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## How to hack avakin life coins

I think we can all agree that having time, money, and energy are good things to have (and the more, the better). Well, there's a wise old adage about the 3 stages of life as it relates to time, energy, and money that is just as telling now as ever: 1. In your child/teen-age (pre-work) years: you have time and energy, but no money 2. In your working age years: you have money & energy, but no time 3. In your old age (post-work) years: you have time and money, but no energy I'd prefer swapping in "health" for "energy", as it's more inclusive, but you get the point. The brilliance in this quote (of unknown origin) is the implicit cruel irony that we fall short in one of these three essential areas that we strive for at any given stage of life. Having money and energy is great, but if you have no time to enjoy them? The same could be said for money and time, which lose their luster if you don't have the energy to enjoy them. Yet, we work our asses off for the majority of our lives in the pursuit of more money, never really stopping to enjoy it. Of course, the reality these days is that many do not have money at any of the 3 stages of life, which points to this being a many decades old proverb. Sure, those in working age years may have a decent income, but with a 5% personal savings rate, very few are achieving a sizable net worth and true wealth. And if millennials/gen X'ers aren't careful, they won't have money in their post-work years either, as they will be subsisting off of Social Security, with no pension plans or retirement savings to help them financially thrive. And even though many in their working age years have energy, isn't just about every ounce of that energy going towards work, with whatever tiny bit left over being dedicated to chores and other life basics? If we are working, we're often overworked. Therefore, an updated modern version of this adage would more accurately be: In your child/teen-age (pre-work) years: you have time and energy, but no money In your working age years: you have no time, money, and energy In your old age (post-work) years: you have time, but no money and energy No wonder so many of us think fondly upon our childhoods... What if you could hack the three stages? I doubt there are many pre working-age readers of this site, and even if there were, I would not advise that they trade their time and energy for money. More candy, toys, clothes, and video games would have been nice, but I was pretty damn happy with the limited amounts I did have and all of the time and energy I had to enjoy them. Let's focus on the working age years. The sad part in the modern version (where all three elements are at a minimum for many) is that the working age years are typically the longest stage of life. In order to get more of these elements, one has 2 main options: give up work for more time and energy (work less) give up time and energy for more money (work more) There is, however, one major hack that can change everything: saving more of your money. And from that, you can generate many mini-hacks to accelerate the process, i.e.: wiping out debt, creating even more positive cash flow investing your savings, and enjoying the fruits of compound investment returns take more risks, such as starting your own business, to boost your income and savings even further And if you can accelerate things enough, you have the potential to reach financial independence and eliminate the need to work for income altogether. Any work you do voluntarily take on could be energy-giving passion work, work that you would do even if there was no income attached to it. If you can get there, you'd tear both adages up into pieces by achieving the rare trifecta of time, money, and energy, with decades left to enjoy all 3. If that's not worth striving for, I don't know what is. Related Posts: Recently, Slate published an article entitled Down with Lifehacking, arguing that life hacking—our bread and butter around here—is just a time-wasting buzzword that doesn't make anyone's lives better. Obviously, we think differently.The article's author, Evgeny Morozov, claims life hacking is just a waste of time.In practice, of course, things are more complicated. As "lifehacking" becomes an industry with its own blogs and book-length guides, a good chunk of the freed-up time often goes to fix, upgrade, or replace the very tools and programs that make lifehacking possible. Is there anything more self-defeating than using technology to free up your time—so that you can learn how to do an even better job at it?Morozov's arguments are nothing new—in fact, we've talked about this idea before. Still, we think he's missing the point. Just because some people waste more time than they save, or that they waste all their time hacking and spend none on leisure, doesn't make life hacking inherently bad—it just means that person is doing it wrong. Last week, we asked you guys what you've gained from life hacking, and gathered up some of your best answers—since who better to defend life hacking than those who have benefited the most?I used to be a lifehacking addict, and in some ways I still am. I have a perverse love of systems...Read moreThe Problem Is User ErrorWhen you have a problem with your computer, you might jump to blame the machine when you were the one doing something wrong. This has happened to all of us, and it's exactly what Morozov is doing. The problem isn't that life hacking wastes time, it's that people waste time on it instead of actually getting things done. JaneEyre12 sums it up nicely:There is a point when hacking your life takes you away from performing the actual activity.The one life hack that really governs all life hacks? Do it.Everything else will fall into place if you just do what you need to do.Even those who aren't in love with life hacking—at least the warped definition Morozov and others have given it—understand this. Freddie DeBoer explains it well:I just think people should be honest with themselves that human life is not perfectible, and not to expect too much. The problem is that human beings have an "if only" mindset, generally. If only I get that apartment, my life will be perfect. If only I get that job. If only I figure out why Netflix keeps cutting out. If only I could get rid of this damn back pain. If only I had those shoes. If only, if only. Then you solve the individual things, and life still isn't perfect. The problem isn't wanting to solve particular problems—who could be against that? The problem is in failing to recognize that you never are going to get to perfect, because there's always a new problem, always a new way in which your life is suboptimal.My ambivalence towards life hacking is really an ambivalence towards the notion of the perfectible life, and a recognition that people who strive for perfect tend to be unhappy, while people who strive for good enough tend to find it. But sharing tips and tricks to help deal with life's petty annoyances? Sign me up!Some tips may be very niche. Obviously, if you don't live on the second floor of a building with trash cans right beneath your window, this fishing