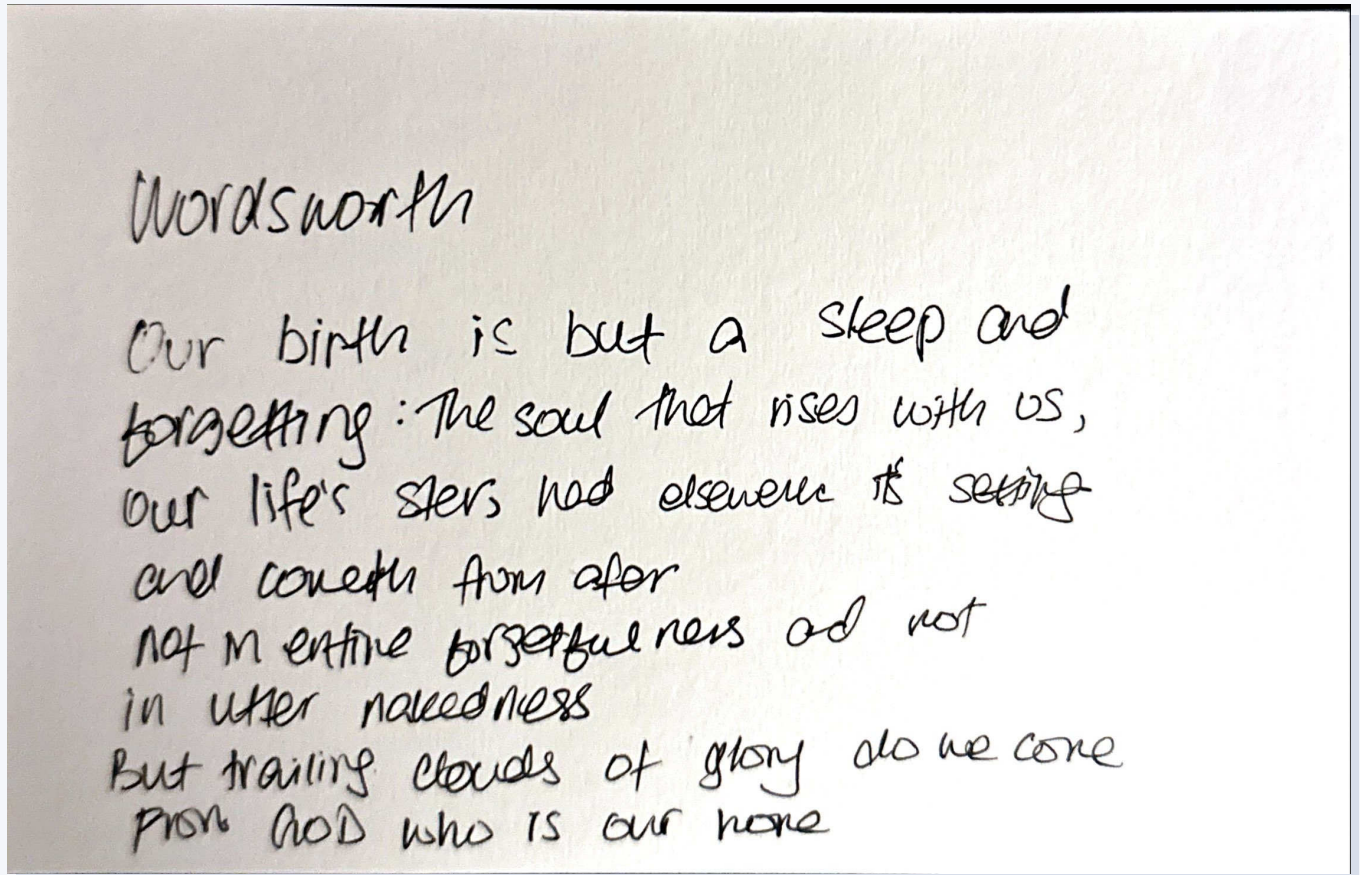
EDITED READING NOTE

A hierarchy asks where you rank among other people. A territory centres on the work you return to and the field you develop.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 091

