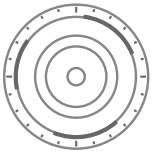
DISCIPLINE, FAITH, AND RESPONSIBILITY

SIMPLE MAN THINK

Notes on Discipline, Faith, and the Company You Keep



From the notes of Ali Alhenawi

Source of the selections

Selected from six Instagram Highlights posted by Ali Alhenawi at @3li_et1. The selections appear in thematic order. Some have been excerpted, and spelling, grammar, and punctuation have been lightly edited for print.

The chapter introductions, headings, and reflection prompts are editorial additions. They sit alongside the selected notes and provide a way to read them together.

SOURCE HIGHLIGHTS

Rule Life · RL Level 2 · Improve ur life · Mindset · DevelopMindset · DM2

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A note before you begin

What do you do after you break a promise to yourself? Who do you trust with good news? What work is still yours when you leave the outcome to Allah? Ali Alhenawi writes about those questions in plain language. His reflections return to moments when a decision has a cost and you have to live with what you choose.

The ninety selections are arranged into nine chapters. They begin with the work you can do alone, from thinking clearly to learning from a setback, and move toward the obligations you have to other people. The readings bring related passages into conversation. A friend at the door makes loyalty concrete. An apple still waiting to be squeezed gives faith a task.

Read a chapter in order or open to a page that fits the day you are having. Each chapter ends with a small exercise. The space below it is for a decision you can come back to after the week has tested it.

Your Mind Is Gold

SELF-COMMAND

“It’s my mind, so don’t try to search for your thoughts in it.”



Put the mistake back in proportion

Ali gives one kind of overthinking a physical movement. You zoom in. An unanswered message grows into a verdict. A mistake takes up the whole frame. By the time you have enlarged it ten thousand times, you can barely see what you could do next.

In another passage he imagines a boxer getting hit by his own mind. You can spend your attention rehearsing a blow that has yet to land, and by then you have less left for the thing in front of you. Ali also describes a third place, somewhere he can go alone to sort his thoughts. It might be as ordinary as a bench you pass on your way home.

Give yourself one place where you can hear a thought through. Once you have said what actually happened, see whether the decision looks any smaller.

Meet your younger self

“Would you feel safe if you were a kid sitting with your older self?”

Keep your footing

“In profit or loss, in success or failure, the most important thing is soundness of mind. You are at risk of losing your mind in both cases.”

“Positive people also have negative thoughts. They just don’t let those thoughts control them.”

The punches in your head

—

“A boxer loses when he receives punches from his mind, not from the enemy.”

Ten thousand times bigger

“Don’t zoom in on the problem. Try to think about it another way. A person’s problems get bigger when he zooms in, and his subconscious mind multiplies them by 10,000.”

What is already in you

—

“Arrogance is confidence in what is not in you. Self-confidence is being aware of what is already in you.”

Your own judgment

"When I do right, I will know what is wrong, and vice versa."

"I learned to stay calm under pressure, but my mind is always ten steps ahead of everyone around me."

A third place

“The third place is a place where you go alone to organize your thoughts and solve problems.”

Name the part you can see

Write down a problem you have been replaying. Describe what happened in one sentence a witness could agree with. On the next line, write the story you have been telling yourself about it. Where could you go for ten quiet minutes to decide what you will do next?