line system obviously doesn't apply to you. But just because it doesn't apply to you doesn't mean it isn't useful for others. As long as you aren't wasting time reading every single thing, you'll be fine—and every once in awhile, you'll discover one of those tips that totally changes the way you do things, whether it's something very specific to you or applicable to many. You don't need to implement every hack you discover, just the ones that significantly impact your life.From the "Lazy But Genius" files: Redditor ShutUpLori figures out a way to take out the trash from...Read moreYou Can Avoid Wasting TimeSo what can you do about this problem? It's pretty simple: don't spend more time on a problem than it's going to save you in the long run. Sure, you could test every single to-do app in the iTunes App Store, but that could take you hours, for very little time saving in the future. Researching and trying out one or two, however, will take much less time and be more worthwhile in the long run.Ps2324 says:Remember the phrase "you have to spend money to make money"? Well in life hacking its "you have to waste time, to save time". You must be willing to sacrifice some of the time you have to learn how to make your everyday life better in order save time and money for the future and whatever situation you may encounter.As far as doing all that research, Dracolych says all it takes is a little time management. Get an RSS reader, sign up for the life hack-related blogs you like, and check them once a day—just like checking your email at specific intervals. You'll pick up some interesting stuff without wasting a ton of time. Louie agrees:There's a constant flow of "email is/is not broken" articles across the internet, but most of them...Read moreIt's obvious to me whether or not a hack is worth my time, just by reading the article titles. If the article relates to something I want to do, I read it, then decide if it's right for me. For instance, I'm not about to give up coffee, but on the other hand, I now have a great home media center that gets a lot of use.You're only wasting your time here if you don't like experimenting. Even if a hack doesn't work out for you, you usually still learn something.Not only that, but some of us are just wired for DIY and life hacking. It's not just for efficiency, it's fun. And time spent having fun isn't time wasted. Our own Walter Glenn says it well:I'll admit the article does make a good point. Most of us have fallen into the trap of spending so much time coming up with a perfect system (or researching a perfect app) to solve a problem that we end up losing time overall.But, that's a pretty narrow view of life hacking. For some, it's about picking up those little tips or shortcuts that really do make things easier or show us an alternative way to get things done in a pinch.For others, it's about the fun of doing it. DIY isn't always about saving money or time. Often, it's about seeing what we can do. Or enjoying the process of working things out. Or just having to follow through on an impulse.And when we take the time to share what we've done, others can take advantage of it without putting all the time into working it out themselves. That often creates a net savings in time for the community.That last part is pretty big too: just because you didn't save yourself a bundle of time doesn't mean you can't save other people time by figuring the problem out yourself.Image by xkcd.Life Hacking Solves Real ProblemsLastly, you guys shared some great stories of how the philosophy of life hacking has actually affected you. Kleran shoots off a few, from improving your job to improving your poetry:Life hacking helped me get a job in an industry I've been trying to get into for a while (without relevant industry experience as an intern etc). Life hacking also helped me perform well in this job. Life hacking helped me get on stage and perform spoken word poetry, which has so far been a success.There are little hints and tips everywhere but the life hacking articles and tips on this site and Art of Manliness have genuinely changed my life. Well, I changed my life, but they gave me a bunch of ideas I was able to use in my life to make it better.The [Slate] article assumes everyone who is interested in life hacking is gonna squeeze life of it's time like an overzealous home cook squeezing every drop of bitter goodness from a lemon or a lime. I'd like to think that the majority of people use life hacks to increase productivity for working as well as using life hacks to increase pleasure in down time.It's even helped some of you, like soothsayer, overcome more difficult issues like ADHD:4 years ago I was diagnosed with ADHD and at that time I didn't know what that meant. Being an older student has its challenges, but not understanding the role that ADHD has played in your life for close to 30+ years can be a real shocker and it made my time at school feel like a living nightmare.I have found more resources on how to deal with my ADHD on this site then anywhere else. I'm not saying that the books on ADHD have not helped. They have made me aware of the mechanisms at play for sure. There are a vast number of resources on how to understand ADHD and, although they point to things like structure and consequence as keys to a less impulsive and distraction free life (not totally, obviously), they leave you sitting there wondering where do I go from here. Should I join a support group? Do I know anyone else with ADHD? I was lost for answers until I stumbled on to this blog. I don't think every article on this blog is manna sent from some divine source, but I have used many suggestions on this web site to great effect. I also send posts to the ADHD coach I see on campus that have helped me. She has used them to help others, who like me, deal with impulse control, time management problems, distractability and social awkwardness.Even our own Adam Dachis found life hacks—like Seinfeld's productivity system—helped him manage his ADHD.I've long been overwhelmed by an unwieldy list of goals that would sit, unaccomplished, in a...Read moreWe're not here to bash Slate or Mr. Morozov for their article. It reflects some very real problems people have with the life hacking "movement," but the problem isn't the philosophy of life hacking, or even in the specific examples they pointed out (like sleep tracking). The problem is with the warped definition many people have given it, and the ways in which they've poorly implemented the idea. We could all use a better night's sleep, and the key to getting there is a mix of good sleep...Read moreWe'll let MoeStep have the last word, since he put it best:Life hacks are great, in moderation, as with everything else. If one were to dictate their life based on the next new life hack, then they aren't living their lives, they are living the life of the "life hacker".We asked you guys why you hack life, and you surpassed our wildest expectations with your answers. This is just a smattering of the great answers you gave, so if you want to discuss more, we highly recommend checking out the original thread—or just chiming in below.

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