

Grip Your Life The Logistics Way



Logistics is the management and coordination of the flow of goods, services, money and information from the point of origin to the point of consumption. It involves planning, implementing, and controlling the efficient movement and storage of resources.



You might be wondering what logistics has to do with life.

Life is logistics



Maybe you think this doesn't apply to you, but life is really all about organizing, prioritizing, and managing the flow of everything you have, need and want.

It's a bit like not being particularly interested in money itself but being very interested in what you can do with it: the freedom, the possibilities, and the experiences it can bring.

Efficient logistics can make life easier and bring your dreams closer. It allows you to focus on essentials, rather than constantly juggling tasks and solving supply chain crises.

In this book, we'll dive into how organizing your life works like tuning a car or optimizing driving skills.

Your Life is Your Vehicle

- Your Own Dream Car

We tend to value our cars a lot. We have monthly car payments and treat a car as a necessity, a tool that gives us freedom to do things.

What if you extended that thinking to your life?

Cars are built for movement, for carrying things, and getting somewhere. The same applies to your current life situation.

But not all vehicles are the same, and not all roads are smooth. Just like logistics manages flow, your life can be optimized by understanding how your “vehicle” operates and how you drive it.

This book is your user manual for navigating your current setup and upgrading it when needed. The vehicle analogy and practical tools are designed to work across many life situations and working styles, including when challenges are linked to ADHD or other neurodivergent traits. Diagnoses are not mentioned, because the goal is to offer tools and insights without labels.

We'll tune your systems, align your wheels, fuel your engine, and help you become what I call: The Optimator.



Mapping Your Journey

On any journey, there are destinations. Some take years to reach, while others are near.

Progress is a route of checkpoints and course corrections, not just a rush toward distant goals.

We tend to exaggerate what we can do in a day and can't fathom what we could build in a year.

Small, consistent steps lead to meaningful transformation.



Tune Up Your Perfect Setup

If you've ever wondered why you can't seem to get things done the way you'd like, the answer might lie in the combination of:

Your Car Type

- Your current life situation. Each stage of life has its challenges and joys, requiring different aspects of your driving skills.

Your Driving Style

- A blend of your innate traits and learned adaptations. It is the same you, but also evolves with experience, environment, and choices, allowing you to refine your approach to life.

Your Wheels and Axles

- The habits and support systems that keep you steady. Strong tires provide grip and control, while worn-out or mismatched ones make progress harder than it needs to be.

Your Trailer and Load

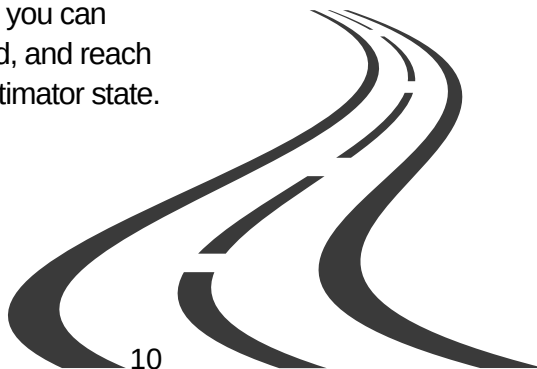
- All you haul with you. The load must stay within your capacity. Managing your home and belongings intentionally ensures your trailer doesn't slow you down.

Your Mechanics

- Your engine forms from your energy, purpose and motivation.
- You run on food and inner chemicals such as dopamine.
- Automatic systems are designed to make life easier.

And finally, like a car, you need **traction** to actually move forward.

When all elements are in sync, you can handle any road, carry any load, and reach your destination. I call it the Optimator state.



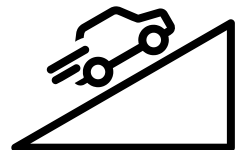
The Optimator

Masters the Road Ahead

The Optimator is a state where everything is aligned, creating stability, control and a seamless flow. This is achieved when key elements work together:

- **Car Type** – Accept where you are and what you've got. Equip accordingly.
- **Driving Style** – Leverage what comes naturally. Adapt what doesn't.
- **Wheels and Axles** – Build, strengthen, and align your foundation.
- **Trailer and Load** – Acknowledge what you carry. Adjust your setup to match your current capacity.
- **Engine** – Bring your purpose and energy to the surface. Strengthen your drive.
- **Automatic systems** – Use automation when possible.