Trailing clouds of glory



THE ORIGINAL HANDWRITTEN NOTE

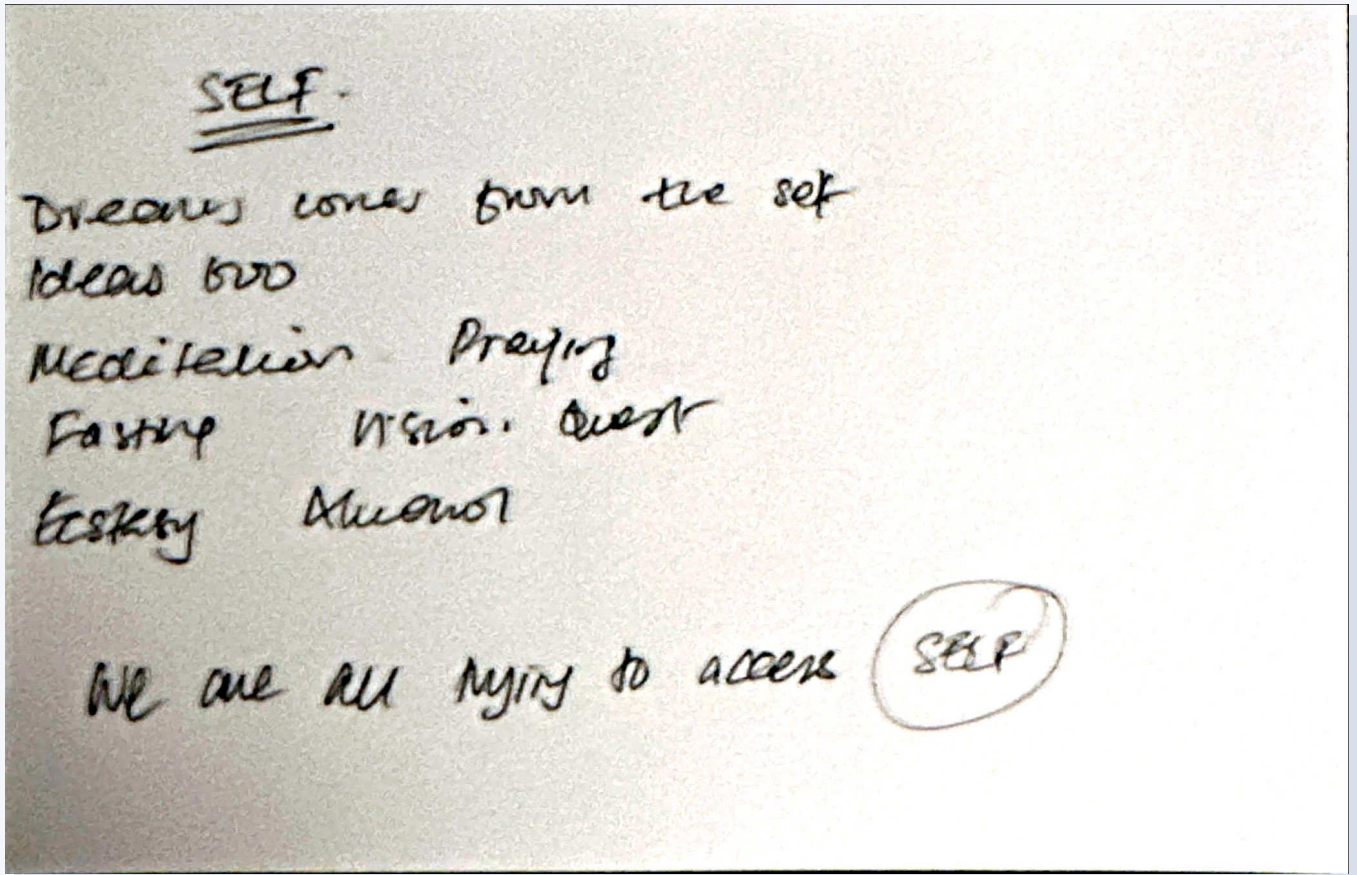
EDITED READING NOTE

Wordsworth imagines birth as arriving from a spiritual home. The soul carries something of that origin into earthly life.

