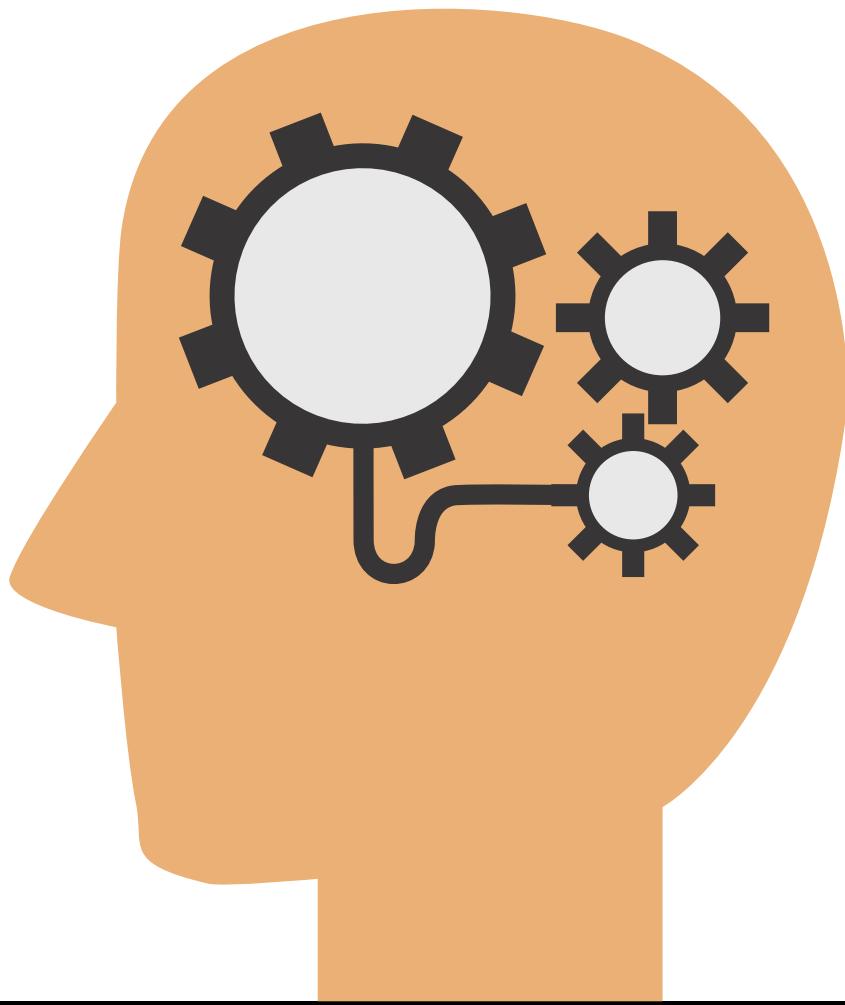


BECOMING THE BEST VERSION OF YOURSELF

GENIUS UNLOCKED

DISCOVER YOUR TRUE POTENTIAL AND
HAVE A SUCCESSFUL BREAKTHROUGH



BY THE BEST-SELLING AUTHOR
NOAH MERRIBY

GENIUS UNLOCKED

HOW TO GET THE BEST OUT OF THIS BOOK

MAKE SURE TO READ THE INSTRUCTIONS BEFOREHAND



A Revolutionary Guide To Unlocking The Genius Within

Read the instructions carefully and enjoy the book!

While reading the book, you are going to run into tons of interesting information that you would want to apply in your life. Make sure that you take notes, or copy paste the information that you want to use later on as resources.

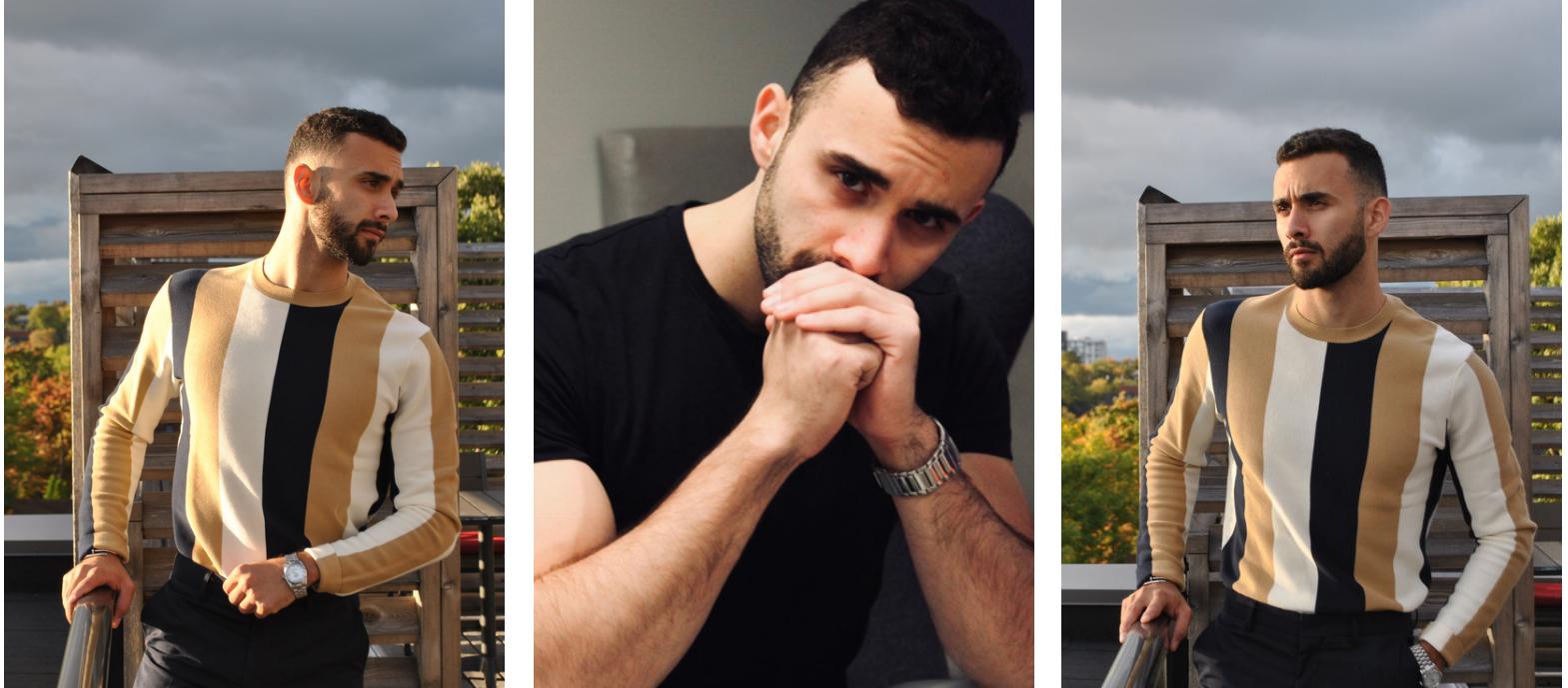
If you read the book without taking notes or saving some of the information that you want to use later you might not get as much value as I'm hoping to give you.

The guide is simple and it's broken down into bits and pieces to make it easier for you to comprehend and apply the information. I did my part and I brought you this revolutionary guide, now it's your turn to put everything into action and change your life.

As you move from one section to another, it is best if you set goals related to every section so that you know exactly what you want to work on later on.

That being said, I'm excited for you to embark on this life changing journey.

Enjoy!



A Word From The Author Of The Book The Best-Selling Author Noah Merriby

To Your Success

WISHING YOU ALL A BLESSED AND BLISSFUL JOURNEY
TOWARDS SUCCESS

**For those who already know who I am,
there is no need to read this paragraph.**

For those of you who don't know who I am, my name is **Noah Merriby**, I am a Best-Selling Author, Mentor, and Passionate Instructor who taught more than 100,000 students. Author of many Highest Rated And Bestselling Courses. Expert in Productivity, Personal Development, Psychology, Marketing And Behaviorism. I am an Internationally Recognized Awards Winning Speaker with more than 10 Awards in Public Speaking.

I wrote this book to help you in your journey towards success. After months of research, I came up with a guide that summarizes the key information and tools that the most successful people in the world are using to build their empire. And now, so can you!

I believe that if you want to be the best, you need to learn from the best, and here I am, a vessel for you, for your success, for your incredible journey. I believe each and every person has greatness within. Now its your time to show your greatness. Wishing all the best in life.

Yours truly,



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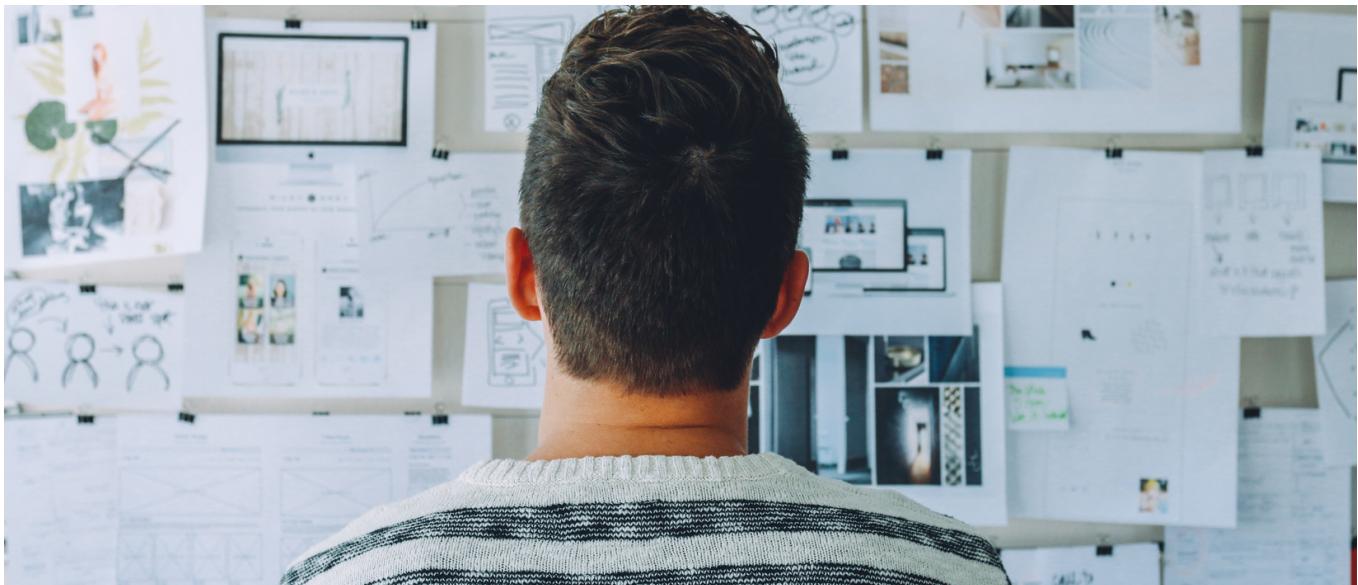
By The Best-Selling Author Noah Merriby

I hope this guide will help some of you acquire the knowledge that you need to take your life to a new level. I wrote this to help each and every person who might read it.

