

DE 24/7 GRIND-MINDSET VAN ANDREW YEUNG PART ONE

I just met a funder who told me she works 24 hours a day.

I'm not joking.

She taught herself how to lucid dream

*so she can solve important work problems
in her sleep. —it's working though*

*she recently raised tens of millions of dollars
and hired a few dozen people*

*San Fransisco is known for 996
but in New York
we're 24/7 ;)*

The **996 working hour system** (996工作制) is a work schedule practiced illegally by some companies in [China](#). It derives its name from its requirement that workers clock in from 9:00 am to 9:00 pm, 6 days per week, resulting in employees working 12 hours per day and 72 hours per week. A number of [Mainland Chinese](#) internet and tech companies have adopted this system as their official or de facto work schedule. Critics argue that the 996 working hour system is a violation of the [Labour Law of the People's Republic of China](#) and have called it "[modern slavery](#)"

In March 2019, an "anti-996" protest was launched via [GitHub](#). Since then, the 996 issue has been met with growing discontent in China.

Andrew Yeung leeft voor de *grind* rijk kan je alleen worden met de juiste grind-mindset

leven voor de grind succesvol zijn in de grind 996-72 grind, 996 mentality 72 hours een bitch the grind demands it, the grinding needs to be done Andrew Yeung knows how to perform the grind for your own benefit, to be on top of it, to be grinding SMART—*think.in.decades. don't.be.a.quick-fade.*

Andrew Yeung left his \$300k job at Google to go all-in as a founder. Andrew Yeung beweegt met een grind-mindset. Yeung is Young and rich. *You can be too. Learn from Yeung—start Young. Find your own rich parents' investments. How to build social capital? A tip: don't ask for a favour 30 seconds after meeting someone.*

(bijvoorbeeld: als je op de stoeprand kapot valt en bloedend aan voorbijgangers om een doekje vraagt om je wonden wat mee te stelpen maar iedereen kijkt je maar raar aan en ze zeggen “nee sorry” en lopen snel door of; nee je mag niks vragen want ik heb toch geen kleingeld—niet eens een pinpas meer man ha-ha! —alles gaat via de telefoon tegenwoordig hè, je kan eigenlijk niet meer zonder, maar succes ermee man! en daarna gaan ze boodschappen doen terwijl je op de grond ligt dood te bloeden.

Andrew (Yat Chung) Yeung is geborgen op 31 augustus 1995. Ik ben precies één jaar, één maand, en één dag ouder dan Andrew Yeung. Andrew Yeung is rijk en financieel succesvol. Hij is dankbaar voor zijn eigen vermogen om de juiste keuzes te kunnen maken.

[Andrew Yeung](#) is the founder of [andrew's mixers](#) (a portfolio of events companies including The Junto Series and Lumos House). He is also a Partner at Next Wave NYC, a pre-seed/seed found backed by Flybridge Capital. Andrew's hosted 100+ events for 30k+ tech founders and professional s in 8 cities that were featured in Bloomberg, Business Insider, Fast Company, and Fortune Magazine. Business Insider dubbed him the "[Gatsby of Silicon Alley](#)." [SiLiCon aLiEy](#) [Silly Con Valley](#)

DE 24/7 GRIND-MINDSET VAN ANDREW YEUNG PART TWO

How to Build a \$250M Company w/ Ankur Nagpal & Andrew Yeung

We will be discussing:

Scaling to \$60M ARR

Fundraising

Hiring

Product building

Staying motivated & focused

P a s t E v e n t

this event ended 444 days ago.

444 dagen te laat om live naar Andrew Yeung te luisteren

444 dagen te laat voor live mindset van Andrew Yeung

444 dagen te laat, living the weak *triple-eight-three*

F U C K I N G

L A Z Y—& unfit? Or maybe just not fit for the right

grind mindset.

Ik lees de beschikbare geschiedenis van Andrew Yeung:

His family moved often and Yeung, despite being an extrovert, struggled socially. Andrew Yeung played over 5,000 hours of **RuneScape**. Ik ben precies één jaar, één maand, en één dag ouder dan Andrew Yeung, en ik heb in ieder geval één overeenkomst met hem, ook al heb ik RuneScape nooit veel gespeeld.

Andrew Yeung was a mediocre student at the university of Toronto, but thanks to his obsessive nature and his wish to live up to his fathers advice of thinking big, he sent out thousands of messages on LinkedIn, did 180 virtual coffee chats, and completed 42 interviews. When he got a job at Facebook, his father asked why it wasn't Google (Andrew Yeung kreeg later alsnog een baan bij Google).

