



OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

15. 行动的重要性 (*Taking Action*)

行动相对论：「行动悖论」

1. **行动不等于忙碌**：95%的人用战术行动掩盖战略惰性（如整天回邮件却逃避重要决策）。
2. **不行动是最贵的行动**：延迟的隐形成本往往高于执行风险。

他定义「有效行动」的标准：

- **目标关联性**：直接推进核心目标（否则视为无效动作）。
- **杠杆率**：单位时间产生的复利效应。





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「行动炼金矩阵」行动框架：

行动等级	定义	每日最低占比
钻石级	直创造 90%成果的行动	60%
黄金级	维护系统运作的行动	20%
白银级	学习与规划	15%
废铁级	琐事与消遣	≤5%

执行步骤：

1. 每晚列出隔日行动，**按矩阵分类**。
2. 若「废铁级」超时，隔天需提前 2 小时起床工作作为**惩罚**。
3. 每周计算「钻石级行动产值」，**目标提升** 10%。





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关键案例解析

<p>案例一：安德鲁·卡内基</p> <p>希尔揭露，卡内基每天只做三项</p> <p>「钻石级行动」：签署重大合约、 接见关键人物、巡查高炉效能，其余 委托智囊团处理。</p>	<p>案例二：雷·克洛克</p> <p>（麦当劳创始人）</p> <p>克洛克在加盟扩张期，坚持「每日 访视两间分店」的钻石级行动，亲尝 汉堡质量并记录顾客抱怨，此举使麦 当劳标准化程度超越所有竞争者。</p>
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15. Taking Action

Action Relativity: The "Action Paradox"

1. **Action doesn't equal busyness:** 95% of people use tactical actions to mask strategic inertia (e.g., answering emails all day long and avoiding important decisions).
2. **Inaction is the most expensive action:** The hidden cost of delay is often higher than the risk of execution.

He defines the criteria for "effective action":

- **Goal relevance:** Directly advance the core goal (*otherwise it will be considered invalid*).
- **Leverage:** The compounding effect per unit of time.





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Action Framework of the Action Alchemy Matrix:

Action Level	Definition	Minimum daily percentage
Diamond	to create 90% of results	60%
Gold	to maintain system operations	20%
Silver	Learning & Planning 15%	15%
Scrap Iron	Trivia & Pastime	≤5%

Steps:

1. List alternate day actions each night, categorized by matrix.
2. If the "scrap metal" is overtime, you need to get up 2 hours earlier to work the next day as a penalty.
3. Calculate the "Diamond Action Value" every week, and increase the target by 10%.





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Key case analysis

<p>Case 1: Andrew Carnegie</p> <p>Hill revealed that Carnegie only did three "diamond-level operations" every day: signing major contracts, meeting with key people, inspecting the efficiency of the blast furnace, and entrusting the rest to a think tank.</p>	<p>Case 2: Ray Klock (Founder of McDonald's)</p> <p>During the franchise expansion period, Klock insisted on the diamond-level action of "visiting two stores a day", tasting the quality of the burgers and recording customer complaints, which made McDonald's more standardized than all its competitors.</p>
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