

Dear Friends,

Knowledge is useful, but particularly useful when we actually apply knowledge. By putting knowledge into action we get results. It is still worth learning about things for the sake of it, this can be rewarding, but if you can learn whilst actually doing I believe it is more satisfying and will lead to great gains.

The knowledge to do things is certainly out there, just look on the internet but it is most important to prioritise and actually take action to achieve your goals. Recently I hung up two SUP boards in my garage ceiling after finding out how to do this online. Thought this was a good example of acquiring knowledge and putting it into action. Of course I have recorded my attempt of hanging these SUP boards and plan to put this up on YouTube.

YouTube Video of the Month



Selected this video because it includes the clip of me breaking out of duct tape, first ever attempt. I learnt it solely from reading this book. Couldn't think of a better example of knowledge into action.



Recommended Website

<https://theuselessweb.com/>

Interesting website that contains a button to click 'take me to another useless website'. Did this a few times, quite liked the results such as 'puginarug.com' and 'thatsthefinger.com'. Completely useless but entertaining!


Tweet of the Month



Sahil
@sahilypatel



A list of cool websites you might now know about

A thread 

5:43 AM · Aug 14, 2021 · Twitter Web App

7,818 Retweets 255 Quote Tweets 27.9K Likes

Was easy to select Sahil for Tweet of the month, this thread was great and will allow me to keep recommending cool websites for a long time, like the one above. To be honest Tweets like these are the main reasons I go on Twitter learning about cool things, rather than hearing about people's fixed views on issues. This Tweet adds value and uses a cool emoji of a thread so what is there not to like?

Thanks to those of you who took the time to vote about whether I should publish my 50 days Push Up Challenge on YouTube. Had completed the challenge in April 2021 but there was a lot of footage and photos to get through. The votes of encouragement helped me actually make it. Making the video was probably tougher than the actual challenge as it was extremely boring adding 100 photos of me that all looked very similar to a video, this put a strain on my computer. If you want to see the end results click [here](#).

Hope you are all getting the most out of your lives and I will see you next time,

Chris