



**HAVASS**  
Academy & Coaching

## DAY 17

*"Life is 10% what happens to you and 90% how you respond to it."*

*Charles R. Swindoll*

### *Have you heard of the 90-10 rule?*

According to this rule, only 10% of our life consists of events that happen to us. The main factor that makes up our lives are the reactions we give to what happens to us. What makes an event regrettable is that we look at it with pity, what makes a situation amazing is that we are amazed by it. In short, the emotions we attribute to an event or situation decide.

### *How would your ideal ME react to what happened to you?*

Would he be afraid of embarrassing himself if it suddenly rained and he didn't bring an umbrella? Or would he enjoy the rain? Would he be tense or angry if he were criticized? Or would he just laugh it off because he is so confident? Would he get nervous and run away when he encounters an unexpected problem? Or would he try to stay calm and work it out?

If his boss told him to call the customer, would he hesitate and try to give the job to someone else? Or would he call the customer and remind himself that everything will be fine? Ask yourself the following, in the events that happened to you today and in the situations you face:



"If I were my ideal, how would I react?" You don't have to give the exact same reactions, no one expects you to perform well. Don't be too hard on yourself! Just do your best. At the end of the day, don't forget to write your experience on the worksheet.



### *Tasks*

- For 24 hours, try to react to events and situations similarly to your ideal self. Write down your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.



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