



Know Thy Beast!: Your Personal Guidebook to Creating a Purposed Life Through Values, Habits, and Systems-Thinking

Brandon Chin

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We all want control of ourselves. Most of us drift along using our energy and time on things we don't deeply care about. Why can't we focus? The fact is, most people live unproductive lives because they don't know themselves. Know thy beast! Your beast is you. This book will guide you through building the values, habits, and systems-thinking necessary to understand and control yourself. Through control, you can create a purposed life. The most important feature is the notebook structure. The main purpose of this book is for you to document, analyze, and map out your life. You are the artist sketching out her masterpiece as she goes along. She struggles with herself as she draws and paints, never really knowing what it will become. Yet when she finishes, she is satisfied after all of the pain, hard work, and tenacity. You are the artist and this book is your brush.

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