I hope you enjoy it. Yours truly,

WHAT ARE MIND MAPS

Explaining Mind Maps At The Core



HERE IS
ANOTHER
WAY TO LOOK
AT IT

Mind mapping can be also known as “clustering ideas”. It is a way of collecting and grouping certain ideas focused on a specific topic and defined by correlated connections.

STARTING WITH THE BRAINSTORMING

You need to use clutter based ideas first.

We all know how important it is to brainstorm. Whether you have a school project, a product launch, a job interview, a presentation, or any type of learning material you want to emphasize or present, brainstorming is the first step to take.

You want to gather as many ideas as possible, details and information. Then you want to organize them properly, and finally, draw a guideline out of them.

It is one thing to brainstorm and have numerous ideas rushing through your head. It is another thing to put those ideas on a piece of paper, and it is an absolutely different thing to mind map those ideas.



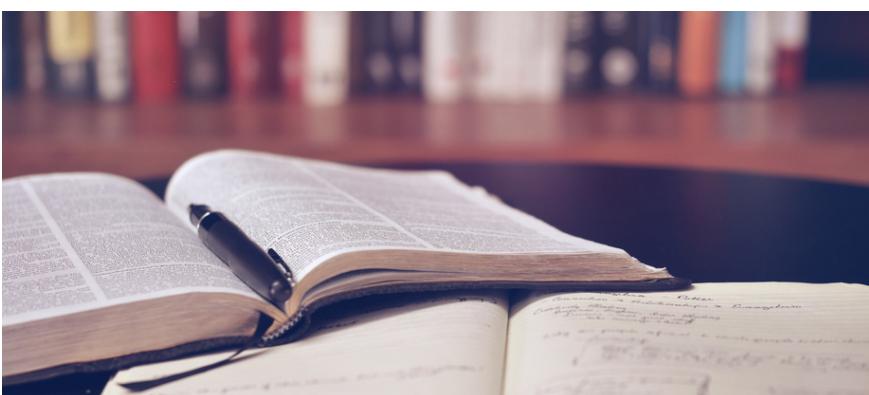
LET'S EXPLAIN THE CONCEPTS MORE

Understanding the fundamentals

What you will be doing, is representing those ideas visually, for your personal and interpersonal presentation and understanding. The way toward making a mind map is more creative and engaging than a standard diagram or table; the visual quality licenses clients to feature and audit key focuses effectively and more rapidly than with standard arrangements of notes.

They also encourage reviews, on the grounds that the relationship of thoughts reflect the manner in which it works.

Some of the main guidelines for mind maps is that you need to avoid criticism and throw in as many ideas and thoughts as possible. You also need to expand your cognitive horizon by thinking in an exaggerated creative way. This is where originality starts. Mind maps are built around a cluster of random yet specific ideas, to be later on organized through the mind mapping process.



I'll give you a simple metaphor of mind mapping. The idea you are trying to develop is in your mind. Once you start mind mapping, an explosion happens, a Big Bang.

At first, nothing makes sense, ideas being tossed around randomly just like atoms were tossed around randomly when the Big Bang happened. Then what? You start organizing your ideas, coordinating the correlation, making sense out of it, this is where planets started to form, galaxies were built, the universe started to work in a coherent matter.

Then you get to the end, you finished your mind map. This is the part where life started on earth. Lastly, you need to execute, this is where revolution took place. The pinnacle of the evolution of the evolution of us, human beings, and to reflect upon mind maps, it is getting to the end result of your mind map after following the execution plan.

You are basically drawing your ideas into a simple map

THE DIFFERENT TYPES OF MIND MAPS

LIBRARY - PRESENTATION - TIMELINE



CONTENT

Library Mind Maps

Presentation Mind Maps

Timeline Based Mind Maps

LET'S TALK ABOUT

Library and Presentation Mind Maps

First off, the library mind map can be used to structure and organize information. It is similar to a regular brainstorming session where you are trying to gather as many ideas and thoughts as possible. You have a topic you need to develop, and you need all of your ideas to be right there in front of you, well organized and coherent enough to facilitate the work process.

Second off, the presentation mind maps can be used, as the title entitles, to present a topic. If you have a presentation, a speech, or a project to present, you can use this mind map to illustrate the information related to the topic to make it easier to grasp and understand. The focus is sending a clear message to your audience.

EXPLORING MORE DETAILS

Timeline based mind maps and other important concepts



Third, we have the timeline based mind map. You can use this mind map to focus on strategy, problem solving, or planning. You have a marketing strategy you need to build for example. You need to start off with a product, then the targeted audience, then the marketing campaign. After that you sub-branch the details to put those ideas into action. You follow a chronological order where you know what to start off, and how to get to your goal step-by-step.

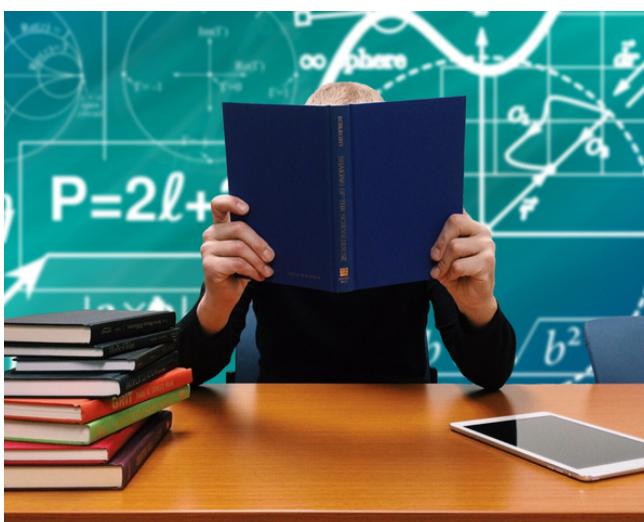
The non-direct structure gives a total image of your thoughts. Using the structure image can be a tool used for visually memorizing and tapping a more creative side of you. The Map demonstrates complex pondering the significant connections between thoughts, subjects, and the system.

Explore as many ideas as possible, and do as much research as possible, and lay everything right there in front of you. The relative significance of thoughts is demonstrated on both basic and complex connections that are mapped all around adequately. Information is exhibited obviously, and it takes into consideration an abnormal state of comprehension.

The map indicates complex considerations of the significant connections between thoughts, subjects, and the structure. Mind mapping is an essential tool as we said, that can help you tremendously, regardless of the field you are in.

LET'S SUM IT UP REAL QUICK

The Simple Process To Follow



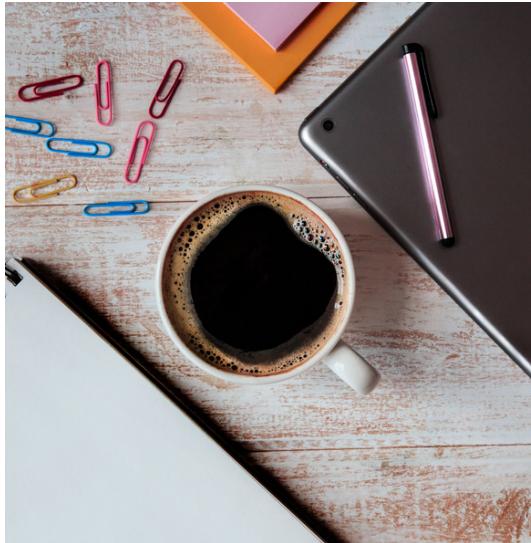
Having the ability to gather racing thoughts and ideas, and make sense out of them, make a plan of action, execute, and achieve optimum results, mind mapping can be a life changing tool for you to use.

To sum it up, take a piece of paper, write down the main topic, and all the branched ideas you can think of. Think big, think outside the box, do some research, discuss it with other people. Once this is done, build your mind map, as you indicate all the branches you have, focus on the sub-branching by figuring out all the details that can derive from the branches.