Optimization Begins with Awareness



Recognizing where you are allows you to adapt your driving style to the current demands of the scenery. Every system can be refined, every driving style can be optimized and every car can be fine-tuned. You just need to know the situation.

You don't have to change who you are. Just make the first few adjustments. Add more as you go. Let your system grow to support you, not hold you back.

Becoming an Optimator means aligning the aspects of your existence so they work in sync. It's an ongoing process: practical, mindful, and accessible to anyone.

Car Type

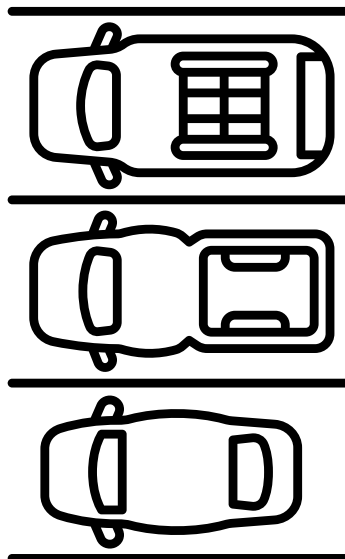
The Life You're Driving

Your car type represents your current life situation, the stage you're in and the conditions that shape your journey. It reflects what's available to you and what might be limiting you.

As your life changes, so does your vehicle. Sometimes you're zipping forward with speed and excitement. Other times you cruise at a slower pace, enjoying the scenery. You might stick to motorways, depend on a van, or find yourself behind the wheel of a lorry, carrying heavy responsibilities.

When you know the vehicle you're driving right now, you can prepare accordingly: equip it with the right parts, tools, and expectations. Get the best tires available, and choose the right driving style for your ride.

You might not be driving your dream car right now — but that can change. You might learn to love it or change your life!



Driving Style

Your Approach to Life

Your driving style is a blend of your innate traits and learned behaviors. It's how you naturally approach tasks, decisions, and obstacles, but also how you adapt to the road ahead and refine your way of getting things done.

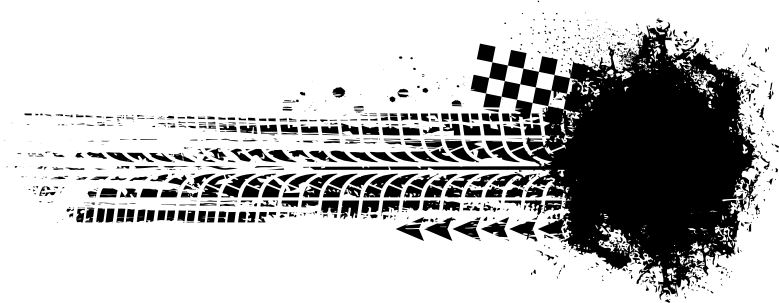


Some people are born as planners, carefully mapping out routes before taking action. Others are impulsive and get excited easily, others are always rushing ahead a bit. Some of us stay stuck in neutral, unable to start.

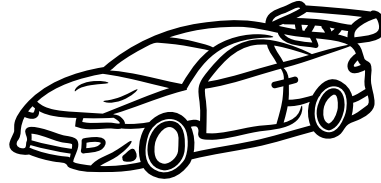
Regardless of your instinctive style, life's circumstances can shift the way you drive. Sometimes, you adjust your driving to fit the car, and other times, you have a deep wish to find a car that suits your style.

No matter the situation, understanding your driving style helps you navigate challenges, make better decisions, and reach your destination more effectively.

Driving style can be adjusted and optimized. We can all learn to be better drivers!



Six Car Types



The Speedster – Life is so present

Life is an open road filled with new possibilities in every turn. You move fast, embrace change, and chase opportunities with boundless energy. The world is full of choices, and you're eager to explore them all: new studies, job opportunities, friendships, and experiences. Every moment feels exciting as you are finding your passion and figuring out what truly excites you.



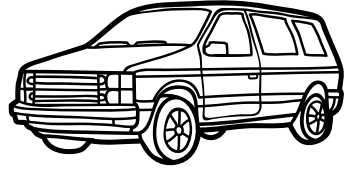
The Leisure Cruiser – Fun and games

Life is about enjoying the ride and you embrace the moments that bring joy. Whether it's spontaneous trips, hobbies, or time spent with loved ones, you've designed your days to be smooth and fulfilling, cruising through the experiences that bring you happiness.



