

# State of the David

Summer 2018

The main event of this past year was ending my partnership. The breakup was extended and complex, caused significant collateral damage, and continues to be painful.

I am using this time to develop myself. I am selectively deepening certain friendships to build my own informal advisory board. I am spending lavishly on my physical and mental health, taking piano lessons, reading, and meditating.

I am searching for causes to replace the feeling of purpose that partnerships provide. I threw a remarkable party at the Garfield Park Conservatory in December to cheer me up; it worked. I joined the local chapter of a marijuana legalization advocacy group as a first step towards dismantling the war on drugs, which I consider to be our country's single most damaging domestic and foreign policy. I also joined the Chicago Herpetological Society to align myself with fellow turtle enthusiasts. I am considering getting a dog earlier than previously planned.

Chicago is home base indefinitely. I am close to my roots here and spend a lot of time with family and old friends: a strong support system that lays a firm foundation for my development. But I need to be proactive to avoid growing stagnant. A weekend trip to Chile in May demonstrated that solo international travel is an effective way to grow, so I will take at least two such trips per year. In Chicago, I'm working on a list of new experiences to seek out and have enjoyed, and even commissioned, tours of the city to learn more about her history.

Eventually a man should stop looking for validation from external sources and start doing what he wants to do. I now recognize my longstanding infatuation with pedigree as simultaneously vain and insecure. Putting this aside, I am redoubling my efforts in the options group at TMG while scaling up my involvement with family matters. At TMG I am working on my dream project with one of my best friends; I am just beginning to help steward the family resources.

I leave you with a few selections from the WeCroak app, which reminds me five times daily that I am going to die alongside an aspirational quote. For only \$1 it has provided valuable perspective this year.

*Analysis of death is not for the sake of becoming fearful but to appreciate this precious lifetime.*

*Like vanishing dew, a passing apparition or the sudden flash of lightning – already gone – thus should one regard one's self.*

*Life is to be lived, not controlled, and humanity is won by continuing to play in face of certain defeat.*

*There are victories of the soul and spirit. Sometimes, even if you lose, you win.*

*In spite of the cost of living, its still popular*