MIND MAPPING

CAN HELP YOU IN OTHER ASPECTS

PRODUCTIVITY - CREATIVITY - INFORMATION



TO START OFF

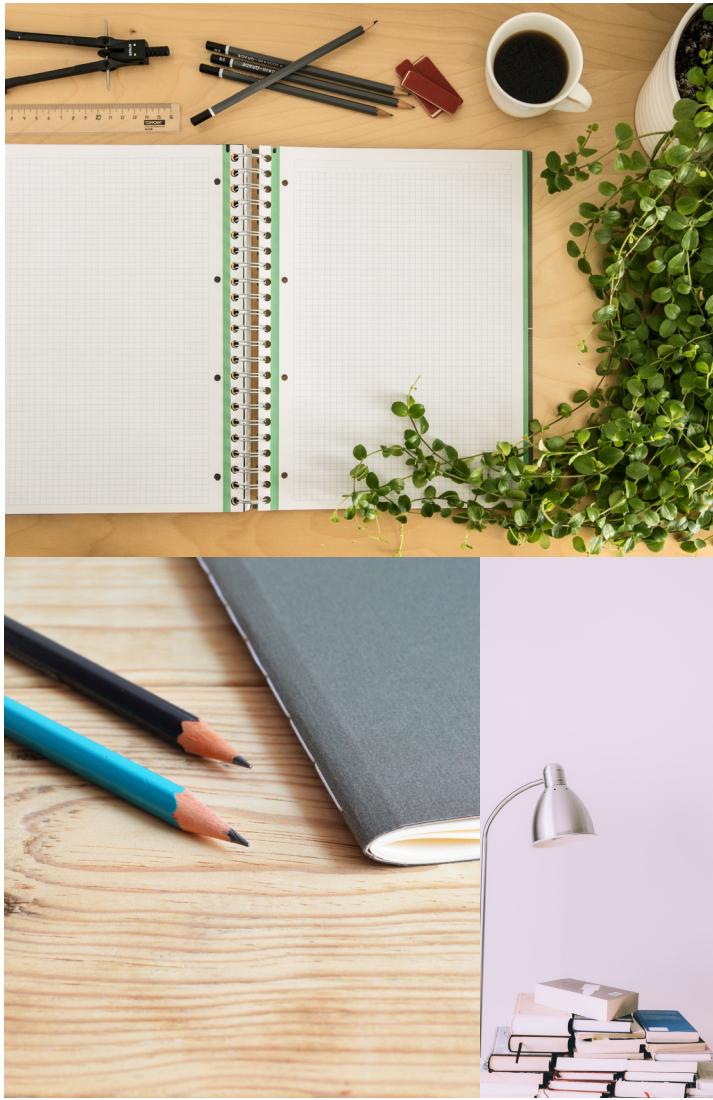
First off, when it comes to productivity:
Mind mapping can be a useful tool to boost your productivity. If you are trying to brainstorm ideas, topics and details to help you with a certain project in hand, it can be quite time consuming to put all those ideas into perspective without having a clear plan. When you fail to plan properly, you are preparing to fail. I.



WHERE CAN THIS TAKE US?

It doesn't only stop at adding a visual presentation and sorting out your ideas. The next step is execution. Now when you are bombarded by a huge load of information, you will often find yourself overwhelmed, pressured, and overall lost. You do not know where to start, nor where to go.

Let's say you want to prepare for a job interview. Well, where do you start? You brainstorm and figure out that you need to talk about your credibility, about your education, about why you deserve this position and why you would be suitable for it. Then you think a little bit more, you realize that you might also need to talk about your work experience, how you handled certain situations, what you know about the company and the job itself.... The more you think, the more you come up with ideas. But, with such an overflow of topics you need to develop upon, where should you start?



BEFORE WE GIVE AN EXMAPLE...

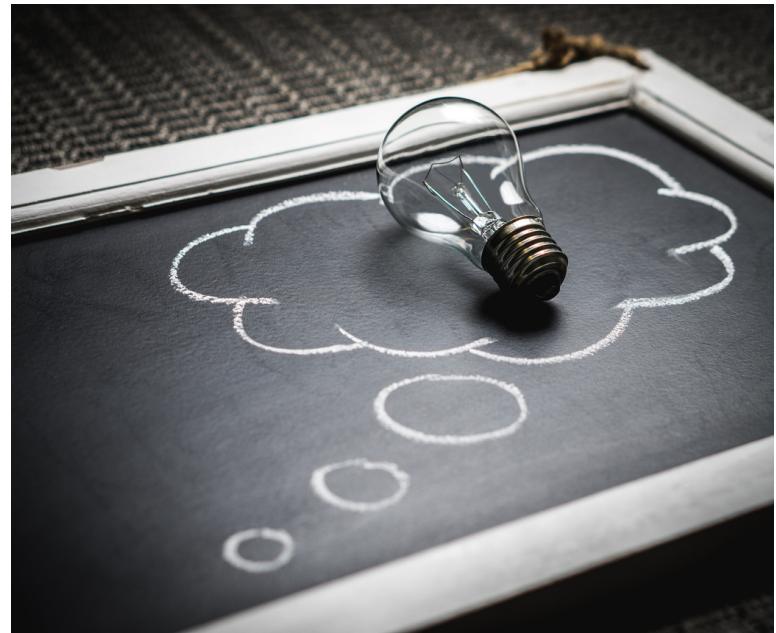
Well, you might say it's easy. I will write down all those topics and then sculpture a definite answer and memorize it. Yes, you can do that. However, you will waste a lot of time writing down your answer, and you will lose even more time trying to memorize and remember your answers. Another thing is, when it comes to memorizing. What if you get asked a question that you did not prepare for? Are you going to mumble and get confused after answering some questions flawlessly? Is it going to leave the best impression?

HERE IS AN EXAMPLE:

Now let's elaborate on the same example. If you were to use a mind map to analyze and prepare for your job interview, things will unfold differently. You won't be bombarded with a huge overflow of ideas where you might miss some key topics to discuss. You won't spend hours trying to tailor the perfect answer. And lastly, you won't have to put in a lot of effort to memorize the information and handle yourself properly during the interview. How is that? Keep reading and you'll understand how. For now, you need to understand the benefits of mind maps and why you should use them.

CREATIVITY

AND INFORMATION STRUCTURING IN MIND MAPS



Where does creativity come from? It comes from what we observe, and what we think about. If you are an artist, you might go to a museum of art, get inspired by some art pieces you saw there, and this will stimulate you on a cognitive level, boosting your inspiration and your creativity.

Become more creative

AND PROPERLY STRUCTURE INFORMATION

For you to get creative, you have to think. When you come up with original ideas, it all starts in your head. After the thought, comes the execution.

Mind mapping can help enhance your creativity, as it projects upon the visual and cognitive system.

Lastly, mind mapping can also help you when it comes to information structuring. It is an essential tool to gather those racing thoughts, and make sense out of them.

Mind Mapping

THE COMPONENTS

Of The Mind Mapping Process



Main Components:

- The Core
- The Branches
- The Sub-Branche
- Core Enhancement
- Structure Enhancement

The core of the mind map is the main idea or topic. In the previous example where we talked about video creation for youtube, the main topic is of course video creation for youtube. Whatever the topic of brainstorming is, it should be at the centre of your mind map. If you are tailoring a mind map for your new year resolution, the main topic would be the goal of the resolution. When you want to build mind map for an essay, the core of the mind map should be the topic of the essay. If you are mind mapping a presentation you have, the core should be based on the topic of the presentation...

From a brainstorming perspective, initiating the brainstorming session starts with an idea that you want to develop.



The Branching Process

Of Your Mind Map

The Branches:
Out of this main idea or topic, derive several other ideas related to this topic. Going back to our example, the other related ideas that derived from the main topic are video editing, search engine optimization, niche analysis... This is the part where you find the interpreted key points upon which you should develop the overall system.

Branch Our Topics And Ideas

WHAT ABOUT SUB-BRANCHES

ADDING THE DETAILS TO YOUR MIND MAP



SUB-BRANCHING

This is the part where all the details would start connecting to the overall system.

SUB-BRANCHING IS THE NEXT STEP

Now that you picked out the main ideas that are correlated with the core topic, you need to add on the details. What is video editing about? You need to learn how to trim the clips, how to adjust the audio, work on noise cancelation, add texts to your video, adjust colours and brightness...

Same thing goes to the other ideas. For search engine optimization, the details would include keywords, categories, description....

As well as the niche, where you need to figure out the different topics, the placement, the search results...



CORE ENHANCING

ENHANCE YOUR IDEAS:

Core Enhancing:

For now, you got all the ideas you need, you got all the details you need, and you're ready to go, right? Wrong. What if you missed out on some fundamental ideas there? This is the part where you conduct research. Whether it's in a book, or an online article, or a video, you need to identify, whether or not there are any missing key points that you left out so far. If so, you need to add the idea as a Branch, and then work on picking out the details as well.

As you make new associations, you will likewise observe where there are holes and what you don't think about the subject. This can lead you to recognizing what you have to examine about the subject.

When you have a sensible measure of data, you can begin to build up the connections between and among the thoughts. This system is designated "Idea Mapping" and enables you to keep on expounding on the essential thoughts that you have created.

While building your mind map for youtube video creation, you got all those ideas, and you figured out the correlated details. However, you forgot about the quality of your videos. As you were searching and exploring the topic more, you came across an article that explained how important it is to have a video with good image and audio quality, and how this factor can influence your success rate tremendously. Now you have another idea, video and audio quality. Sub-Branching the details, you might find some useful ideas such as having a good camera, a professional recording microphone, a nice scenery... Here, you worked on enhancing the core.

Add any details or topics
you might have left out to
make sure your mind
map is complete

While building your mind map for youtube video creation, you got all those ideas, and you figured out the correlated details. However, you forgot about the quality of your videos. As you were searching and exploring the topic more, you came across an article that explained how important it is to have a video with good image and audio quality, and how this factor can influence your success rate tremendously. Now you have another idea, video and audio quality. Sub-Branching the details, you might find some useful ideas such as having a good camera, a professional recording microphone, a nice scenery... Here, you worked on enhancing the core.



STRUCTURE ENHANCING

FOCUSING ON HOW YOUR MIND MAP IS DESIGNED



THE ASPECTS

- 1) Visual Aspect
- Recall Aspect
- Coherence Aspect

YOU NEED TO FOCUS ON

How you designed your mind map

Now you got your core idea, you got your branches and your sub-branches, but there is one more piece to complete this puzzle. As we said, mind maps are fundamentally based on visual representation of the brainstorming system. However, if the representation you are visualizing is messy, and not properly placed in order, you will have a hard time executing upon it. You need to make sure that your mind map looks clean, and organized. You can also focus on the colouring and the design of the mind map as you get more advanced and/or build mind maps using online softwares.