The Commuter Car – Steady life

You're in a phase where work, home, and daily commitments fill your days. Whether you're balancing a career, relationships, or personal growth, your focus is on maintaining progress. It may not always be thrilling, but the foundation you're building gives you long-term security.



The Family Van - Room for all

Your days are full, but they're full of what matters. You juggle work, family, and daily commitments. Schedules are packed, but there's laughter, connection, and shared moments that make it all worthwhile. Life moves fast, but you wouldn't have it any other way.



The Heavy Hauler - Multiple responsibilities

You have a lot on your plate, and life requires endurance. You are the powerhouse that keeps everything moving. Hard work and dedication define you, and while the weight can be heavy, you take pride in handling what needs to be done. Your journey isn't just about reaching the destination, it's about carrying the load with strength and resilience.



The Refined Ride - Pace slows down

Life has shifted to a stage where pace slows, and priorities become clearer. You've worked hard, and now have the space to focus on what matters most to you. Whether spending time with loved ones, diving into meaningful projects, or enjoying freedom, your journey is about depth and wisdom.

What Challenges Your Ride



The Speedster - Life is so present

- While you only have to take care of yourself, you're expected to decide the direction of your entire future. The thrill of possibilities can make it hard to choose.



The Leisure Cruiser - Fun and games

- Life is enjoyable and you have the freedom to listen to your mood, but too much comfort can turn into stagnation.



The Commuter Car - Steady life

- Routine provides stability, but it can also make life feel repetitive. Without occasional change, monotony creeps in.



The Family Van - Room for all

- You're balancing both work and family, and it never truly slows down. Everyone needs something from you, and it's easy to lose sight of your own needs.



The Heavy Hauler - Multiple responsibilities

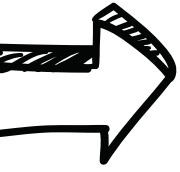
- You carry the weight of major responsibilities, and people rely on you heavily. The load never gets lighter, and there's always something demanding your attention.



The Refined Ride - Pace slows down

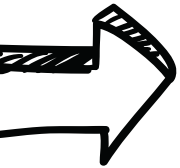
- There's finally time to focus on what matters, but slowing down too much can leave you feeling disconnected. Reflection is valuable, but too much of it can turn into hesitation.

Making the Most of Your Ride



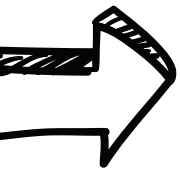
The Speedster – Fully embrace life

- Embrace that while life is full of opportunities, you don't have to figure everything out at once. Enjoy the ride. Keep your thoughts and actions as exciting as your car.



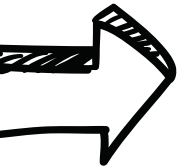
The Leisure Cruiser – Relax & explore

- Follow your curiosity and deepen what brings you joy. Stay open to new challenges so your journey keeps evolving.



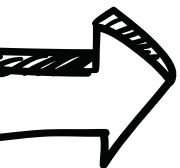
The Commuter Car – Balanced & ready

- Turn off your autopilot and shake things up once in a while. Small detours can lead to interesting discoveries.



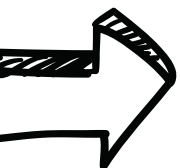
The Family Van – Care & recharge

- You keep things moving for many, now give yourself what you give to others. When you refuel, everyone benefits.



The Heavy Hauler – Thrive & delegate

- You're built to handle a lot, but even the strongest trucks need pit stops. Share the weight when possible, design your system, and lead with structure, not strain.



The Refined Ride – Deepen connections

- This is your time to notice more, feel more, and choose with intention. Every turn can reveal something new. Stay present, there's still so much road ahead to explore.



Driving Styles



The Idler – Stuck in neutral

- Core Issue: Knows what they should be doing but somehow never starts. Lots of idling, lots of distractions.



The Blaster – Pedal to the metal

- Core Issue: Launches with full-speed enthusiasm but loses interest before reaching the finish line.



The Wanderer – Never-ending road trip

- Core Issue: Always on the move, but never quite reaches the destination as something else steals their focus. A master of starting, a tourist in finishing.



The Map Master – Stuck planning the perfect route

- Core Issue: Planning gets in the way of doing. Refuses to drive without a flawless roadmap, so rarely drives at all.