William Wordsworth, Ode: Intimations of Immortality, stanza V

ORIGINAL CARD 094

Accessing the self



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

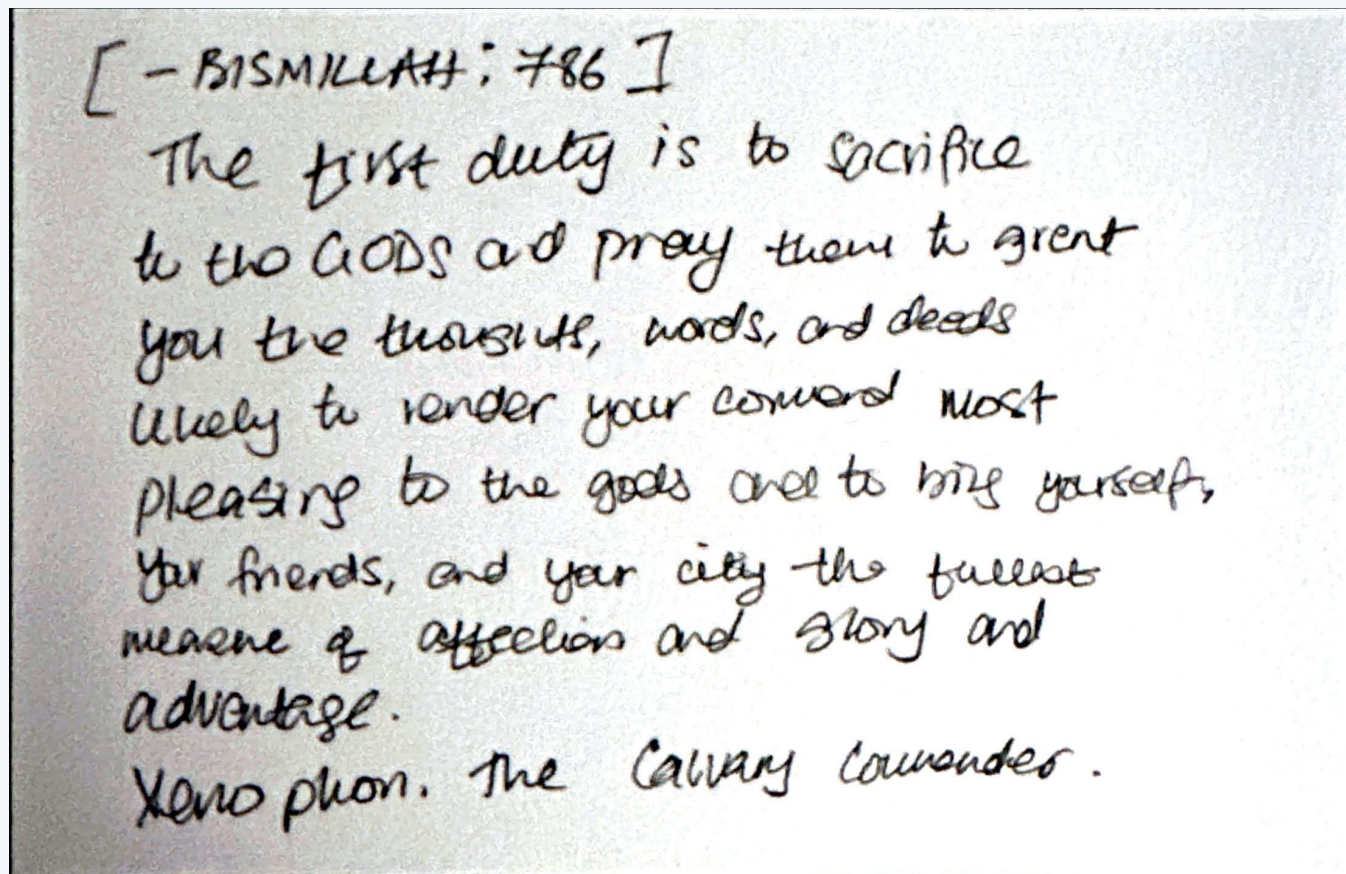
The card places dreams, ideas, meditation and prayer within a spiritual search for the self.

