

AI-01845 Knowing vs Doing

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Deep dive: "knowing is not enough; we must apply. Willing is not enough; we must do," List 22 examples.

"Knowing is not enough; we must apply. Willing is not enough; we must do." This powerful quote, often attributed to Johann Wolfgang von Goethe, emphasizes the critical distinction between passive understanding and active engagement. True progress and mastery come not from merely acquiring knowledge or having good intentions, but from the concrete actions we take.

Here are 22 examples illustrating this principle across various domains:

1. Learning a Language:

- **Knowing:** Memorizing vocabulary and grammar rules from a textbook.
- **Applying/Doing:** Engaging in conversations with native speakers, practicing pronunciation, and writing emails in the new language.

2. Fitness and Health:

- **Knowing:** Understanding the benefits of exercise and healthy eating.
- **Applying/Doing:** Consistently going to the gym, preparing nutritious meals, and tracking food intake.

3. Financial Management:

- **Knowing:** Reading books on budgeting, investing, and saving.
- **Applying/Doing:** Creating a budget and sticking to it, regularly contributing to savings, and making informed investment decisions.

4. Learning to Play an Instrument:

- **Knowing:** Studying musical theory and reading sheet music.

- **Applying/Doing:** Practicing scales, learning new pieces, and performing for an audience.

5. **Project Management:**

- **Knowing:** Attending seminars on project planning methodologies.
- **Applying/Doing:** Developing a detailed project plan, assigning tasks, monitoring progress, and problem-solving in real-time.

6. **Coding/Programming:**

- **Knowing:** Learning programming syntax and algorithms.
- **Applying/Doing:** Writing actual code, debugging programs, and building software applications.

7. **Entrepreneurship:**

- **Knowing:** Researching market trends and business strategies.
- **Applying/Doing:** Launching a product/service, marketing it, and iterating based on customer feedback.

8. **Public Speaking:**

- **Knowing:** Reading tips on effective presentation skills.
- **Applying/Doing:** Practicing speeches, delivering presentations to various groups, and seeking feedback.

9. **Problem-Solving:**

- **Knowing:** Understanding logical frameworks for analysis.
- **Applying/Doing:** Breaking down complex problems, brainstorming solutions, and implementing chosen strategies.

10. **Relationships:**

- **Knowing:** Reading self-help books on communication and empathy.
- **Applying/Doing:** Actively listening to loved ones, expressing feelings constructively, and performing acts of kindness.

11. **Academic Study:**

- **Knowing:** Attending lectures and reading textbooks.

- **Applying/Doing:** Completing assignments, engaging in critical thinking, and participating in discussions.

12. Driving:

- **Knowing:** Studying the rules of the road and passing a written test.
- **Applying/Doing:** Practicing driving with an instructor, navigating traffic, and handling various road conditions.

13. Cooking:

- **Knowing:** Reading recipes and watching cooking shows.
- **Applying/Doing:** Preparing meals, experimenting with ingredients, and adjusting flavors.

14. Gardening:

- **Knowing:** Reading guides on plant care and soil types.
- **Applying/Doing:** Planting seeds, watering regularly, weeding, and pruning.

15. Art/Painting:

- **Knowing:** Studying art history and different painting techniques.
- **Applying/Doing:** Practicing drawing, experimenting with colors, and creating original artworks.

16. First Aid/Emergency Preparedness:

- **Knowing:** Reading manuals on CPR and emergency procedures.
- **Applying/Doing:** Taking first aid courses, practicing CPR on a dummy, and assembling an emergency kit.

17. Sales:

- **Knowing:** Learning about sales techniques and product features.
- **Applying/Doing:** Making sales calls, building rapport with clients, and closing deals.

18. Leadership:

- **Knowing:** Reading about leadership theories and characteristics.

- **Applying/Doing:** Mentoring team members, making difficult decisions, and inspiring others to achieve goals.

19. Home Repair:

- **Knowing:** Watching DIY videos and reading repair guides.
- **Applying/Doing:** Fixing a leaky faucet, painting a room, or assembling furniture.

20. Environmental Conservation:

- **Knowing:** Understanding the impact of pollution and climate change.
- **Applying/Doing:** Recycling, reducing energy consumption, advocating for sustainable policies, and participating in clean-up efforts.

21. Writing:

- **Knowing:** Studying grammar rules and literary devices.
- **Applying/Doing:** Writing essays, stories, articles, and consistently revising them.

22. Mindfulness/Meditation:

- **Knowing:** Reading about the benefits of mindfulness and different meditation techniques.
- **Applying/Doing:** Practicing daily meditation, focusing on the present moment, and observing thoughts without judgment.