The Wildcard – No map, no seatbelt

- Core Issue: Just hits the gas and figures things out along the way. Sometimes brilliant, sometimes a wreck.



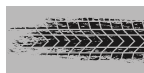
The Polisher – Too fancy to drive

- Core Issue: The car looks amazing, but it never leaves the garage as the conditions just aren't quite right.

Optimizing Driving Skills

From Idler to Powerhouse – Steady and surely strong

Needs a small ignition task to build momentum.
Set micro-goals and ladder rungs to prevent stalling.
Create external accountability to spark action.



From Blaster to Crankshaft – Start and keep going. Power lies in reps

Needs a system with multiple starts.
Create checkpoints to pace and start anew.
Set “fire alarms” to prevent burning out mid-ride.
A steady routine balances bursts of motivation.



From Wanderer to Explorer – Fresh paths, same thrill

Needs clear stopping points and meaningful deadlines.
Create a gamified and reward-based process.
Make a commitment to finishing what you start.



From Map Master to Action Planner – Decide. Do. Dominate.

Needs to learn to embrace an imperfect start.
Set a firm decision deadline.
Commit to action, even without a perfect route.



From Wildcard

to Free Spirit – Follow the flow and set your goal to glow

Needs consistent rhythm without rigid rules.
Create a loose framework with a chance for creativity.
Keep just enough structure to provide consistency.
Embrace flexibility for an intuitive process.



From the Polisher to Finisher – Get it done, start the fun

Needs launch deadlines.
Value imperfection, “done is better than perfect”.
Learn to enjoy movement over endless polishing.



What Drives You - The Engine



No matter how well-structured your car is, how advanced your navigation system, or how perfectly aligned your wheels are, without an engine, you're going nowhere. Engine transforms potential into motion, effort into progress, and dreams into tangible destinations.

Your life's engine is made up of the forces that drive you forward: your energy, passion, purpose, and mindset. It's the fire inside you, the determination that keeps you moving even when the road gets rough.

What fuels your engine?

Engines don't run on their own. They need the right fuel: rest, inspiration, meaningful work, and connection with others.

The wrong fuel clogs the system and leads to burnout. Also toxic environments, detourers or even the lack of direction can make every mile feel harder than it needs to be.

It's important to know what gives you energy and what drains it and to listen to the signals: when to push forward and when to pause for maintenance.

A well-maintained engine makes the ride smoother, the uphill climbs easier, and the destination more satisfying.

Every great journey begins with **ignition**. What drives you?

The Chemistry of a Balanced Life

Serotonin – The Mood Stabilizer:

Boosts happiness, confidence, and emotional balance.

Increase it: Sunlight, healthy food, gratitude, social connection.

Endorphins – The Natural Painkiller:

Reduces pain, increases pleasure and gives a sense of euphoria.

Increase it: Exercise, laughter, music, spicy food.

Oxytocin – The Bonding Hormone:

Enhances trust, love, and social bonding.

Increase it: Physical touch, deep conversations, acts of kindness.

Cortisol – The Stress Hormone:

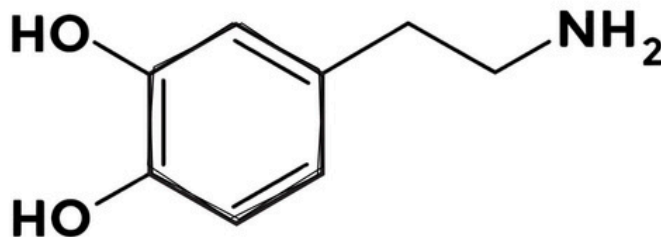
Keeps you alert in danger but too much causes anxiety and burnout, like an engine revving too high.

Balance it: Sleep, meditation, nature, boundaries.

Testosterone – The Drive Booster:

Supports confidence, motivation, and energy levels.

Increase it: Strength training, goal-setting, risk-taking.



Each of these hormones plays a unique role in your energy system. But one stands out as a key player in your motivation and reward system: **dopamine**. This chemical is deeply involved in how we experience pleasure, motivation, and drive and deserves a closer look on its own.

Dopamine

The Gas or the Handbrake

Dopamine drives both motivation and reward, forming a system of the gas and the handbrake in our lives. It forms a critical regulatory system that determines the level and direction of progress. The Engine (consisting of energy, purpose, and motivation) functions best when the dual role of dopamine is clear: it can be long-lasting and healthy, or consuming. I call the first type Deep Dopamine, because “healthy” is too value-laden.