LEARNING

What are the different stages of learning



I'll help you understand with an example

The Stages Of Learning

Let's say you want to learn how to make YouTube videos. The first stage of learning is Unconscious Incompetence. You think that it is pretty easy to make a YouTube video. You just have to record yourself talking about a certain topic, and then upload the video. Nonetheless, as you go on your computer, and start searching for how to create YouTube videos, you discover a ton of information that you did not previously know. You learn that video creation is not just about recording and uploading, but you need to pick a topic, pick a niche, edit the video, work on the search engine optimization... That's the first learning step. You were unconscious of your incompetence. You did not basically know, that there are some information, you do not know. In a nutshell, you are unaware of your incompetence.

THE STAGES OF LEARNING

UNCONSCIOUS INCOMPETENCE

CONSCIOUS INCOMPETENCE

CONSCIOUS COMPETENCE

UNCONSCIOUS COMPETENCE



First Off

Let's elaborate more:

Now you move into the next learning stage, which is **Conscious Incompetence**. After reading the article, you are now conscious and aware that there are some skills you need to acquire. You realize that there are different topics you need to learn, and master, in order for you to start a youtube channel, and successfully create videos to grow the channel.

What's the next step? You need to start learning. You pick out all the topics you were unaware of, and you start working towards mastering them so you can leverage this knowledge and use it to grow your channel. After a while, you learned how to properly use and operate the systems that were missing from your overall success formulas. Now you are in the **Conscious Competence** stage. You wrote down all the information as you were learning, and you have them as a backup resource for when you want to start working. However, as you were working on your first video, trying to edit it, you notice that you forgot how to edit the audio on the video editing software, so what do you do? You go back to your notes or look it up online. You are competent, you learned about audio editing, but you weren't able to assemble the skillset you needed as the overall system is still being developed on a conscious level.

After a couple years of video creation, promoting your channel, and growing on youtube, you find it so easy to create videos in opposed to how hard it was when you first started. You don't need to go through your notes, you don't need to lookup anything online... It is all stored in your head, it is all stored in your unconscious brain where you don't have to spend any effort thinking, when you are trying to execute. Here, you reached the **mastery stage of learning**... The stage of **Unconscious Competence**. You do not have to think about what you're doing, you don't have to think about how to edit the audio in your video editing software, you unconsciously know how to do it, as if you developed a muscle memory that automatically triggers the execution and completion of the task in hand.



DIVING DEEPER

INTO THE MIND MAPPING PROCESS



FIRST OFF

We talked in the beginning about the clustering idea. It is a form of random grouping. Grouping is a decent method to begin the way toward creating new composition however may require elaboration to be valuable to the procedure of scholastic composition.

Begin with what you know. This might be as merger as single word. The following stage is to characterize your pledge. Each piece of the definition can turn into another hover in your mind map.

You might want to consider asking some questions such as, why, when, where, what, how, to elaborate more upon the topic and expand.

Another thing you need to keep an eye for, is basically reviewing your mind map. Before you jump straight ahead into the execution process, you need to review your mind map. Make sure you got all the necessary ideas out there. You are ready to start the execution process, and there is nothing else that is missing there. Now of course, we might run into any kind of obstacle where we forget to add a certain idea. As soon as you realize that, you can simply add the idea to the mind map, elaborate on it, and then add it to the execution plan.

Mind mapping is a visual method that adventures the manner in which we really think in an unusual non-direct manner. It gives its users the optimum opportunity, access to subliminal perceptions based on unconscious and unusual thoughts and correlations. One thing we need to also realize, is that mind mapping is a process that would and should enhance your critical thinking.



SYSTEM COMBINATION

ELABORATING ON THE SYSTEM

It is true that mind maps can be built on an individual level, however, it is even better to try to build them while in brainstorming group sessions. There is a fascinating idea here. When you think, there is an intangible cognitive entity that is projecting thoughts and ideas. On the other hand, when you are following this process with another person, there are two intangible cognitive entities projecting thoughts and ideas, however, there is also a third cognitive entity that derives from the combination of the two precedent cognitive systems. When there are three people, we have 3 entities, and then another 3 built upon the systems combination and association. While brainstorming in groups, not only can you reflect upon more ideas, but you also have the ability to analyze it from a critical thinking standpoint.

Moreover, it is true that mind mapping at its basis, should start with random ideas to elaborate upon. However, as you are building your mind map, you need to use reason, logic and rationality to be as efficient and detail oriented as possible. Having other people help you build it, would also improve the overall logical, rational, and reasonable interpretation of it.



FURTHER STEPS

TO KEEP IN MIND



ONCE YOUR MIND MAP IS DONE

Now once your mind map is done and it is ready to go, the step that follows is obviously putting an action plan to execute and place the ideas into perspective. When you have 4 or 5 branches, with 4 or 5 sub-branches, the question is where do you start.

Here you can follow one of three ordering systems to make sure you execute efficiently and effectively.

The first concept is the 80/20 Pareto principle. This formula unfolds in a fascinating manner where 80% of the results, derive from 20% of the effort based on the essential ideas. You need to figure out the main ideas that you branches out of the main topic, and emphasize your effort when it comes to this 20%.

If you are building a marketing plan, the 20% that might account to 80% of the results can be figuring out your target audience, creating a survey to get their feedback and input, and lastly, build a marketing plan that targets the precedent resulting audience. The 80% of the ideas that account for 20% of the results could be sending promotional emails, or testing out the marketing strategies.

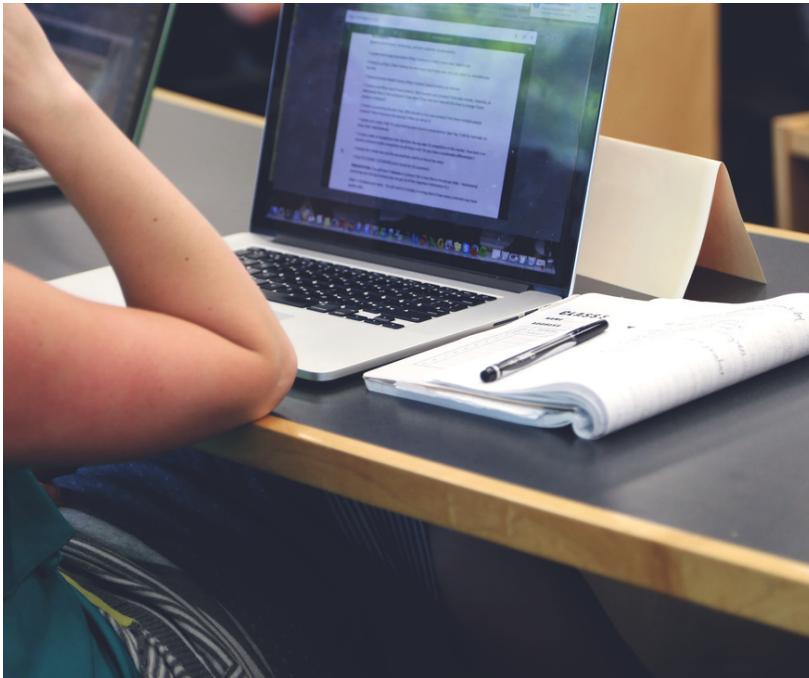
Without the initial 20% of the work, the 80% might be somewhat useless.

Moreover, a formula we have, is the power of one. It is crucial to focus on one idea at a time. Jumping from one idea to the other contradicts the mind mapping system itself. The goal is to build coherence, not disorder.

Another formula is called the rule of three. Prioritize based on the importance level. The first group would envelop the primary ideas you need to focus on and start with. The second group envelops the actions you need to take based on the primary ideas. The third group would be a combination of both, adding to it some details to add value.

If you are writing an essay about water pollution, the primary ideas would involve the pollution itself and how it is forming. Secondary ideas might involve some basic sources that led to those consequences, and what we can do to avoid them or regulate them in the future. Lastly, the third group of ideas can involve some details about organizations conducting

BUILDING YOUR MIND MAP



LET'S TAKE AN EXAMPLE

TO UNDERSTAND BETTER

I'll give you a typical example for a mind map. The core idea is in the middle, as we said, it can be the topic of an essay, presentation, a job interview or preparation for an exam. Then we have the branches, the arrows linking us to the derived topics. In the example of a productivity mind map, the topics might include some of the principles or formulas we talked about previously

Now we get to the Sub-Banches. The topics are followed by an arrow linked to a box. In this box we add the necessary details to use each and every one of those formulas.

For the 80/20 principle, details might include:

- Figure out the 20% primary focus details to work on.
- Analyze the 80% of results that can derive from it.
- Identify secondary details to pay attention for.

LET'S TALK ABOUT

- The 80/20 Principle
- The Law Of Three
- The Power Of One



Productivity and time management concepts and usage



SECOND OFF

LET'S EXPLOR EMORE

For the Law of three, details might include:

- The primary idea and why is it basically the main and prime idea.
- The secondary idea and how to develop it properly upon the primary idea.
- The third idea and how to use it as a correlation between the two precedent details you worked on.

For the power of one, details might include:

- Steps to take to focus on one topic at a time.
 - Building a scheduling plan.
 - Building a timeline.
 - Setting SMART goals.
- Whatever the topic is, you follow the steps we talked about, and you are good to go.



LASTLY

ADD ON SOME PRIMARY POINTS

Lastly, you might want to focus on how the mind map is designed, focus on making it aesthetically appealing, add some colours to it, and a nice design. There are plenty of softwares online that you can use to build a mind map, and you can also use apps on your phone..

USING YOUR MIND GUID

THE NEXT STEP

When your mind guide has been made you can utilize it as the arrangement, or structure, for composing an article. All that you have to expound on is spread out before you. The subject you are expounding on is the thing that you set as the focal topic in your guide. In your presentation you will depict what this is and furthermore notice each sub-theme that will be examined. The accompanying sections will contain all the data that you have to incorporate. Keep in mind, each section ought to contain one thought or spread one angle applicable to the focal subject at the forefront of your thoughts map.

The website that I found to be particularly helpful is called Canva. On the website, you can look up designs and choose mind maps. You will be exposed to numerous templates ready to edit. You just add the necessary information, and you can print it, or export it as a PDF file to use it.