In each of these examples, the "knowing" provides the foundation, but it's the "applying" and "doing" that transform potential into reality, leading to tangible results, personal growth, and ultimately, mastery.

Synthesize the knowing vs doing concept in the domain of quality of life, health, relationship, job, finance and investing. List 22 examples of each. Use numerical list.

The distinction between "knowing" and "doing" is profoundly relevant to improving our quality of life across various domains. It highlights that mere

theoretical understanding or good intentions are insufficient; tangible actions are what truly drive positive change.

Here's a synthesis of the knowing vs. doing concept, with 22 examples for each in the domains of Quality of Life, Health, Relationships, Job, and Finance & Investing:

Quality of Life

Knowing (Understanding the principles and benefits):

1. Understanding that stress management is crucial for well-being.
2. Being aware of the importance of hobbies for personal fulfillment.
3. Knowing that spending time in nature can reduce anxiety.
4. Recognizing the value of a tidy and organized living space.
5. Understanding that travel can broaden perspectives.
6. Knowing that setting personal goals can provide direction.
7. Awareness that volunteering can create a sense of purpose.
8. Understanding the benefits of a good night's sleep.
9. Knowing that minimalism can reduce clutter and mental burden.
10. Recognizing that learning new things keeps the mind agile.
11. Understanding that a positive outlook can improve resilience.
12. Knowing that a healthy work-life balance is essential.
13. Awareness that self-care practices prevent burnout.
14. Understanding the power of gratitude.
15. Knowing that simple pleasures contribute to happiness.
16. Recognizing the importance of personal boundaries.
17. Understanding that seeking professional help for mental health is a strength.
18. Knowing that continuous personal growth leads to fulfillment.
19. Awareness that forgiveness can release emotional burdens.
20. Understanding that adapting to change is key to navigating life.

21. Knowing that decluttering digitally can reduce overwhelm.
22. Recognizing that having a strong personal identity contributes to well-being.

Doing (Taking concrete actions to implement those principles):

1. Practicing daily meditation or deep breathing exercises.
2. Dedicating specific time each week to a beloved hobby.
3. Taking regular walks in a park or spending weekends camping.
4. Consistently tidying up your home and organizing belongings.
5. Planning and taking trips, even short getaways.
6. Writing down and reviewing personal goals regularly.
7. Actively volunteering for a cause you believe in.
8. Establishing and sticking to a consistent sleep schedule.
9. Regularly decluttering belongings and donating unused items.
10. Enrolling in a course or regularly reading non-fiction books.
11. Practicing positive affirmations or journaling about positive experiences.
12. Setting strict boundaries for work hours and taking regular breaks.
13. Scheduling and engaging in self-care activities like baths or massages.
14. Keeping a gratitude journal or verbally expressing thanks.
15. Actively seeking out and enjoying simple moments, like a cup of tea.
16. Clearly communicating your boundaries to others and enforcing them.
17. Scheduling appointments with therapists or counselors when needed.
18. Actively seeking out new challenges and learning opportunities.
19. Practicing forgiveness towards yourself and others.
20. Embracing and making plans for significant life changes.
21. Regularly deleting old files, unsubscribing from emails, and organizing digital space.
22. Engaging in activities that reinforce your values and identity.

Health

Knowing (Understanding health principles):

1. Knowing that a balanced diet is crucial for physical health.
2. Understanding the importance of regular physical activity.
3. Awareness that hydration is vital for bodily functions.
4. Knowing that smoking is detrimental to lung health.
5. Understanding the role of sleep in recovery and immunity.
6. Recognizing that excessive sugar intake contributes to chronic diseases.
7. Knowing that stress can manifest physically.
8. Understanding the benefits of regular check-ups.
9. Awareness that sun protection prevents skin damage.
10. Knowing that diverse gut microbiome supports overall health.
11. Understanding the risks of sedentary lifestyles.
12. Recognizing the importance of proper posture.
13. Knowing that alcohol consumption should be moderate.
14. Understanding the role of fiber in digestion.
15. Awareness that mental health impacts physical health.
16. Knowing that preventative screenings can detect issues early.
17. Understanding the importance of good dental hygiene.
18. Recognizing the benefits of cold exposure (e.g., cold showers).
19. Knowing that specific vitamins and minerals are essential.
20. Understanding the risks associated with highly processed foods.
21. Awareness that chronic inflammation can lead to disease.
22. Knowing that maintaining a healthy weight reduces disease risk.

