



MVS: You are fu**ing lucky.

Title

You Are F***ing Lucky.

Description

You are totally improbable!

Most people go through life **taking their existence for granted**, never fully appreciating the incredible sequence of events that led to their birth and the dangerous events they, unconsciously, avoided. Let's take a moment to understand just **how improbable your existence is**, and why this realization can completely change how you approach your life.

The probability of your birth is mind-blowing. Scientists estimate the odds to be around **1 in 400 trillion**. This includes everything from the survival of your ancestors to the exact sperm meeting the exact egg that led to your conception. Even in a larger cosmic sense, **your life is a result of pure chaos**, shaped by countless unlikely events across the universe. Understanding how astronomically lucky you are to simply exist can shift your mindset, driving you to **make the most of the life** you've been given rather than **wasting it**.

Dr. Ali Binazir compared the odds of you being born to "*the probability of 2 million people each rolling a trillion-sided die and all getting the same number.*" That's **how rare your existence is**.

Think about it: probability of winning the lottery is shit compared to what you've achieved (**with absolutely zero effort**) just by being born.

If you're reading this, chances are you're living in a developed country where your parents provided for you and you have access to basic needs. Keep in mind, although you might **take it for granted**, absolutely **it is not**.

By default, **you have to honor the uniqueness of your existence**, along with the **struggles**, hard work, and sacrifices that **your ancestors endured**. Some of them likely fought ferocious beasts in the animal kingdom, hunted for food under harsh conditions, and even fought in WWI and WWII and against who knows which diseases.

For what? So that you could become the **laziest couch potato in the human realm**?

You should feel **ashamed**.

Notwithstanding the improbable event that Mr./Mrs. Couch Potato is born, we often spend our time **worrying** about trivial things, giving in to **self-doubt**, or **letting life pass** us by, **unaware of this singularity**.

Being aware of this uniqueness alone should ignite in your mind an indomitable grit to **explore life**, **follow your real purpose**, **give more** and **push your limits**.

Wasting the opportunity chaos gave us, instead of experiencing the world and **pursuing your potential**, your **purpose** and **greatness**?

How the fuck can you tolerate this approach to life? **Just existing and consuming resources**?

Tasks

This week, take a moment to reflect on the extraordinary odds that led to Mr./Mrs. Couch Potato birth:

1. **Acknowledge the incredible chain of events that brought you here**, and deepen your awareness of how unique your life is, regardless of any current challenges or doubts.
2. **Reflect on your life.**

1. What have you been taking for granted?
 2. Did you really earn it?
 3. Are you honoring your existence and the sacrifices of your ancestors?
 4. Are you wasting time on things that don't serve you?
 5. Is your rare existence truly fulfilled by living like a puppet in someone else's project?
 6. Recenter your thoughts on the fact that **you're here against all odds**, and consider how this awareness reshapes your view of life.
3. **Take one brave action.** Since you are one of the luckiest Mr./Ms. Couch Potatoes on the planet, what's something bold you've been holding back on? It could be starting a new project, reaching out to someone important, or making an exciting decision. You're here for a reason—don't waste the opportunity; **just do it**. I know **it will be uncomfortable** and Mr./Mrs. Couch Potatoes do not like discomfort. *Keep in mind that, it needs to be hard, the more discomfort a decision triggers, the more likely it is the right action.*

Duration

You can reflect on these thoughts **daily**, at any time. Consider doing this in a quiet environment, perhaps before going to sleep in the silence of your room. You have to reach a point where **you can fully perceive and internalize your own improbability, the sacrifices of your ancestors, and the souls that live on through you (whether fortunately or unfortunately—you decide)**. You have to **feel a burning desire to take action**.

This is not a game. Start now and do not procrastinate.

Expected Results

- You feel the **urge to honor your lineage and your existence**.
- You understand that what you accomplished till now can be considered the **bare minimum**.
- You perceive that **you are not expressing your potential**. You can do more. You can be more.

- You understand that **you have no choice**—you cannot avoid this journey. You have a **moral duty toward humanity**.
- You have a deeper understanding of **how fortunate you are** just to be alive.
- You perceive the need to **give and extract more value from life** than you currently are.
- You are more **mindful of how you spend your time**.
- You are more **courageous in taking actions** that truly matter to you.

Life is too short and too rare to be thrown in the trash my dear Mr./Mrs. Couch Potato.

For any feedback, criticism, suggestions, chat:
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