

Chapter 18: Choosing to Care for Yourself and Be Yourself

The Almanack of Naval Ravikant • Executive Breakdown

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1 Health as the Absolute #1 Priority

- ✓ A healthy person wants 10,000 things; a sick person wants only one thing.
- ✓ Physical health, mental health, and spiritual peace are the non-negotiable foundations upon which all creative and economic leverage rests.
- ✓ Sacrificing your physical well-being or sleep for incremental career advancement is the single most irrational trade an intellectual can make.

2 Daily Physical Movement and Evolutionary Alignment

- ✓ Our biology was forged through millions of years of hunting, sprinting, lifting, and enduring physical hardship across natural terrain.
- ✓ Sitting in ergonomic chairs staring at glowing blue rectangles for sixteen hours a day induces severe physiological and cognitive degeneration.
- ✓ Dedicate at least one hour every single morning to vigorous physical movement before opening emails, messages, or news feeds.

3 Radical Authenticity and Escaping Competition

- ✓ Trying to conform to societal expectations or mimic celebrity paths creates cognitive dissonance, exhaustion, and mediocre outcomes.
- ✓ When you fully express your authentic weirdness, interests, and perspective, competition evaporates because there is no one else like you.
- ✓ Embrace your unique nature unapologetically; authenticity is the ultimate personal brand and the most defensible career moat.

Chapter Summary

- ✓ Make physical and mental health your absolute #1 priority; without vitality, all worldly achievements collapse to zero.
- ✓ Align daily habits with evolutionary biology: prioritize heavy lifting, natural movement, restorative sleep, and clean nutrition.
- ✓ Refuse to sacrifice morning health routines for transactional work, emails, or reactive corporate fire drills.
- ✓ Cultivate radical authenticity: by leaning into your true eccentricities, you escape competition and build an inimitable life.