

Digital Volume

# Almanac of a Maniac

Collected notes, aphorisms, and reflections,  
2018-2026

These pages move between aphorism, manifesto, memo, argument, and private weather report. Read them as dated leaves from the same volume rather than as a single continuous essay.

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## **Edition Note**

This edition gathers dated pieces written between 2018 and 2026. Dates are kept with each entry so the writing remains attached to the moment that produced it.

**Honour - Integrity - Others before Self**

23/1/26

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A chapter of ethical bearings: harm, consequence, public change, trust, and the residue left in other people.

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## Chapter 1

# Distorted Means

A chapter of ethical bearings: harm, consequence, public change, trust, and the residue left in other people.

**Own your impact on this world:**

29/3/2025

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Section 1 | 23/1/26 | 1 min read

## On Harm and Distortion

A first principle: damage tends to arrive through deprivation and misdirection, not excess.

Harm is rarely born of fullness; it is more often the product of unmet needs seeking expression through distorted means.

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Section 2 | 29/3/2025 | 1 min read

## Own Your Impact

A four-line ethic of consequence and accountability.

Own your influence on this world:

Own your actions;

Own your mistakes;

Own your impacts;

Own your consequences

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Section 3 | 26/3/26 | 1 min read

## Be Seen to Be the Change

Change is framed not as desire but as visible conduct.

In order to see the change you want to see in the world, you need to be seen to be the change you want to see in the world.

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Section 4 | 23/2/2025 | 1 min read

## Confidence and Right Action

Trust is granted only where moral confidence survives scrutiny.

Only follow those who inspire confidence, as long as you are confident they will do what is right!

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Section 5 | 6/10/2019 | 1 min read

## **Take Nothing but Minds**

An ethic of persuasion, affection, and memory.

Take nothing but minds; win nothing but hearts; leave nothing but memories.

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## Chapter 2

# Measures of Worth

Education, employment, service, and class are weighed not by prestige but by whether they produce humanly useful conditions.

**The meaning of life is to be of service, not to serve necessarily, but to be productive with, or for, those you care about.**

4/9/23

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Section 1 | 3/8/2025 | 1 min read

### **Appropriate Rigour**

An argument against pouring all of yourself into sand.

If you are a graduate with a Weighted Average Mark over 55%, you have wasted your time at uni.

Something I am learning as part of my personal development journey is to apply the appropriate level of rigour.

I am not saying that you shouldn't put everything into everything you are doing.

I am not saying that you shouldn't aim for excellence.

But if you are only filling your glass with sand then you are doing it wrong.

Let this be inspiration for those still or yet to be at uni.

Let this be a reminder to those that have already made this mistake.

Most of all, let this be vindication for those that followed this principle and have felt it was a mistake.

<https://www.youtube.com/watch?v=cPgMeKfQFq8>

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Section 2 | 1/10/23 | 1 min read

### **Employer Obligation**

A workplace standard built on safety, happiness, and sustainable contribution.

The only obligation an employer has to an employee is to provide an environment in which employees can be safe, happy, and productive. From there, it's the employee's responsibility to ensure they contribute to making that workplace sustainable for everyone involved.

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Section 3 | 4/9/23 | 1 min read

## **To Be of Service**

Life is framed as collaborative usefulness rather than abstract servitude.

The meaning of life is to be of service, not to serve necessarily, but to be productive with, or for, those you care about.

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Section 4 | 15/5/2020 | 1 min read

### **Boss's Boss's Boss**

A rejection of abstract labour in favour of direct human consequence.

I refuse to spend my life helping my boss's boss's boss help someone else solve a problem their boss's boss's boss is facing.

I think that's where physicians have it right. They help people with the problems they are having in achieving quality of life.

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Section 5 | 10/12/2020 | 1 min read

### **Capitalism and Opportunity**

A critique of markets that reward value while rationing the chance to provide it.

Capitalism is a system that rewards those who provide the market with the most value; the problem is that not everyone has the same opportunity to provide the market with value. Those with opportunity generally end up with more, and those with less inevitably end up with even less. This is the mechanism that drives ever increasing intergenerational inequality.

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Section 6 | 8/12/2020 | 1 min read

### **Class and Inheritance**

Privilege is described as a compounding worldview passed down almost for free.