MEMORY TYPES

THE DIFFERENT MEMORY SYSTEMS

THE OPERATES OUR RECALLING, ACQUISITION AND STORAGE



SENSORY MEMORY

Our sensory memory processes information through the use of our senses perceptional ability. You can hear something, taste something, smell something, see something, or feel something.

The information received by our senses are held for an extremely brief time.

The processing system usually stops as soon as the internal or external stimulus is gone.

It is the first stage of our memory system. Generally speaking, we can't consciously control our sensory memory as it is based on an automatic reaction to the stimulus.



SO HOW CAN WE USE OUR SENSORY MEMORY EFFECTIVELY?

As our sensory memory is short termed, and lasts for brief moments, for us to have the ability to process and retain the information, we need to operate on a conscious level. When you do use the conscious memory system, the sensory memory processes the information through the second stage of memory which is our short term memory.

Usually there are two different types of sensory memory that we can add on. Our Iconic sensory memory is the sensory memory that holds visual representations. Our Echoic sensory memory is the system that holds information that we heard. And, lastly, our Haptic sensory memory operates based on our touch sensory ability.



OUR SHORT TERM MEMORY:

It is also known as the active or the working memory system. It holds and processes information that you are currently thinking about on a conscious level. The acquisition system's life span is also short. It lasts longer than the sensory memory as it is usually a processing system that follows the sensory acquisition of information.

It can last up to 30-45 seconds. Most of the short term memory information processing is forgotten. However, by advancing the information into the storage system, we store the short term memory linked information we were processing in our long term memory. The process of encoding is based on different intellectual elements. Assessment, significance, relativity, coherence are all factors that contribute towards the encoding of the information. You usually forget information that you were consciously aware about when you fail to store and encode it in your long term memory.

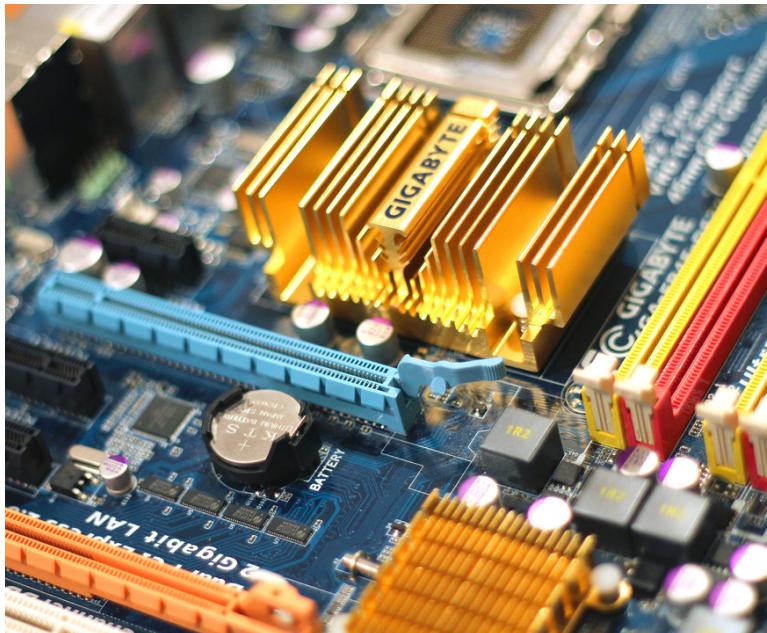


THE CAPACITY IS ALSO ANOTHER FACTOR TO KEEP IN MIND:

As we said, our short term memory is linked to sensory processing of information on a conscious level. However, our consciousness can focus on one element at a time. Try thinking about two different things at the same time for example. You will find that you can't actually do it. Therefore, our short term memory at its basis, has a limited capacity of information chunks it can process. The average capacity is usually between 6 to 7 bits of information, and it can go up to 9-10 bits of information. If you listen to a series of 15 random two digit numbers, you will most likely be able to remember 6 or 7 out of them.

OUR LONG TERM MEMORY

THE ADVANCED ENCODING PROCESS



WHAT IS OUR LONG TERM MEMORY?

LONG TERM MEMORY

The stage that follows our short term memory processing system.

AND HOW DOES IT OPERATE?

Opposed to our short term memory, the long term memory system is intended to store information for an extended period of time. You might recall the information stored in your long term memory for minutes, hours, days, weeks, even years. When you learned the mathematical multiplication process, you acquired guidelines that says, any number multiplied by one, remains the same. You processed this information and stored it in your long term memory. Decades can pass by, and you will always remember that any number multiplied by one, remains the same. Moreover, our long term memory has an approximate unlimited capacity to store information.



LONG TERM MEMORY IS BASED ON TWO SUBSIDIARY PROCESSORS INCLUDING OUR EXPLICIT AND OUR IMPLICIT MEMORY

LET'S ELABORATE MORE:

THERE ARE OTHER SYSTEMS WITHIN THOSE SYSTEMS:

Our explicit memory envelopes experiences that are intended to be remembered on a conscious level. It also includes other bits of general information such as facts, events, data... etc

It is known as the Declarative memory system.

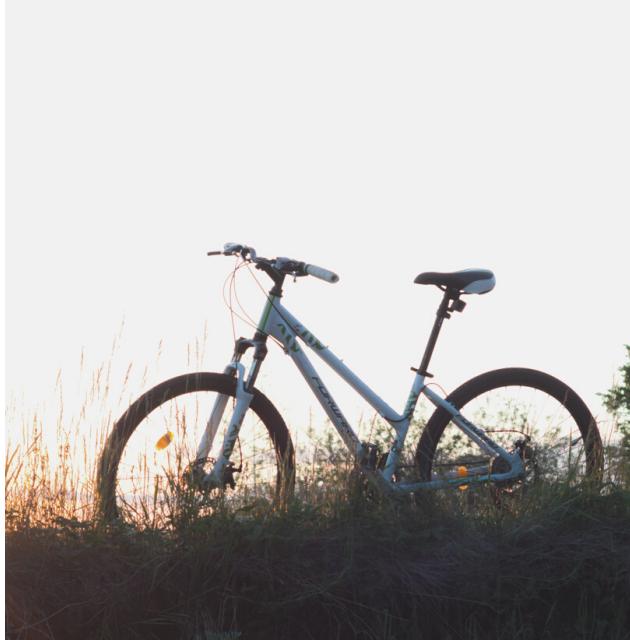
The explicit memory system is made out of two components we can focus on. First off, the episodic memory. As the name entitles, it is based on episodes. It is the sum of information related to events that you experienced on a personal level. It can include a seminar you attended, your graduation ceremony ..etc

The other component of our explicit memory system is the semantic memory. When you learned geography, you learned that the capital of Canada, is Ottawa, you also learned that Canada is in North America. You learned that Obama was the president of the United States... All those are based on general knowledge that you acquired. It can be related to facts, as well as concepts such as the multiplication example we previously talked about. You also explored vocabulary through your semantic memory system. The fact that you know what the word memory means is based on semantic processing.

NOW LET'S TALK ABOUT OUR

IMPLICIT MEMORY

Mostly known for its procedural system component



WHAT IS OUR IMPLICIT MEMORY

and how does it work

For us to access our explicit memory, we need to consciously remember the information as we recall it.

When you are asked what the capital of The United States is, you need to consciously remember that it is Washington.

Your implicit memory operates more on an unconscious level, where you don't have to consciously think about the information.

When we talk about implicit memory, we are often talking about procedural memory. It is the ability to recall procedure based information. If you know how to ride a bike, you don't need to consciously think about how to do it. Your unconscious memory steps in, usually in the form of muscle memory. An even simpler example would be the ability to walk. We learned it, and now we do it unconsciously.

This habitual memory system, through repetition builds our automatic reactive recalling system.

IMPLICIT MEMORY

Procedural memory that can be based on muscle memory

ADVANCED TOOLS

USING MNEMONIC DEVICES

THE METHOD OF LOCI

USING THE METHOD

You want to use either a place you are familiar with, or just create a new space in your head. Let's take an example of a house.

If you lived in a house, where there are overall 5 rooms in the house. Every room will represent a chunk of information. You were reading a book about time management, and you learned 5 different systems you can use. You will associate every room with one formula. Let's say one of the formulas was to focus on finishing your priorities first, second one was to build a monthly and weekly schedule, third one was to take 15 minute breaks in between work or study sessions... You walk into the house, in the first room is your dad working on his priority. You walk to the second room and find your brother writing down his daily, weekly and monthly goals. You go into the third room and you see your mom taking a 15 minute break before going back to work...

THE LOCI METHOD

YOU CAN USE THE SAME EXMAPLE TO ASSOCIATE CHUNKS OF INFORMATION WITH A LOCATION BASED RECALLING SYSTEM

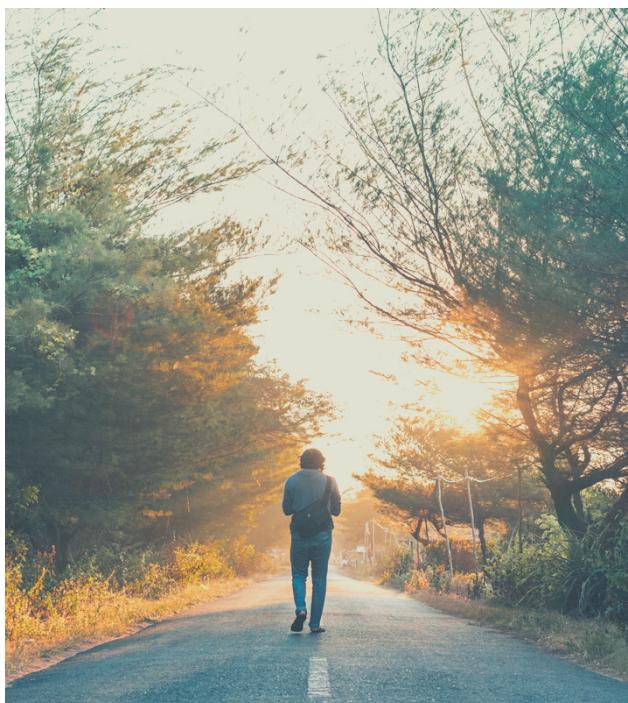


WE CAN ALSO USE CHUNKING

IT IS HARD BUT EXTREMELY IMPORTANT

When you have a huge load of information, it is always harder to try to memorize all the information at once. If you are reading a self-help book, and you finished the entire book in one day, you will not remember as much information as you would, if you read one chapter a day, while practicing what you learned after reading it. Same thing does for trying to memorize a number. It's easier to memorize 243 566 8992 than to memorize 2435668992.

