Tony Robbins was wondering what is people’s motive for action, because he believes that invisible forces that drives people is the most important thing in the world. He is also sure emotions is the force of life. He made a performance to find out the answer to supportive question “What makes the difference in the quality of people’s lives?” The speaker compared two types of people: one is people who have got a background (love, joy, education, comfort) and other is people who have been through ultimate pain (psychologically, sexually, emotionally abused). While the first are going in and out of rehab to the rest of their life, the second contribute the most to society. Tony Robbins tried to explain that people thought resources (money, time) were the defining factor and forgot about resourcefulness (creativity, determination, curiosity). He told that with the right emotion you can get yourself to do anything. The speaker said that if decisions shape destiny, so what determines them is three decision: “What will you focus on?”, “What does it mean?” and “What are you going to do? “. In his talk Lance Armstrong, a person who won 7 championships after doctors recognized the testicular cancer in his lungs and brain, exemplified the real emotional fitness and psychological strength. The speaker believes that there are 6 human needs that define people’s goals. 4 of those needs are certainty to avoid pain and be comfortable, uncertainty to have a variety, significance to feel important and unique, connection and love. Those 4 needs are the needs of the personality, while the last 2, necessity to grow and to contribute beyond ourselves, are the needs of the spirit. Tony Robbins also sure people’s belief systems, like the map, tells them how to get those needs (to destroy the world or to create something). And only after this people get the fuel they need.

As for me, I was glad to watch this speech over and over again to understand what is the real idea of this talk. All the Tony Robbins’ examples are changing my model of the world. And now, with the idea of 6 human needs that defining people’s goals which is actually push boundaries of my mind, I have a new area to think about.