Reading note after Steven Pressfield, The War of Art

Context: A spiritual interpretation of creativity and the self. The handwritten list records practices and substances within that framework.

ORIGINAL CARD 098

Thoughts, words and deeds



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

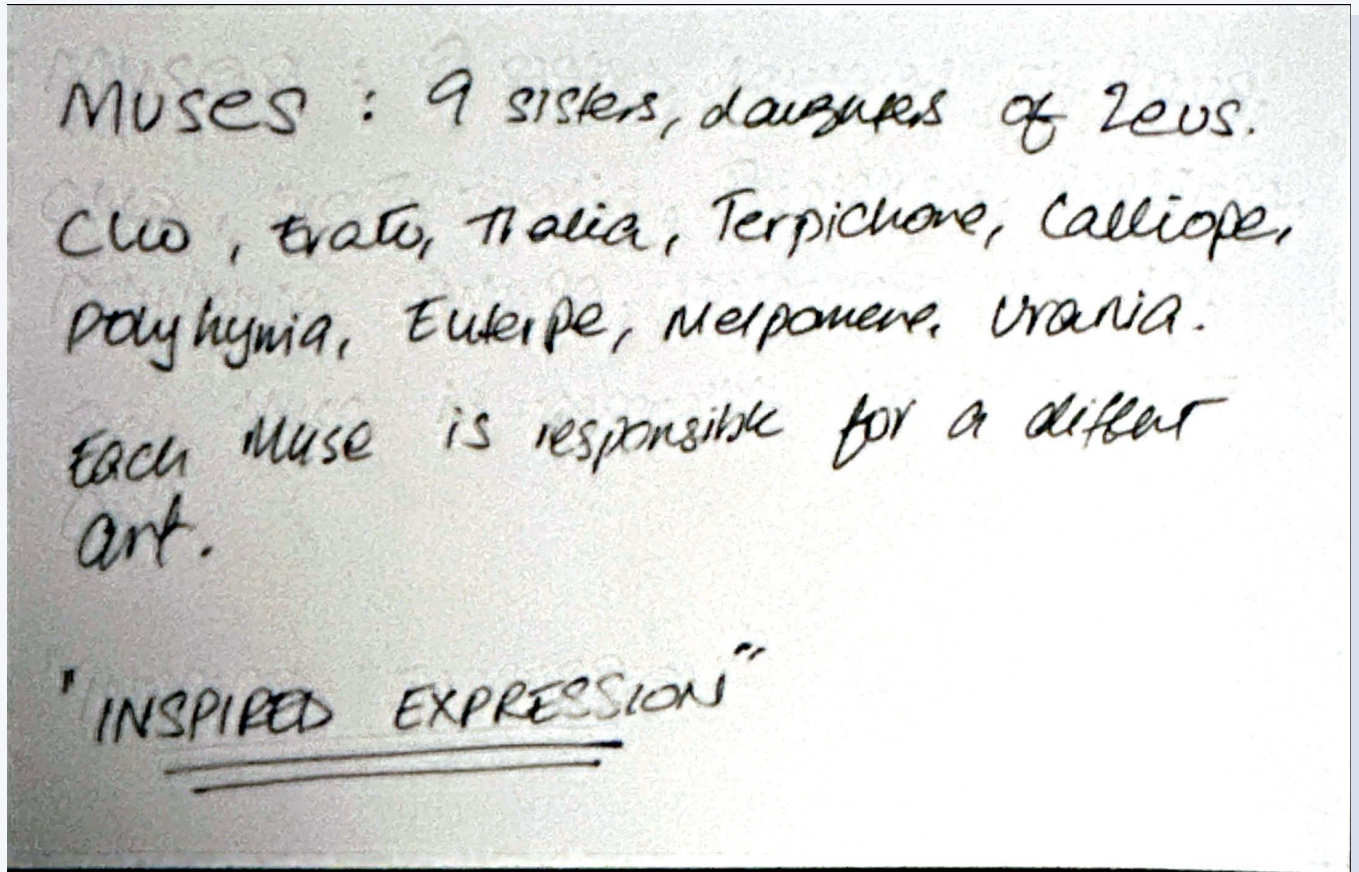
Xenophon opens his advice to a cavalry commander with a prayer for thoughts, words and deeds that will serve the gods, friends and city well.