For information as well, instead of memorizing an entire paragraph, it is easier to chunk it into different phrases and memorize it one chunk at a time.

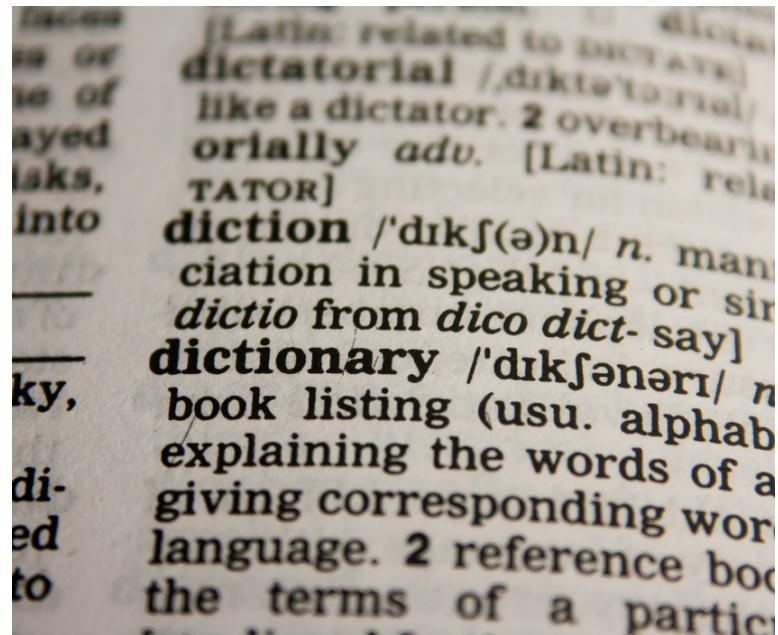


Connection Based Mnemonics is another tool you can also use. It works on a more personal level.

While reading a story, or learning something new, adding a personal connection factor, can be very helpful. Going back to the example of the time management book. If you remember prioritizing by linking it to the habit of working on secondary tasks that you would usually do, or make a connection between the weekly and monthly schedules that you usually replaced with a daily crammed schedule, or if you link the 15 minute break idea to the fact that you tired quickly and can't focus after a while, you will have an easier time processing and remembering the information. If you read a story about an inspirational successful person and what he did, you can imitate some of the things he did, and make it personal for you to remember it and use it automatically just because you make it personal.

USING MUSIC MNEMONICS

RHYMES, NEW SONGS, AND FAMILIAR SONGS



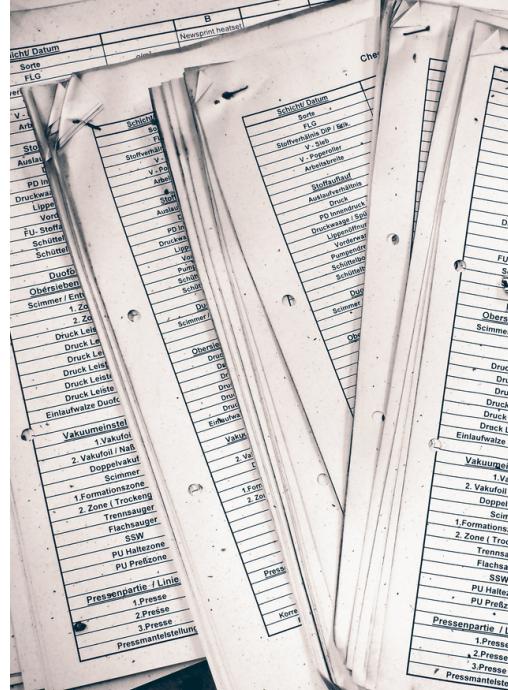
IT IS A VERY HELPFUL TOOL

USED TO ENHANCE YOUR RECALLING ABILITY

To use mnemonic devices properly, there are a few different systems that you can use.

First off, you can start by finding words and phrases that rhyme. Roses are red, violets are blue is a perfect rhyme example that a lot of us are familiar with. When you use the Rhyme method, it will help you when it comes to recalling information, as well as when it comes to the processing and acquisition of the information.

When the information follows a Rhyme rhythm, remembering one word, or one bit of information would start a recalling chain system.



LET'S ELABORATE MORE ON RHYMES:

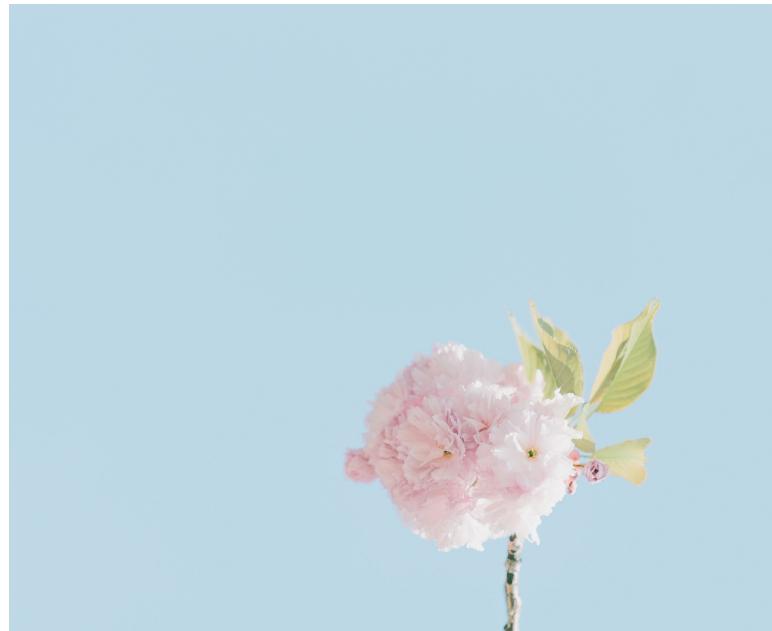
Rhyme Mnemonics

WHEN IT COMES TO APPLICATION

30 days hath September, April,
June, and November.
All the rest have 31
Except February my dear son.
It has 28 and that is fine
But in Leap Year it has 29.

'This is one example on the left for you to understand the system, however, you can use it personally. When you are trying to remember information, chunk and information and regroup it based on rhymes that you can remember. You can alter the information while maintaining the sense by using similar rhyme words or phrases.

PERSONAL USE



SO LET'S TRY TO USE IT

AFTER READING THIS, TRY TO RECREATE YOUR OWN VERSION

Let's recreate a story based on the rhyme system.
Charlie walked in the forest. He was trying to be a florist. " I will find the medical herbs! " He promised, and he was always honest. While walking he met a florist. He said come back in the middle of august, when the temperature is not the hottest. Otherwise, you have to find a rainforest, but it is important to have a warrant, so they don't think you are there to deforest.

USING MUSIC

FAMILIAR AND NON FAMILIAR

USE SONGS OR CREATE SONGS



I'LL GIVE YOU AN EXAMPLE

Take the alphabet song for example. The reason why teachers sing it for kids is to help them memorize it and remember it better. After years, you still remember the alphabet, and when you want to say it again, you have a tendency to sing along the song.



YOU CAN ALWAYS USE A CATCHY SONG YOU KNOW.

Pick one of your favourite songs, it doesn't even matter what language the song is written in. The focus is the melody. Write down the information you are trying to memorize based on the lyrics and melody of the song. Now try to repeat the information while following the same rhythm and melody of the song.



YOU CAN ALSO USE A COMBINATION

let's say, using a song you know was not the best idea for you, cause you kept getting distracted by the old lyrics.

We talked before about how important it is to use the rhyme system to help you recall better. But what if we mix up those two systems and create a new song out of it.



BY USING THE PREVIOUS RHYME EXAMPLE, OR THE NEW ONE YOU CREATED, TRY TO ADD A MELODY TO IT, AND SING IT INSTEAD.

Charlie walked in the forest. He was trying to be a florist. " I will find the medical herbs! " He promised, and he was always honest. While walking he met a florist. He said come back in the middle of august, when the temperature is not the hottest. Otherwise, you have to find a rainforest, but it is important to have a warrant, so they don't think you are there to deforest.

LINGUISTIC BASED

TRAINING PROGRAMS AND MNEMONIC DEVICE SYSTEMS



USING LETTERS

LETTER SUCCESSION

Let me explain:

If you have made out of 40 words, would it be easier to memorize all the words, or would it be easier, to cut down the 40 words into 40 letters, combining them into 7 or 8 words?

Well by default, memorizing 7 words is way easier than memorizing 40 words.

If you take out the first letter of every word, and then you put those letters into a succession of different words, even if the words don't make sense yet, you will have a map that can easily lead you towards the 40 words or the main idea.