Mijn vader vraagt me of ik wat met hem wil drinken en vertelt me hoeveel flessen wijn er zijn. Ik heb———thousands of unsent potential LinkedIn messages, over 180 coffees drank hangover, and at least 42 missed job opportunities. A failed grind-mindset and because of this I'm stuck in the wrong daily grind (working for other people).

Andrew Yeung gaf een tijd lang populaire feestjes waar hij zelf al vroeg van wegging. Daardoor kreeg hij de bijnaam *Gatsby*. "You don't understand until you go, there was just a different vibe," said one regular at Andrew's parties.

Andrew Yeung about being Andrew Yeung:

I like early-stage software companies that improve the way we live, work, and connect with other humans. I'm also an angel investor, and have spoken about... tech careers. Beyond that, I share my thoughts. I'm working on a few other things too. More on this soon. In 2025, I will invest in 12-18 companies. I love Tweeting, going to concerts, and my girlfriend, Nicole, and her puppy, Jasper [de link naar haar hond is dood. de enige zichtbare connectie met iets zachts gebroken].

Andrew Yeung dronk eerst nog 25 drankjes per week. Tequila shots waren Andrew Yeungs signature drink tijdens zijn vele feestjes. Andrew Yeung drinkt nu geen alcohol meer. Andrew Yeung is rijk en nuchter. Andrew Yeung heeft zichzelf overwonnen. Andrew Yeung heeft iets bereikt. Andrew Yeung heeft zichzelf verrijkt.

I think a lot about, like, personal branding, a headline that sounds cool is this guy: he's thrown hundreds of parties and he loves the nightlife scene, but he doesn't drink alcohol. I just feel like that has a ring to it. Andrew Yeung values brand over liquor. To Andrew Yeung, branding is **e v e r y t h i n g .**

As a non American, Vegas feels like the symbol of opportunity. It's a place where, if you're brave (and maybe a little lucky), you could turn your life around. mAyBe A lItLE lUcKy? **TURN YOUR LIFE AROUND!**

- 1. Build your well long before you need water.*
- 2. Making an introduction is the easiest way to add value to people's lives. What takes you a minute could result in a decade of value for two other people.*
- 3. Keep in touch with small, consistent check-ins, quick messages, reactions to wins, or sending something thoughtful. Then, occasionally, spend deep, quality time together.*
- 4. Do things that get others to say positive things about you when you're not in the room.*

Andrew Yeung werd 30 en zijn vader feliciteerde hem op LinkedIn.

Jarenlang was Andrew Yeungs identiteit vereenzelvigd met die van het bedrijf waarvoor hij werkte. Als iemand vroeg "What do you do?", zei Andrew Yeung vroeger: *I work at Google*. Nu is Andrew Yeung pas Andrew Yeung geworden—*Now I just tell them, 'I connect people'*.

I read Andrew Yeung's blog and this is a very densely compressed TLDR:

ANREW YEUNG CONNECTS PEOPLE

CREATING FINANCIAL OPPORTUNITIES

THROUGH BUILDING RELATIONSHIPS

BUILDING VALUE OVER TIME WITH CAREFULLY GROWN SOCIAL CAPITAL

DON'T GO FOR FAST MONEY, WORK HARD BUT SMART, LEARN AND BE BETTER

OVERCOME YOUR INITIAL WEAKNESSES, MAKE THEM WORK IN YOUR ADVANTAGE

TURN WHATEVER IS AILING YOU INTO A POWER TO BE USED

BE PATIENT UNTILL YOU RECOGNISE UNTAPPED POTENTIAL LAYING DORMANT

— FUCK SUNZI THIS IS ANDREW YEUNG!

ANDREW YEUNG AND THE ART OF MEETING MUTUAL BENEFICIAL ACQUAINTANCES

ANDREW YEUNG AND THE ART OF LIVING WHILE BECOMING RICHER

ANDREW YEUNG AND THE ART OF DYING WHILE BECOMING WEALTHIER

ANDREW YEUNG AND THE ART OF CHOOSING YOUR OWN GOALS AND DO THEM

ANDREW YEUNG AND THE ART OF SURVIVING THROUGH AN UNCERTAIN ECONOMY

ANDREW YEUNG AND THE ART OF THRIVING IN A RIGGED SYSTEM

ANDREW YEUNG AND THE ART OF FINDING BALANCE IN AN UNBALANCED WORLD

ANDREW YEUNG AND THE ART OF MAKING MONEY WITH WHAT YOU LOVE

ANDREW YEUNG AND THE ART OF SELLING AND BUYING AT THE RIGHT TIME

ANDREW YEUNG AND THE ART OF NOT BEING A HOPELESS DRUG ADDICT (YET)