Xenophon, Cavalry Commander 1.1; E. C. Marchant translation

Context: From an ancient Greek text on military command.

ORIGINAL CARD 100

The nine Muses



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

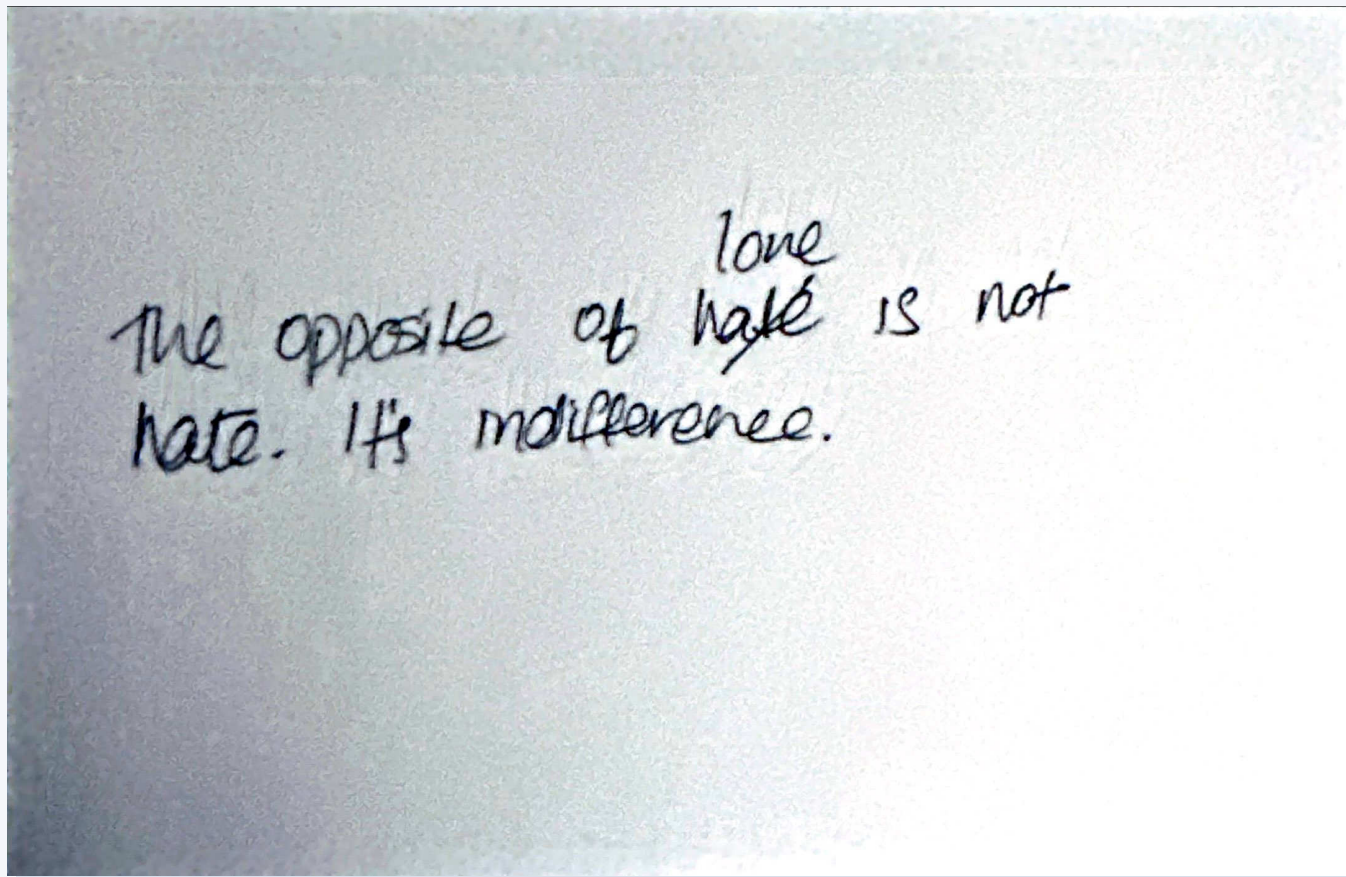
In Greek mythology, the nine Muses are daughters of Zeus. They are associated with fields of art and learning: Clio, Erato, Thalia, Terpsichore, Calliope, Polyhymnia, Euterpe, Melpomene and Urania.

