

# Embrace your uniqueness: There is no "One size fits all" solution

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We live in an age of mass consumption. Any systems built to cater masses, depends on 'generality' and aim to service the basic needs of many rather than the unique needs of a few.



Generality ensures mass adoption by providing something for everyone, but not everything for anyone. We get frustrated trying to adopt the latest fads... and give up! We forget that our uniqueness demands custom-built methods. If everyone is supposed to use the latest productivity app, but 90% people can't use it properly, then it can't be the panacea for increasing efficiency. The same logic works for gym memberships as a healthcare solution for the masses. Hardly 20% of people who take gym memberships ever set foot into the gym after the first week.

After struggling with generality systems people switch to other versions of the same systems hoping for a miracle, but it doesn't work as no generality system can fit anyone in an absolute sense. If I avoid the gym because I hate strength training, then taking a membership of a different gym won't solve my problem. I will have to find a process I like, and then everything will fall in place, similarly with to-do lists, yoga, social media, school, jobs or anything else in life.

The solution to generality driven frustration lies in analyzing ourselves and experimentation with various solutions to develop our own systems. Our custom systems can be unique, built from scratch, or a combination of multiple generality systems. Only by being honest about our uniqueness can we adopt processes that help us achieve the quality of life we envisage.