

# PRINCIPLES OF SUCCESSFUL LIFE MANAGEMENT

(personal, professional, social)

  
TOMÁS DUROSKA



PRINCIPLES  
OF SUCCESSFUL LIFE MANAGEMENT  
(PERSONAL, PROFESSIONAL, SOCIAL)

TOMÁŠ ĎUROŠKA



PRINCIPLES  
OF SUCCESSFUL LIFE  
MANAGEMENT

(PERSONAL, PROFESSIONAL, SOCIAL)

Tomáš Ďuroška

Ecotech Systems  
Bratislava 2023

Copyright © 2023 Ecotech Systems s.r.o.  
Copyright © 2023 Tomáš Ďuroška  
Translation: Stephanie Staffen

All rights reserved

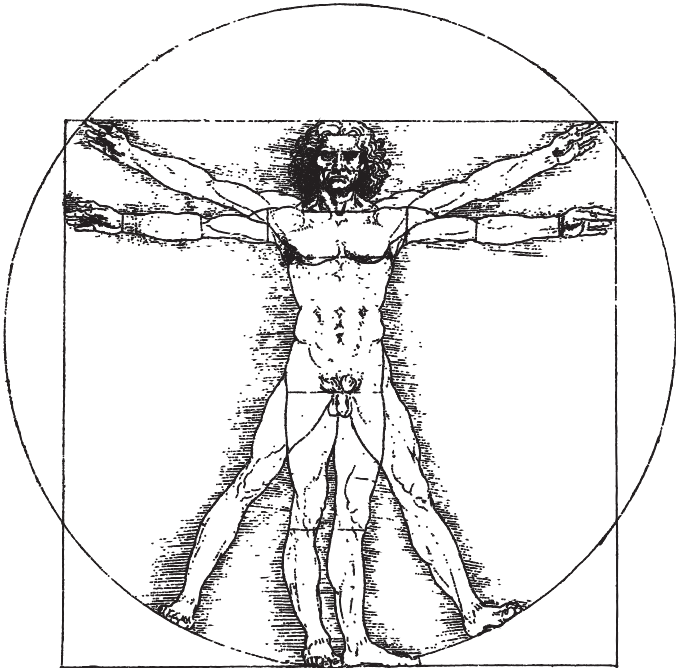
Print version:  
ISBN 978-80-974615-5-3

PDF version:  
ISBN 978-80-974615-6-0

ePUB version:  
ISBN 978-80-974615-7-7

MOBI version:  
ISBN 978-80-974615-8-4

I devote this book to the memory  
of Leonardo da Vinci.  
This great Renaissance thinker can be  
an inspiration to us all.



# MOTTO

“Even small changes bring big results.”  
TOMÁŠ ĎUROŠKA



# BIG IDEAS

“Unlike Man, Nature never breaks her own laws.”

LEONARDO DA VINCI

“Imagination is more important than knowledge.”

ALBERT EINSTEIN

“Find a job you love,  
and you will never have to work a day in your life.”

KONFUCIUS

“If you want to increase your success rate,  
double your failure rate.”

THOMAS WATSON

“Intelligence is the ability to adapt to change.”

STEPHEN HAWKING



## ABOUT THIS BOOK

This book discusses ordinary things in an unordinary way. Its ambition is not to be a textbook or an academic guide. It narrates ordinary things from different points of view. This narration is supposed to reveal things in life in new, sometimes unexpected and unusual contexts. Readers will be able to understand certain important connections and relations which might help them in their personal or work life. The book also deals with wider-ranging topics which go beyond the borders of the individual world, because they are based on the assumption that the world and its elements are mutually indivisible and connected, and individuals and their surroundings cannot be separated or earmarked. Using the examples of ordinary people and top managers, beginning and well-known companies, various trends and published analyses, the author looks for and discovers new, interesting and discreet connections which may be hidden in the everyday “cycle and bustle” of life. The result of this search and revelation should be a discovery of important and essential principles (variables, factors) of success in one’s personal, professional and social life.

# CONTENTS

ABOUT THIS BOOK .....	9
INTRODUCTION.....	13
<b>PART I .....</b>	<b>15</b>
LIFE MANAGEMENT	
Elements of Life .....	17
Building a Personal Life.....	20
Building a Professional Life.....	23
Social Dimension .....	31
Principles of a Successful Life .....	33
<b>PART II.....</b>	<b>35</b>
PRINCIPLES OF SUCCESSFUL LIFE MANAGEMENT	
Methodological Approaches .....	37
Primary Principles.....	39
Principle of Joy .....	41
Principle of Development.....	45
Principle of Learning.....	51
Principle of Safety .....	63
Principle of Healthy Environment.....	67
Principle of Altruism.....	77
Principle of Engagement.....	83
Secondary Principles.....	87
Principle of Simplification .....	89
Principle of the Breaking Point.....	99
Principle of Chaos.....	105
Principle of 80 : 20 .....	113
Principle of the Blue Ocean.....	117
Principle of Planning.....	121

Principle of Leanness.....	127
Principle of Diversification.....	131
Principle of Delegation .....	135
Principle of Project Management .....	139
Principle of Quality .....	145
Principle of Globalisation .....	151
Principle of Creativity .....	157
Principle of Cooperation .....	163
Principle of Effective Communication .....	169
Principle of Interdisciplinary Approach .....	175
Principle of Synergistic Effect .....	181
Principle of Strategic Management .....	185
Principle of Systems Thinking.....	191
Principle of Consultancy .....	199
Principle of Endurance .....	203
<b>PART III .....</b>	<b>209</b>
HOW TO LIVE SUCCESSFULLY	
How to Successfully Build your Personal Life .....	211
How to Work Successfully.....	215
How to Build a Successful Society .....	222
Learning from History.....	227
Consequences of New Knowledge .....	230
The More Answers, the More Questions .....	234
How to Live Successfully .....	236
SUMMARY AND CONCLUSION .....	241
ABOUT THE AUTHOR .....	251
BIBLIOGRAPHY .....	253
LIST OF ILLUSTRATIONS .....	258