Reading note after Steven Pressfield, The War of Art

Context: Figures from Greek mythology.

ORIGINAL CARD 109

Indifference



THE ORIGINAL HANDWRITTEN NOTE

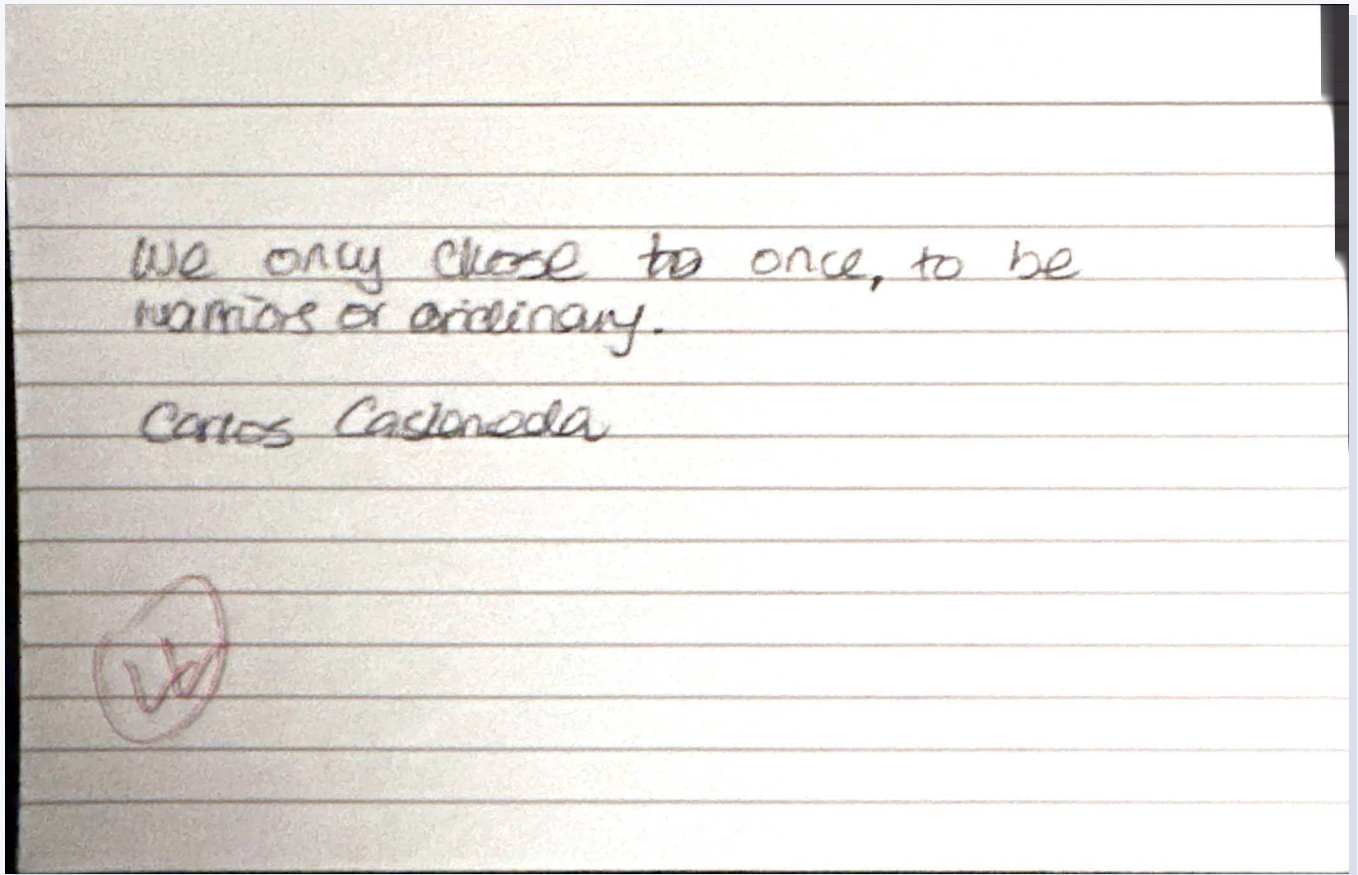
EDITED READING NOTE

Indifference means that emotional investment has gone. The card places this beside love and hate.