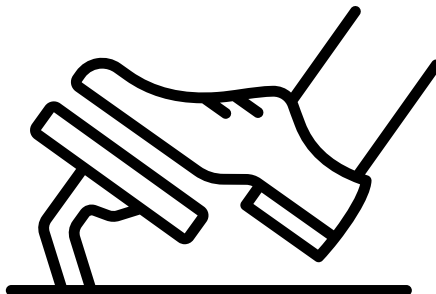
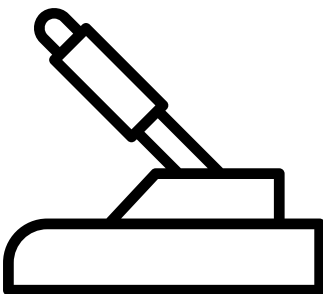
Deep Dopamine is like the gas: It accelerates us toward long-term goals and achievements. It fuels our ambition, pushing us to pursue fulfilling and meaningful endeavors that require effort, like personal growth or completing significant projects.

Quick Dopamine works like the handbrake: Instant gratification gives immediate pleasure but can also throw us off course, just like pulling the handbrake mid-drive can lead to surprising results. Things like social media, junk food, or mindless entertainment offer short term rewards, pulling us away from our real goals. They require no effort, and leave an empty feeling and craving for more.

To keep moving instead of just spinning our wheels, we need the balance between the gas and the brakes. Harness dopamine's power for sustained progress by controlling its tendency to push us toward fleeting pleasures.

Managing dopamine means controlling our velocity, speed and direction, by choosing intentionally how we spend our time and why, based on what truly matters to you.

Understanding and balancing dopamine is key to long-term success and life management. When used wisely, it can propel us toward major changes while preventing us from getting stuck in temporary distractions.



THE DIFFERENCE BETWEEN DOPAMINES

Quick Dopamine THE HANDBRAKE



instant
easy to get
short-term pleasures
social media
sugar
impulsive shopping
procrastination

Requires no effort but leaves
a sense of emptiness and a
craving for more

**QUICK DOPAMINE
HOOKS YOU**

Deep Dopamine THE GAS



requires effort
harder to get
deep fulfillment
learning
exercise
creativity
achieving goals

Builds long-term satisfaction,
rewards effort and supports
growth

**DEEP DOPAMINE
FUELS YOU**

YOUR HOME IS YOUR TRAILER!

A REVOLUTIONARY WAY TO THINK

Think of your home as a trailer. It's something you own and cherish, and in a way it is mentally always with you. But just like a real trailer, it can become overloaded, unbalanced, or neglected. When it's not maintained properly, even the smallest moves start to feel heavy.

This concept introduces six sympathetic characters that symbolically live under your trailer. Each one defines a different approach to life management. They're the wheels under your trailer, keeping your load balanced and moving.