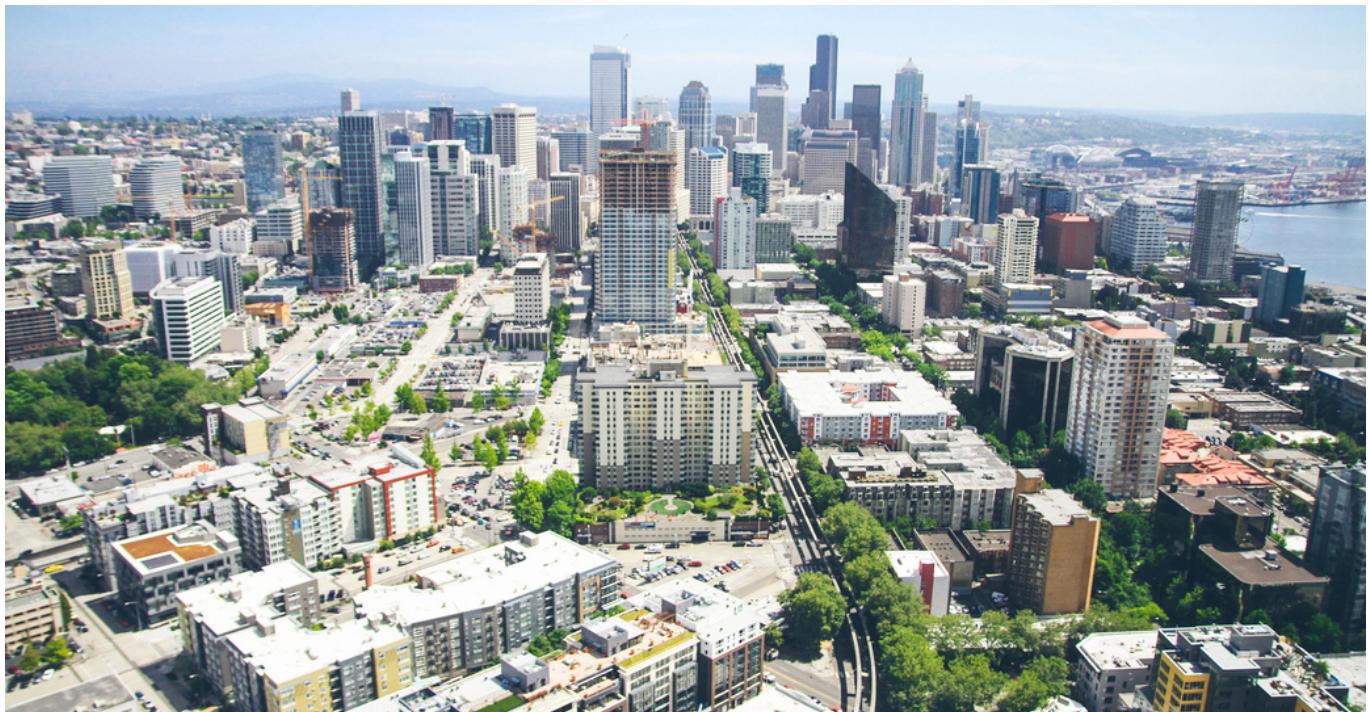
You can even use that when it comes to lists as well. On the right you will see an example that will illustrate what I mean.

A MATH EXAMPLE

Parentheses,
exponents,
multiplication,
division, adding,
and subtraction

Now take the first letters, and make a word out of them.

PEDMAS
PESDAM
DAMPES



USING NUMBERS

AS A MNEMONIC DEVICE

This example is a bit tough, but it will illustrate my idea perfectly.

Let's take the number Pi π which is on the right. We are only going to take the first 10 numbers.

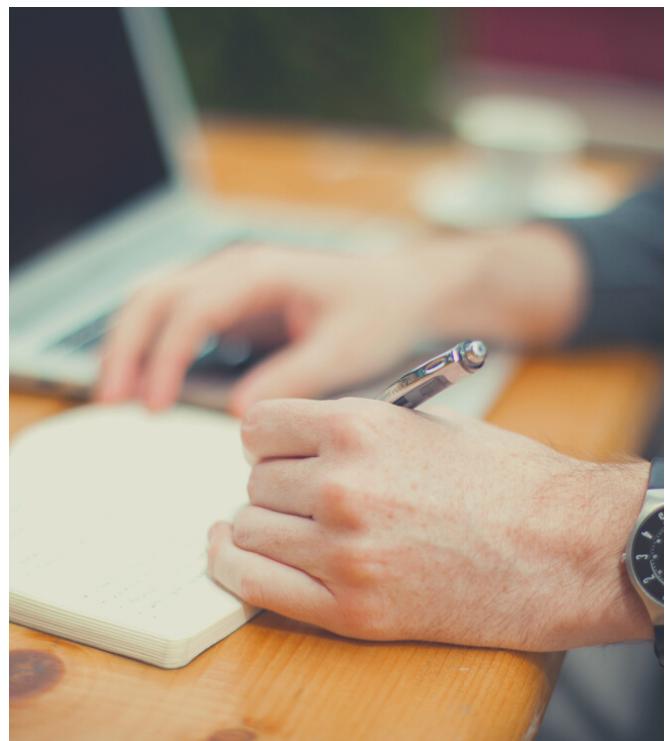
Now what we're going to do, is make a catchy phrase out of the numbers by focusing on the number of letters. If a word has 3 letters, the number is three, if it has 4 letters, the number is 4...

How I like a drink, alcoholic of course, maybe not.

If you read through the list, you will notice that if you count the letters of each and every word, you will get the 10 first digits of the number Pi.

$Pi = 3.141592653$

LET'S TRY TO USE MNEMONIC DEIVCES TO REMEMBER THIS NUMBER



VISUAL BASED

MNEMONIC DEVICES FOR MEMORY IMPROVEMENT

WE WILL TALK ABOUT

FLASHCARDS

MIND MAPPING

STORY BASED



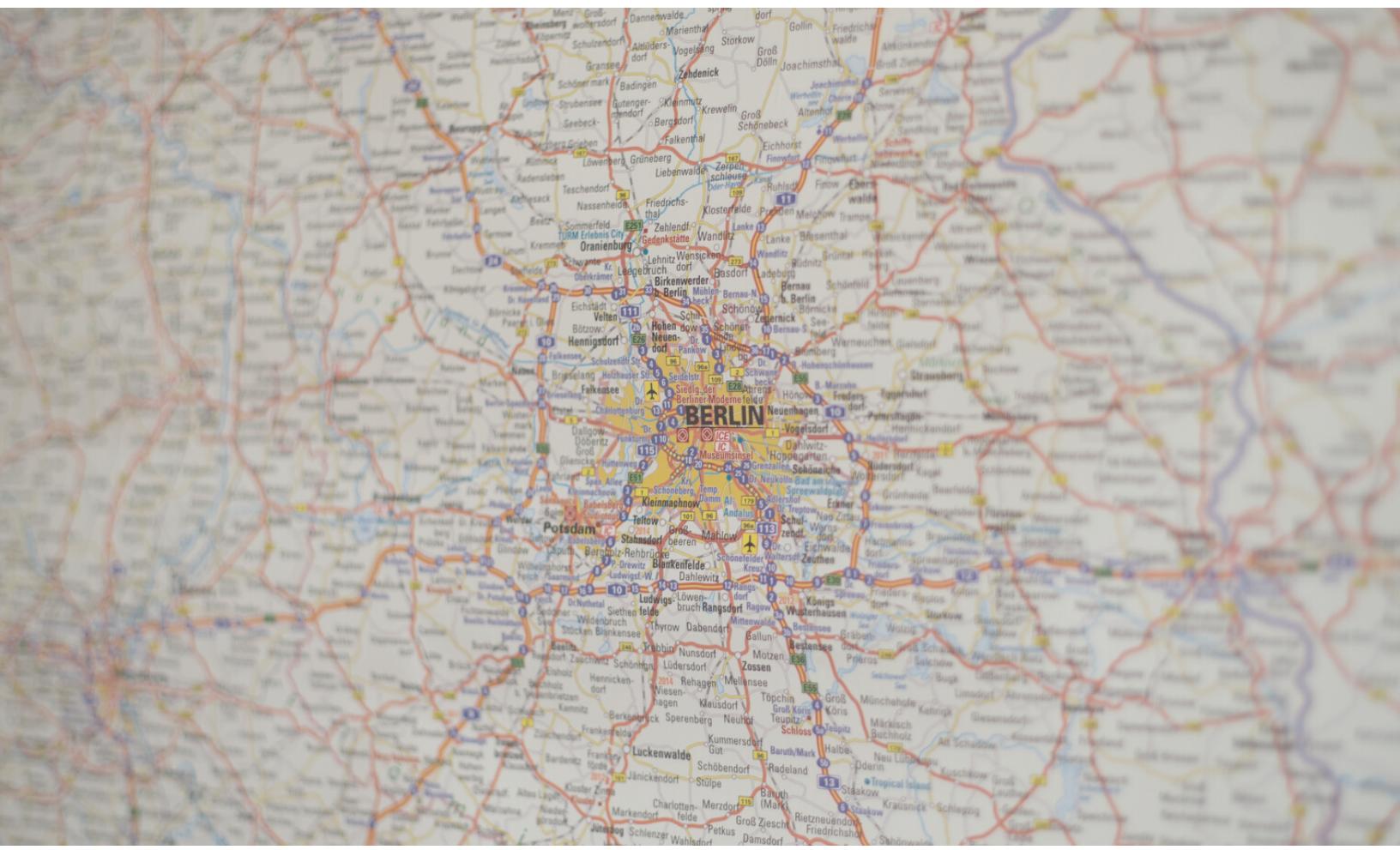
VISUAL MNEMONICS CAN HELP

WHEN IT COMES TO AQUISITION, STORAGE AND RECALLING

Flashcards are one of the most well known tools to use. Some people would not consider them as mnemonic devices, however they are a very reliable resource to use.

Using flashcards can be used as a mnemonic device when you focus on the imagery aspect of it. Flashcards can be based on a combination of mnemonic devices we talked about.

When you use flashcards, to write down primary bits of information, you need to focus on writing clear, big sentences to use your eidetic or visual memory as an auxiliary tool.