ANDREW YEUNG AND THE ART OF OF NOT BEING A HOPELESS ALCOHOLIC (YET)

ANDREW YEUNG AND THE ART OF OF NOT BEING HOPELESS AT ALL (YET)

ANDREW YEUNG AND THE ART OF DEFEATING YOURSELF AND GETTING PAID FOR IT

ANDREW YEUNG AND THE ART OF SMOOTH TALKING FINANCIAL ADVISE

ANDREW YEUNG AND THE ART OF ENJOYING THE ENDLESS GRINDING

ANDREW YEUNG AND THE ART OF DOING WHAT IS NECESSARY TO BE SUCCESSFUL

ANDREW YEUNG AND THE ART OF ONLY STOPPING THE GRIND WHEN YOU DIE

ANDREW YEUNG AND THE ART OF HAVING THE RIGHT GRIND-MINDSET

ANDREW YEUNG AND THE ART OF TURNING LOVE INTO SOMETHING OF REAL VALUE

DE 24/7 GRIND-MINDSET VAN ANDREW YEUNG PART THREE

*Two weeks ago, I hit a milestone: **2 years alcohol-free** [geplaatst op 1 april 2025, maar Andrew Yeung maakt geen grapjes].*

I never drank to the point where alcohol became a problem, but I did stop drinking because I wanted to create an extraordinary life for myself, and that required more time, energy, and focus. So, on March 14, 2023, I went cold turkey and completely eliminated alcohol from my life. [\[https://www.andrew.today/p/reflections-2-years-alcohol-free\]](https://www.andrew.today/p/reflections-2-years-alcohol-free). Andrew Yeung is leeft extraordinarily sober. Ik leef ordinarily hungover. Andrew Yeung maakt zijn bestaan waardevol. Ik leef een waardevol bestaan. Andrew Yeung denkt na over het bereiken van dingen. Ik blijf dromen. Andrew Yeung beklimt de financiële ladder omhoog. Ik blijf soms gewoon ladderzat. Andrew Yeung is radicaal—Ik ben radicaal. Andrew Yeung beweegt zich aan de hand van economische plannen voor de toekomst, ik beweeg nog ondanks mijn voor de toekomst fatale gedragingen. Andrew Yeung koopt en verkoopt en leeft de 24/7 grind-mindset terwijl ik na werk wat probeer te ontspannen.

Wat Andrew Yeung geleerd heeft tijdens het niet-drinken: ***Being unshakeable; consistently saying no to drinking trained my “no” muscle in all areas of life. No more peer pressure. I don’t make a big deal about being sober, but when someone asks why, I give them the honest answer: I wanted more out of my life.***

Cutting out alcohol (and other junk like toxic people, binge eating, and doomscrolling) made everything else feel richer. [Andrew Yeung leeft gezonder en zijn ervaring van alles is er rijker door geworden—net als Andrew Yeung. Ik leef ongezond in de schaduw van monetaire noodzaak en probeer te stoppen met roken.]

A surprising number of the people I admire—founders, operators, creators—are either sober or minimal drinkers. Like Jesse, who runs a multi-hundred-million-dollar venture fund. Because of this sobriety thing, we have mutual respect for each other, and it’s let us connect on a deeper level. [Andrew Yeung vindt diepgang en verbinding in this sobriety thing. Ik praat uren met vrienden over revolutie in de kroeg.]

Physically, I feel like a 9/10 every day. I’ve stopped relying as much on external substances as consistent sources of energy and instead learned to create my own. [Andrew Yeung maakt zijn eigen energie, ik slik dexamfetamine. Andrew Yeung is consistent energiek en slaapt regelmatig, ik snuif cocaïne of speed zodat ik langer wakker blijf en meer tijd heb om niks te doen.]

I stopped reaching for cheap dopamine, like sugar, screens, social media, and other short-term highs. Instead, I lean more into real dopamine: workouts, reading, writing. [Andrew Yeung vindt cocaïne goedkoop en ik vind amfetamine betaalbaar. Andrew Yeung schrijft productief en ik schrijf voor de lol. Andrew Young is niet voor niets miljonair en ik ben niet zonder reden financieel benadeeld.]