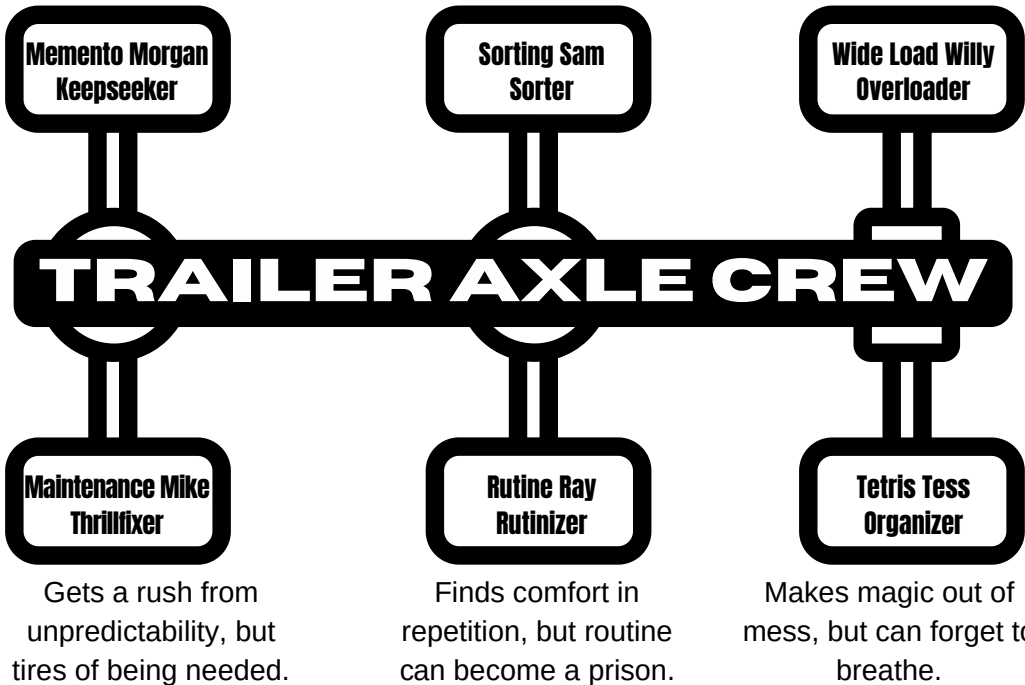


Together, they form your **Trailer Axle Crew**, the system that keeps your home, energy, and everyday life rolling (or dragging). By recognizing them, you'll better understand your patterns, and how to balance your trailer for a smoother ride.

Holds on to every memory, out of love and sentimentality.

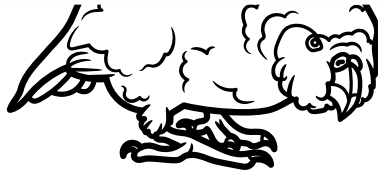
Organized on the outside, but a little stuck on the inside.

Takes on more than he can carry. His trailer? Overflowing, always.



Kakapo

– The Accidental Master of Stagnation



Few people know what a kakapo is. No wonder, considering how rare it is. The kakapo is the world's heaviest parrot. It cannot fly, instead, it clumsily climbs trees, hoping gravity won't notice. There are only a few hundred of them, all in New Zealand.

What is more common is kakapo-like behavior among humans.

A male kakapo tries to attract a mate by producing a deep, resonating bass sound. It carries impressively far, but like all bass sounds, it is incredibly difficult to pinpoint. As a result, the females often never find the source. The male devotes around a hundred nights a year to this demanding reproductive task, booming for hours on end, gaining plenty of attention, keeping the entire forest awake, and making sure everyone hears him. Still, no one finds it, not even the lonely female he actually wants to reach.

Attracting what you deeply desire in life is rather ineffective when done in kakapo-style.

Kakapos evolved in isolation, with no natural predators. Their survival strategy has been to freeze and stay completely still. A brilliant tactic against birds, but a disastrous against cats or rats.

In the late 1980s, Douglas Adams traveled the world with biologist Mark Carwardine to meet endangered species, and one of them was the kakapo. At the time, the species was on the brink of extinction. Adams' description of the bird made it widely known, and since then, conservation efforts have helped its population grow. In 1980, there were fewer than 50 individuals. Now, there are a few hundred.

Route Plan for Debt Unloading



There are two types of debt.

Equipment debt can't be offloaded, it's what moves the cargo. It's an investment that enables income generation or long-term value creation. Equipment must be evaluated critically: if it doesn't fit the task or budget, it needs to be replaced.

Examples of equipment debt:

- A reasonably priced home in a stable area
- A work vehicle or essential tools
- Professional or vocational training

Cargo debt is consumer debt that doesn't generate returns. In logistics, you don't just drag cargo around hoping it will disappear. It's there to be unloaded, at the right place, in the right order, with the right equipment. Carrying unnecessary load increases fuel consumption.

Examples of cargo debt:

- Credit card balance from impulse shopping
- Loan for a vacation already taken
- Financing depreciating items you rarely use

The Optimator doesn't just haul things around, hoping to make it to the destination, they:

- Take inventory of the entire load and its effect on traction.
- Unload first either the most hazardous and expensive cargo, or, if those drop-off points are too far away, the closest ones.
- Plan a clear route and unloading sequence for the cargo.
- Don't take on new load until the truck is empty and serviced.

ROOT HABITS

What do you track and how?
Use colors or numbers, pick a style!



MW M T W T F S S SUCCESS

								Ex: divide days morn-eve-feel. Color a line or pattern after succeeding.



Month
Week

Sleep sets the tune for the day!

Week 18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

[illegible]

18 19 20 21 22 23 24 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17