Doing (Taking concrete actions for health):

1. Planning and preparing nutritious meals with fruits, vegetables, and lean proteins.
2. Engaging in at least 30 minutes of moderate exercise most days of the week.
3. Drinking adequate amounts of water throughout the day.
4. Quitting smoking or never starting.
5. Prioritizing 7-9 hours of uninterrupted sleep nightly.
6. Reducing intake of sugary drinks and processed sweets.
7. Practicing mindfulness, yoga, or other stress-reducing activities.
8. Scheduling and attending annual physicals and screenings.
9. Applying sunscreen daily and seeking shade.
10. Incorporating fermented foods and probiotics into your diet.
11. Taking regular breaks to move around if you have a desk job.
12. Consistently correcting posture while sitting and standing.
13. Limiting alcohol intake to recommended guidelines.
14. Eating whole grains, legumes, and plenty of vegetables.
15. Seeking therapy, practicing mindfulness, or engaging in enjoyable activities for mental well-being.
16. Getting recommended screenings like mammograms or colonoscopies.
17. Brushing and flossing teeth twice daily and having regular dental check-ups.
18. Incorporating cold showers or cryotherapy into your routine.
19. Taking prescribed or recommended vitamin supplements.
20. Cooking meals at home using whole, unprocessed ingredients.
21. Consuming anti-inflammatory foods like turmeric, ginger, and leafy greens.
22. Making conscious dietary and exercise choices to manage weight.

Relationships

Knowing (Understanding relationship dynamics):

1. Understanding that active listening strengthens communication.
2. Knowing that empathy builds deeper connections.
3. Awareness that showing appreciation validates others.
4. Understanding the importance of setting healthy boundaries.
5. Knowing that conflict resolution skills are essential.
6. Recognizing that quality time fosters intimacy.
7. Understanding the value of forgiveness in maintaining relationships.
8. Knowing that trust is the foundation of any strong bond.
9. Awareness that consistent effort is needed to maintain friendships.
10. Understanding that respecting differences avoids unnecessary conflict.
11. Knowing that offering support during difficult times is crucial.
12. Recognizing that clear expectations prevent misunderstandings.
13. Understanding the importance of shared experiences.
14. Knowing that vulnerability can lead to deeper connection.
15. Awareness that effective apology involves sincerity and action.
16. Understanding that celebrating others' successes strengthens bonds.
17. Knowing that giving space is sometimes necessary.
18. Recognizing that consistent small gestures matter.
19. Understanding the role of non-verbal communication.
20. Knowing that avoiding gossip fosters trust.
21. Awareness that patience is key in navigating relationship challenges.
22. Understanding that expressing love and affection is vital.

Doing (Taking actions in relationships):

1. Putting away your phone and making eye contact when someone is speaking.
2. Trying to understand others' perspectives, even if you don't agree.
3. Regularly expressing gratitude verbally or through thoughtful gestures.

4. Clearly communicating your needs and limits to others.
5. Engaging in constructive dialogue to resolve disagreements, focusing on solutions.
6. Scheduling regular "date nights" or dedicated time with loved ones.
7. Forgiving others for past hurts and moving forward.
8. Being reliable and keeping promises.
9. Initiating contact with friends, planning outings, or sending thoughtful messages.
10. Accepting and even appreciating unique qualities in others.
11. Being present and offering practical or emotional support when someone is struggling.
12. Discussing expectations openly before problems arise.
13. Planning and engaging in activities or hobbies together.
14. Sharing your feelings, fears, and hopes with trusted individuals.
15. Apologizing genuinely when you've made a mistake and making amends.
16. Actively congratulating and celebrating the achievements of friends and family.
17. Giving friends and family space when they need it, without resentment.
18. Sending thoughtful texts, bringing small gifts, or doing small favors.
19. Being mindful of your body language and tone of voice.
20. Refraining from spreading rumors or talking negatively about others.
21. Remaining calm and understanding during disagreements, allowing time for resolution.
22. Regularly saying "I love you," giving hugs, or showing physical affection.

Job

Knowing (Understanding career principles):

1. Knowing that continuous learning is vital for career growth.
2. Understanding the importance of networking.
3. Awareness that time management boosts productivity.
4. Knowing that professionalism impacts reputation.
5. Understanding the value of effective communication in the workplace.
6. Recognizing that taking initiative can lead to new opportunities.
7. Knowing that feedback is crucial for improvement.
8. Understanding the importance of adaptability in a changing work environment.
9. Awareness that prioritizing tasks increases efficiency.
10. Knowing that problem-solving skills are highly valued.
11. Understanding the concept of a strong work ethic.
12. Recognizing that delegating effectively frees up time.
13. Knowing that building strong relationships with colleagues enhances teamwork.
14. Understanding the importance of documenting work processes.
15. Awareness that setting clear career goals provides direction.
16. Knowing that effective presentation skills are impactful.
17. Understanding the importance of continuous self-assessment.
18. Recognizing that effective negotiation can secure better outcomes.
19. Knowing that maintaining a positive attitude influences team morale.
20. Understanding the legal and ethical implications in your field.
21. Awareness that leading by example inspires others.
22. Knowing that understanding your company's mission aligns your work.

