

THE JORDAN HARBINGER SHOW

Worksheet for Bryan Johnson | A Plan for the Future of the Human Race (Episode 223)

There's a lot of paranoia surrounding the potential of artificial intelligence to usurp humanity's claim as Planet Earth's dominant species. But what if it turns out AI isn't really a competitor, but a collaborator in the future of humankind? What if, instead of being nudged aside by a creation that can outthink us, our evolution as a species depends on the enhancements this creation can offer in tandem with what makes us human?

[On this episode](#) we talk to Bryan Johnson, who sold his payment company Braintree for \$800 million to fund research into how we might make this best-of-both-worlds future a reality. With brain-machine interfaces that will blend humanity with AI for cognitive supremacy, we'll be able to overhaul what we care about, how we resolve differences, the way we work, how our political and economic systems operate, how we treat our planet, and more.

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They Used to Do What?

“We’re in an era right now where we have no idea what’s going on inside our brains, or the inputs that are influencing us. And once we bring this online, all of us will say, ‘Oh, my goodness! Can you believe 10 years ago people used to just go about their day and they would consume any new resource that popped up? They’d listen to any podcast. They would wear any clothes that they could find, and they didn’t take into account this personalized nature of their brain and how they are optimized.’”

It will be akin to how we now look back on the age of Blockbuster video rentals when we can just stream desired media directly into our homes. We’ll be aghast that things were ever done in such a haphazard, imprecise, and unsatisfying way.

If you could eliminate or greatly reduce the element of chance from one area of your life and optimize it for maximum efficiency and convenience, what would it be and why?



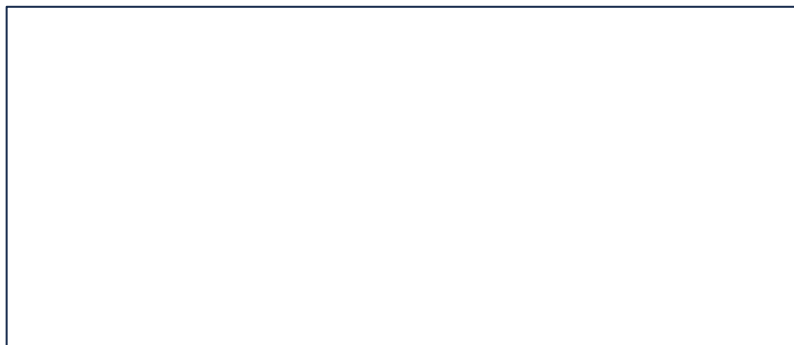
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500 Years from Now

Growing up poor, Bryan set a goal for himself at age 21: that he would be a millionaire by the time he was 30. When he sold his online payment company Braintree for \$800 million, he overshot this goal by 800.

"I certainly worked very hard. I was also in the right place at the right time. I got lucky — these things, they happened. So at the age of 35, I had this opportunity to ask the question: 'What one thing can I do in the world that maximally increases the probability that we will thrive as a species? How can I do something now that matters in 500 years from now?'"

If you suddenly had a windfall of cash that could fund a forward-thinking, humanity-improving initiative, what form would it take? Would it work with Bryan's idea to co-evolve human cognizance (which he considers "the highest leverage point in all society") alongside AI? Would it involve colonizing other planets? What could you do today that would be benefiting your descendants 500 years from now?



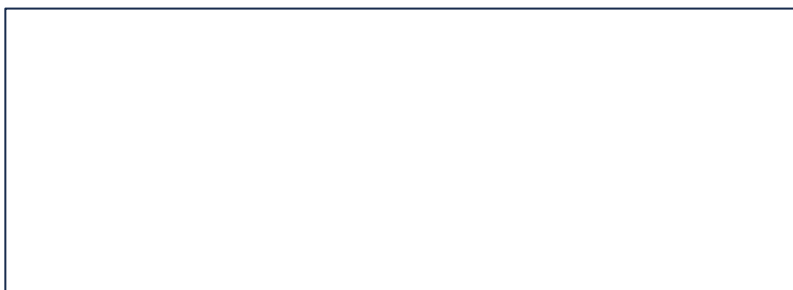
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Assumption Stacks

Bryan calls the scaffolding that supports our decision-making — all of the decisions and observations from the past we trust to guide our future actions — assumption stacks. The problem is that these assumption stacks may have been built by others based on their own experiences and then picked up by you, prefabricated, and applied to your own reality in ways that aren't necessarily applicable, optimal, or even true. But if you can recognize your own assumption stacks, you can choose to use them if it turns out they do serve you, or you can choose to create a new system entirely.

Bryan tells us what happened when he returned from two years in Ecuador with a mission to become a millionaire so he could help people live better lives: "The default move for me was go to college, get a job, and get in that system. And I basically said, 'I don't think that system is right. I'm going to create a different system.'"

Upon close inspection, how long have you been living by assumption stacks that were originally built by other people (or monkeys)? What assumption stacks keep you tethered to doing things in ways that don't serve you? What assumption stacks can be useful after some personalized modifications?



Full show notes and resources for this episode [can be found here](#).

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About



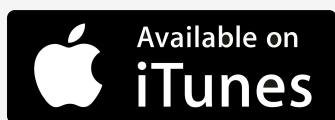
Join us as we get deep into the untapped wisdom of the world's top performers — from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth — and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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