Reading note after Steven Pressfield, The War of Art

ORIGINAL CARD 115

A choice



THE ORIGINAL HANDWRITTEN NOTE

EDITED READING NOTE

The note presents becoming a warrior as a decisive commitment.

Collected note; original Castaneda attribution unverified

READING BEHIND THE NOTES

Sources and credits

The cards combine Shahzad's reflections with passages and ideas recorded while reading. Credits below identify the sources checked for the edited notes. An attribution written on a card can still be uncertain.

Steven Pressfield, *The War of Art*

Reading notes on resistance, creative work and professionalism. Robert McKee's foreword is credited on its relevant card.

[VIEW SOURCE](#)

A. G. Sertillanges, *The Intellectual Life*

The attention card draws on the Mary Ryan English translation.

[VIEW SOURCE](#)

Dylan Thomas

Do not go gentle into that good night.

[VIEW SOURCE](#)

Patricia Ryan Madson, *Improv Wisdom*

The starting card names this book. Its wording has been paraphrased.

[VIEW SOURCE](#)

Thomas Aquinas

Summa Theologiae I.76.5, reply to objection 4, on reason and hands.

[VIEW SOURCE](#)

READING BEHIND THE NOTES

Sources and credits / continued

Edmond Rostand, Cyrano de Bergerac

Act I, scene VII. Brian Hooker English translation.

[VIEW SOURCE](#)

Ralph Waldo Emerson

Quotation and Originality, in Letters and Social Aims.

[VIEW SOURCE](#)

Paulo Coelho

Believing without fear. A spiritual perspective, paraphrased here.

[VIEW SOURCE](#)

Daily Stoic

The modern commentary on approval and blame is credited to Daily Stoic.

[VIEW SOURCE](#)

William Shakespeare, Hamlet

Act 1, scene 3. Polonius speaks the advice to Laertes.

[VIEW SOURCE](#)

READING BEHIND THE NOTES

Sources and credits / continued

The 14th Dalai Lama

Compassion and learning patience through difficulty.

[VIEW SOURCE](#)

Plato, Symposium

204a-b. Diotima's account of the love of wisdom, recounted by Socrates.

[VIEW SOURCE](#)

Dante Alighieri, Divine Comedy

Reading notes on the poem and its moral vocabulary.

[VIEW SOURCE](#)

Theodore Roosevelt, An Autobiography

Chapter II. Developing ordinary abilities, paraphrased.

[VIEW SOURCE](#)

Bhagavad Gita

Verse 2.47, action and its fruits.

[VIEW SOURCE](#)

READING BEHIND THE NOTES

Sources and credits / continued

William Wordsworth

Ode: Intimations of Immortality, stanza V, paraphrased.

[VIEW SOURCE](#)

Xenophon, Cavalry Commander

1.1, translated by E. C. Marchant, 1925. Paraphrased.

[VIEW SOURCE](#)

Epictetus, Discourses

2.21.9. Examining assumptions about oneself, paraphrased.

[VIEW SOURCE](#)

Steven Pressfield, Telamon of Arcadia

A fictional character used by Steven Pressfield. The original card's ancient-author framing has been corrected.

[VIEW SOURCE](#)

Vincent van Gogh, letter 855

The source review used this letter to correct the lifetime-sales claim visible on original card 89.

[VIEW SOURCE](#)

SOURCE INDEX

Find an original card.

Original PDF page → page in this book. Select a row to open the card.

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Thirteen additional source pages are retained in the complete personal notebook.

Understand yourself.
Choose a direction.
Keep learning
through action.



A collection of handwritten reading notes and reflections.