

“SHARKED UP” (personal operating system framework) v1.

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Purpose:

The purpose of this product/system is to develop personal initiative & self respect protocols for individuals in day to day life. Having self respect & personal initiative communicate a sense of purpose & developed magnetism of personality.

Result:

Develop self trust and reliance, receive trust and respect in the way you are perceived.

Equipment:

The entire sharked up operating system operates entirely within the hardware system of the human brain particularly the reticular activating system or (RAS).

The (RAS) is a group of neurons & neurotransmitters located in the brainstem responsible for filtering information, regulating arousal & consciousness & influencing attention. It is the key between the conscious & unconscious minds as well as the guardian of what we pay attention to.

The sub conscious (RAS) determines what information we are consciously aware of. Reality & perception can only be experienced through the mind. The Sharked up Operating System or Sharked UP (OS) is a mental protocol designed for “Real Life” or what science calls “External reality”.

System:

“Sharkonomicz” is the real life “GAME” of the intersection of behavioral & game theory economics & real science based research & systems analytics of external reality.

(External Reality)

***Resists your will**- *You can internalize it but your internalization won't change the object.*

***Persists without attention**- *Stop thinking about gravity, you still fall.*

***Is independently corroborated**- *Others predict the same outcomes.*

***Enforces consequences**- *External thoughts don't break bones, external actions do.*

This is why waking sensory reality is treated differently; not because it is more real, but because consequences push back outside you.

The restraints within this reality are:

- 1.) *People and systems are fallible (things and people change)*
- 2.) *attention is limited (use your RAS wisely)*
- 3.) *trust decays without reinforcement (belief is reality)*
- 4.) *Bad actors exist*
- 5.) *Free riders appear (parasites expect something for nothing)*
- 6.) *Scale changes behavior.*

Rules of Sharked up OS:

LAW:

0. You are within reality. What is & will be **IS**, and what never was or will not “BE” is nothing & nothing does not exist. This is Reality Always design **with** never **against** reality using “accurate thought” of what **“IS”** based on “Reality” avoiding falsehood.

Rule:

1. **Practice accurate thought**- to separate fact from opinion or fiction (ask how do I know), then separate important from non important facts. Respect the LAW of the game more than any rules. More about can or can't then should or shouldn't may or may not. I can so “I WILL”.

2. **Be prepared**- Remain mentally, physically, as well as financially prepared for what may come. Staying safe is depleting, stay dangerous & on the offensive. Proactive rather than reactive.
3. **E.A.T (Expedite Any Task)**- Using these 6 protocols activating the (RAS)

**1.) Stay sharked UP (Practice mindfulness in the moment & pay attention to details without judgment.)*

**2.) Clearly define & visualize what you want to happen & nothing else.*

**3.) Set Clear goals with actionable steps*

**4.) when faced with a challenge or after a victory say “I’m Sharked UP”.*

*5.) *Reflective journaling to visualize ledgers.*

*6.) *Create a focused system tailored to your goals & work it one thing at a time.*

4. **Use Money as a tool**- to gather information, loyalty, allies resources or whatever means you can fathom rather than the goal. Use your money as a tool or weapon or others will use it against you.
5. **Frenzy (network)** -Keep competent associates who are conducive to your mission and of mutual benefit only. Sharkz E.A.T with Sharkz don't swim with jelly fish.
6. **BE GOOD**- If you plant bad seeds you get rotten fruit.
7. **Be greedy**-invest then reinvest 10 to 20% of Everything you make.
8. **But not too greedy**- . Practice the habit of charitable donation & give back in your daily life.

To GET SHARKED UP!!

1. Find a definite purpose or plan (*know why your here*)
2. Except responsibility & criticism & go the extra mile.
3. Become persistent in deeds & decisions.
4. Never procrastinate & focus on one thing at a time.
5. Only express well thought beneficial opinions & how you have arrived there.
6. Always give honest answers even if its " I don't know"
7. Maintain magnetic attitude of thought
8. Become observant of small details & understand human motives
9. Begin building a Frenzy of Sharkz

"Stay Sharked UP"!!