Doing (Taking actions in your job):

1. Enrolling in courses, attending workshops, or reading industry publications regularly.

2. Attending industry events, connecting with peers on LinkedIn, and scheduling informational interviews.
3. Using calendars, to-do lists, and productivity tools to manage your day.
4. Dressing appropriately, being punctual, and maintaining a respectful demeanor.
5. Clearly articulating ideas in meetings, writing concise emails, and listening actively.
6. Volunteering for new projects, suggesting improvements, or taking on more responsibility.
7. Actively soliciting feedback from managers and peers, and implementing suggestions.
8. Learning new software, adjusting to new procedures, and embracing organizational changes.
9. Using techniques like the Eisenhower Matrix or similar prioritization methods.
10. Analyzing complex issues, proposing solutions, and implementing them.
11. Consistently delivering high-quality work, meeting deadlines, and going the extra mile.
12. Effectively assigning tasks to team members and trusting them to complete them.
13. Collaborating on projects, offering help, and celebrating team successes.
14. Creating detailed records of procedures, decisions, and outcomes.
15. Developing a career plan with specific milestones and regularly reviewing progress.
16. Practicing and delivering engaging presentations to colleagues and clients.
17. Regularly reviewing your performance, strengths, and areas for development.
18. Researching market rates and confidently negotiating salary or project terms.
19. Offering encouragement, celebrating small wins, and maintaining optimism even during challenges.

20. Adhering to all company policies, industry regulations, and ethical guidelines.
21. Demonstrating desired behaviors, taking accountability, and showing integrity.
22. Researching and internalizing the company's vision and values, and aligning your efforts accordingly.

Finance & Investing

Knowing (Understanding financial concepts):

1. Knowing the importance of creating a budget.
2. Understanding the power of compound interest.
3. Awareness of different types of investment vehicles (stocks, bonds, real estate).
4. Knowing the importance of having an emergency fund.
5. Understanding the concept of diversification in investing.
6. Recognizing that debt can be a significant financial burden.
7. Knowing about different retirement savings plans (401k, IRA).
8. Understanding the impact of inflation on purchasing power.
9. Awareness that credit scores affect borrowing ability.
10. Knowing that taxes play a role in financial planning.
11. Understanding the difference between needs and wants.
12. Recognizing that passive income streams can build wealth.
13. Knowing the benefits of automating savings and investments.
14. Understanding the concept of risk tolerance in investing.
15. Awareness that long-term investing generally outperforms short-term speculation.
16. Knowing the importance of reviewing financial statements regularly.
17. Understanding the impact of fees on investment returns.
18. Recognizing that insurance protects against financial shocks.

19. Knowing about various income-generating strategies.
20. Understanding the concept of net worth.
21. Awareness that having a financial plan increases the likelihood of achieving goals.
22. Knowing that consumer spending habits significantly impact finances.

Doing (Taking actions in finance and investing):

1. Creating a detailed monthly budget and tracking all income and expenses.
2. Consistently investing, even small amounts, over a long period.
3. Opening brokerage accounts and allocating funds to various asset classes.
4. Setting aside 3-6 months' worth of living expenses in a separate, easily accessible account.
5. Investing across different industries, geographies, and asset types.
6. Actively paying down high-interest debt or avoiding unnecessary debt altogether.
7. Setting up contributions to a 401k or IRA and consistently contributing.
8. Investing in assets that historically outpace inflation, like stocks or real estate.
9. Regularly checking your credit report and paying bills on time.
10. Consulting with a tax professional and optimizing your tax situation.
11. Differentiating between essential purchases and discretionary spending.
12. Investing in rental properties, dividend stocks, or starting a side business that generates income.
13. Setting up automatic transfers from your checking to your savings and investment accounts.
14. Taking a risk assessment quiz and choosing investments aligned with your comfort level.
15. Holding investments through market fluctuations, avoiding panic selling or buying.

16. Reviewing bank statements, credit card statements, and investment portfolios regularly.
17. Choosing low-cost index funds or ETFs over actively managed funds with high fees.
18. Purchasing appropriate health, auto, home, and life insurance policies.
19. Implementing strategies like freelancing, starting a business, or investing in income-generating assets.
20. Calculating your net worth regularly by summing assets and subtracting liabilities.
21. Developing a comprehensive financial plan that outlines short-term and long-term goals.
22. Consciously making purchasing decisions, comparing prices, and avoiding impulse buys.