Class is a world perspective and can only be attained as a result of privilege and time.

It, like self-actualisation, takes huge investment but costs nothing to pass down from generation to generation and pays the greatest dividends of any investment one might pursue.

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## Chapter 3

# Pressure Systems

A set of entries about atmosphere, inward sovereignty, pace, and the changing pressure of being alive.

**Heaven is where I am**

26/5/2020

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Section 1 | 4/6/21 | 1 min read

## Babies and Barometers

A theory of infancy, weather, and invisible pressure.

Did you ever think to check if babies cry because they literally feel the weight of the world on their shoulders?

They just want to get used to how that feels and the weight goes and changes.

And I guess that's why some babies cry more than others. Some are not bothered with the barometer changing as the weather does and others just can't take it.

Nothing they can see changes; no one changes; the parents don't notice; but they feel this impending doom as a barometer plummets while a low-pressure system rolls in.

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Section 2 | 26/5/2020 | 1 min read

## Heaven Is Where I Am

A litany of inward sovereignty.

Heaven is where I am

It is only you who decides if you are in heaven or in hell

It is only you who decides if you are in paradise or in prison

It is only you who decides if you have plenty or have none

It is only you who decides if you are blessed or you are cursed

It is only you who decides if you are truly free

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Section 3 | 18/5/2020 | 1 min read

## The Overtaking Lane

A refusal to join the communal sprint toward death.

My life will be one free of the overtaking lane because I refuse to take part in this collective race to the grave.

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Section 4 | 4/10/2019 | 1 min read

## **That Which Is Easily Attained**

A compressed law of effort, maintenance, and loss.

That which is easily attained, is difficult to maintain, and impossible to retain.

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## Chapter 4

# Mountains and Timelines

Notes on mentorship, deferred becoming, maternal patience, and the kind of legacy that deserves silence.

I am the man I am today because greater men than I have met my woes; with them, they've made the mountains I learnt to climb on, which now seem like molehills as I reach back from the stars.

3/2/2024

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Section 1 | 3/2/2024 | 1 min read

### Those Who Built My Mountains

A note on mentors, inheritance, and perspective.

I am the man I am today because greater men than I have met my woes; with them, they've made the mountains I learnt to climb on, which now seem like molehills as I reach back from the stars.

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Section 2 | 7/10/2019 | 1 min read

### Wasted Potential

A late answer to teachers, parents, and the pressure of timelines.

I am finally living up to all that "wasted potential". Better late than never, I guess.

Let this be a beacon of hope to those teachers out there and those parents whose kids never seem to live up to their potential. Maybe just give them a bit more time.

Maybe they're just not on the same timeline as you; it doesn't mean they are not who you see when you look at them.

The most valuable gift you have given them is some time to live, so why force them to rush it.

Trust in yourself, trust the system, and most of all trust that we are all doing everything we possibly can to make you proud, mum.

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Section 3 | 8/7/2025 | 1 min read

### What My Passing Should Mean

Legacy is measured by the gravity of the pause left behind.

I will know how well I have achieved my goal in life by the number of people who feel it is appropriate to pause and reflect when they hear of my passing.



## Chapter 5

# Names, Maxims, and Signals

Shorter formulations where vocabulary, slogan, and rhetorical control become part of the work itself.

**As long as you can articulate how you do what you do, and why, you'll never be lynched like those poor girls in Salem, lest we forget.**

4/10/2019

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Section 1 | 4/10/2019 | 1 min read

### **Articulate How, What, and Why**

Competence as a protection against panic, accusation, and spectacle.

As long as you can articulate how you do what you do, and why, you'll never be lynched like those poor girls in Salem, lest we forget.

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Section 2 | 23/2/2019 | 1 min read

### **N.A.C.**

A short play on initials, passion, and shared burden.

I have the N.A.C. for sharing your passion.

I have the N.A.C. for sharing your plight.

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Section 3 | 13/7/2018 | 1 min read

### **Homs**

A proposed collective noun, halfway between joke and social correction.

Hey homs, my friends I have created a new word.

"homs" - from the Latin root hominum, meaning human, abbreviated and pluralised. Usage: anywhere you would previously use "guys" to refer to a group.

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