*Sobriety has unintentionally become part of my personal brand. Do people think I’m lame? Virtue signalling? Admirable? A recovering addict? I have no clue. [Andrew Yeung is “unintentionally” zijn intentional sobriety branding “vergeten”. Ik brand mijn vingers aan sigaretten en mijn kleding met brandgaten en slijtage. Wat iemand denkt over mijn verslaving is waardeloos tenzij ik mijn verslavingen **unintentionally** onderdeel van een gedragen merk maak.]*

My decision to quit drinking has rubbed off on people around me. Friends are drinking less. Family is more mindful. It's great because everyone around me has become healthier. (The only downside? My cousin, a senior exec at a global alcohol company, is very disappointed in me.). [Andrew Yeung inspireert gezondheid. Leading the rich and trying-to-be by being a healthy example; dominating the oppressed sober never seemed to be such a well chosen goal. Ik volg mijn vrienden gezellig naar de vergetelheid en als ik nuchter ben leiden ze mij uiteindelijk altijd naar iets leuks en bijpassend glas wijn. Als ik mijn vader zie in café in de vroege middag net na twaalf, dan kan ik best een of twee koffies bestellen, maar mijn vader blijft een alcoholist en bestelt een meestal meteen zwaar bier, en als ik met hem wil kunnen blijven praten doe ik dat ook.]

~~Alle met gezondheid en productiviteit geobsedeerde rijken blijven in elke spiegel waarin ze kijken gewoon een rauwe rich bitch zien die het verdient om zoveel geld te krijgen~~

I won't lie; I miss the euphoric experience of getting plastered at concerts and parties. You just can't replicate this experience. Sometimes, the real fun starts at 12:01 AM—the kind of stories you reminisce about a decade later. But without alcohol, it's harder to create those serendipitous experiences. I still miss them. But on the flip side, it makes me chase productive dopamine. [Andrew Yeung mist de euforie van dronken feestjes. Ik herinner me die niet.

Andrew Yeung feest bewust op een bucket-list. Ik feest wetende dat ik het meeste weer in de black-out zou kunnen vergeten. Andrew Yeung en ik jagen allebei op dopamine, maar alleen ik jaag nog op draken; Andrew Yeung achtervolgt vooral geld en de cumulatie van directe en indirecte financiële waarde.]

ANDREW YEUNG DOESN'T KNOW ANY EULOGY FOR SELF-INFLICTED MISERY AND I KNOW EVERY APOLOGY FOR IT

Alcohol brands no longer sponsor me. Neither do traditional party and hospitality companies. I probably don't get invited to certain things anymore because I'm "the sober guy." [Andrew Yeung bekijkt zijn nuchterheid vanuit een ander economisch perspectief; Andrew Yeung overdenkt de kansen van drank die hij mist en de opgedroogde inkomsten van zijn verloren dronkenschap. Ik vrees de rekening ervan en ben vooral brak. Als ik over nuchter-zijn en niet-drinken denk vraag ik mij alleen af wat de opgelopen schade is en wanneer ik weer drinken mag.]

The time I used to spend partying (and recovering) has been replaced with reading, writing, learning, and working on my business. [Andrew Yeung vervangt party met productivity. Ik vervang een gemiste nacht slaap met het verlangen nog langer door te gaan.]

I love my work, but I also feel like I've become more one-dimensional as a person and that my identity is too wrapped up in my work output and achievement. [Andrew Yeung voelt zich gevangen in de eendimensionaliteit van zijn economische productiviteit. Ik ben opgesloten in de veelvormige mislukkingen van mijn pluriforme werkelijkheid.]

Am I less fun? *I think about this more than I'd like to admit. Is it the alcohol-free thing? Or is it just me getting older (I'm 29)? It's a question that lingers, especially when you're used to being the life of the party and now find yourself on the sidelines by choice.*

[Andrew Yeung already sidelined himself two years before he became 29. Andrew Yeung has the right mind for the money-making-grind. Andrew Yeung celebrates his sobriety with having gained more wealth while becoming healthier, because Andrew Yeung has the right 24/7 grind-mindset. It's no longer night now and I just took another white-line on the side because I am stuck having a 24/7 junky-grind-mindset instead of the correct 24/7 grind-mindset of Andrew Yeung. *but I'm fine.*] Andrew Yeung heeft gelijk; je wordt niet rijk zonder de juiste 24/7 grind-mindset; daarom blijf ik zo laat in de nacht nog obsessief schrijven over Andrew Yeung en zijn 24/7 grind-mindset. Potentiële productiviteit verdwijnt met de tijd die voorbij gaat terwijl ik schrijf over Andrew Yeung en de 24/7 grind-mindset.

time of writing spent on this poem: the entire night+/time poem was done: 07:19/time being productive: none/
but because of Andrew Yeung I will always be reminded of the possibilities of the 24/7 grind-mindset
and also sobriety—maar niet beiden tegelijk