IT DOESN'T STOP HERE

YOU CAN USE MIND MAPS

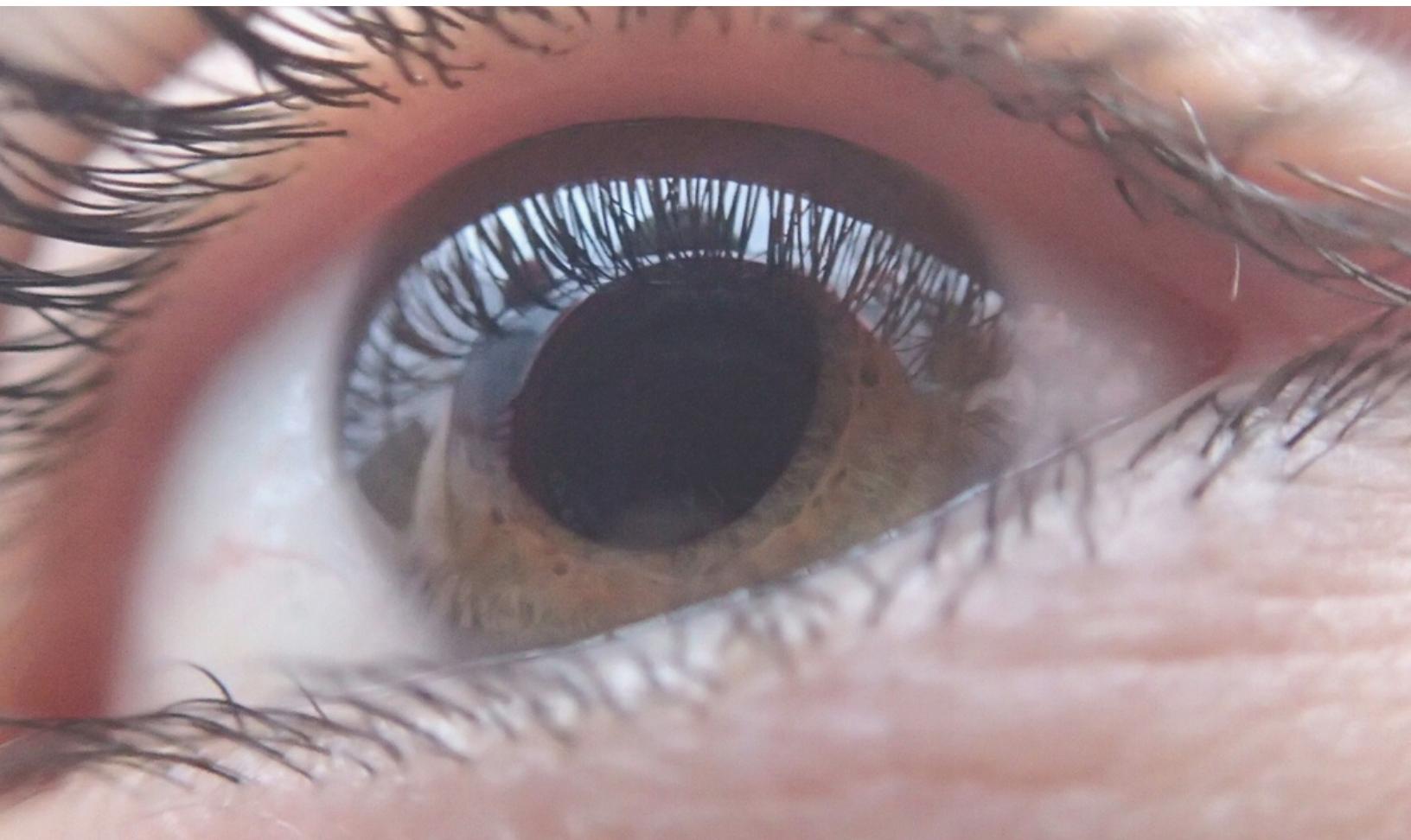
Mind maps act as a visual representation, a map, that can help you acquire the information through proper brainstorming. It can help you store the information through the correlative basis of it. It can also help you recall the information through the information flow and imagery based perception.

Start off by identifying the main idea. You will then brainstorm and write down all the ideas you have or trying to memorize on a piece of paper. Draw a circle and out the main idea in the middle of the circle. Now you need to identify, between the supplementary ideas you wrote down, those that match or have a correlation. You will then draw arrows pointing from the main circle or idea, and out. At the other end of the arrow, you will write down those supplemental topics or information. You will then add another set of arrows for the secondary circle based information that you wrote down, and add another square or circle with the details you need to know or understand to build a coherent system.

Let's take an example. You want to start creating youtube videos. You put youtube video creation in the main and first circle. Now you add the information or topics related to it. You add the niche, video editing, topic identification, equipment..etc Those are the secondary bits of information placed in the secondary circles around the main idea. Finally you add the details. for example, details for the video editing idea can include, video trimming, light adjustment, audio editing...etc

ADDING VISUALS

LINK IMAGERY AND VISUALS TO THE TOPIC OF MEMORIZATION



HERE'S HOW IT WORKS

WE WILL ALSO TAKE AN EXAMPLE

You are going to associate images or visuals to remember information. If you read or heard a story, and you want to remember it better, you can make different imagery entities to help you remember properly. You can also visualize a movie or a scenario.

You are trying to learn more about World War II. Instead of memorizing information, create images in your head or videos of the events that happened and how they happened. Add all the necessary details you need, then focus on memorizing the visual aspect.

You can also link imagery aspects to other topics. If you met someone and you are trying to remember their name, identify and link the name with the image of the person. The tall guy with long hair and glasses we met at the coffee shop... His name is Andrew.



EMOTIONAL INTELLIGENCE

AN INTRODUCTORY GUIDE

What is Emotional Intelligence

We all have emotions that are usually recurrent on a daily basis. Some of those emotions we experience are positive, and others are negative. This emotional charge can have an effect on a physical, mental and spiritual levels.

No matter how hard you try, you can not eliminate emotions completely, but that's where Emotional Intelligence steps in. Once you master this skill, you will be able to manage and control your emotional discharge better. When you are angry, you react in a certain way, when you are emotionally intelligent, you will be able to control and manage this reaction. For every action, there is a reaction, and the goal is for you to control this reaction.



Main Ideas

What Is Emotional Intelligence

How Can We Use It

How Can It Help Us

Where And When Can It Help Us

What Are Emotions, And What Are Feelings

What Is The Difference And Correlation

HOW CAN WE USE EMOTIONAL INTELLIGENCE. WHERE AND WHEN

Emotional Intelligence is a tool we can use every single day. Whether you're at home, at work, at school.. you can use this tool.

Regardless of the location, time and circumstances, there are plenty of exercises you can use to handle the situation properly and effectively. If it means taking a 5 minute break to relief yourself from this emotional discharge, it is always worth it.



When do we use emotional intelligence though? How can it help us?

Emotional Intelligence can help you in many different areas in your life:

- Social Interaction
- Work and Professional Career
- Schooling and Education
- Relationships and Intimacy
- Conflict Resolution
- Leadership and Success.. and many more

Just to give you a quick example:

Emotional Intelligence accounts for 58% of employees performance in their workplace...

“Whatever goes on in your mind eventually exits your realm of experience as long as you don't follow it around.”

DR. JACINTA
MPALYENKANA





EMOTIONS AND FEELINGS

WHAT IS THE DIFFERENCE?

EMOTIONS AND FEELINGS ARE DIFFERENT YET THEY ARE CONNECTED

Feelings are usually based on mental associations of external and internal factors leading to a cognitive reaction linked to this mental association. Those feelings are usually linked to belief and conditioning. Feeling happy, feeling blessed, relaxed, grateful... those are all feelings built upon a stimulus. Emotions operate on a more complex level. While feelings last for a short period of time, emotions usually last longer, and they have a more accute influence on us. Here is the interesting part however, emotions and feelings are indeed different, but there is a correlation between them. Feelings lead to emotions. Lingering feelings of excitement and happiness, can lead to an emotional state of joy. Feelings of disappointment, devestation and grief can lead to an emotional state of sadness. I'll give you an example:

You were expecting a job promotion, only to realize after a while, that you will not be getting the promotion. As soon as you heard the news, feelings rush in. You felt disappointed and frustrated. If those feelings last for a while, they will develop into emotions linked to anger or sadness.

However, if you got the promotion you were hoping to get, you will feel happy and ecstatic. Those feelings, in the case where they last for a while, can develop into an emotional state of joy.



EMOTIONAL INTELLIGENCE

EFFECTIVE COPING MECHANISMS YOU CAN USE FOR EFFECTIVE CONTROL AND MANAGEMENT



WE ARE GOING TO TALK ABOUT

SEVERAL COPING MECHANISMS YOU CAN USE:

First off, the opposition thinking technique. As we said, emotions derive from feelings. If we manage our feelings properly, we can avoid the correlative emotions or control them better. This technique is pretty simple and you can use it anywhere, at any time.

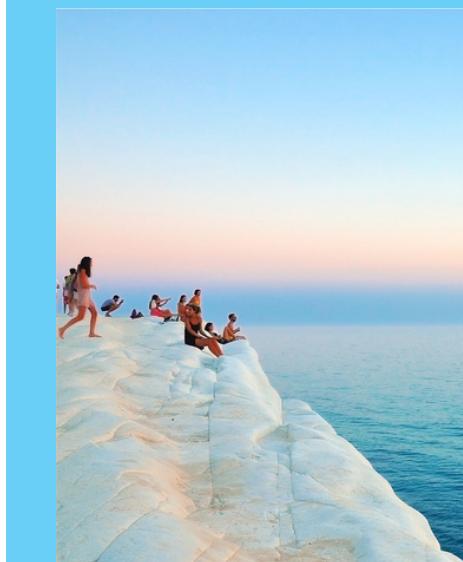
You need to be aware of some feelings you are experiencing. When you feel down, or upset, you need to be aware that there are negative feelings emerging. Once you become aware of the specific emotions you're feeling, you can start using this technique. If you have a hard time determining how you feel, look for a list of feelings, there are more than 5000 words to express feelings, and you need to see which one resonates with your current state.

Now that you're specifically aware, shift your thoughts to the complete opposite of your current state. If you are angry, close your eyes and imagine yourself in a happy place, remember happy and soothing positive memories, use affirmations and repeat "I am calm."

for example several times. Whatever you do, don't judge the way you feel. If you hate the fact that you are feeling angry, you will just end up feeling more angry. Try to accept how you feel, and work on imposing opposite thoughts, feelings and actions.

LEARN TO SAY NO

This is an important idea. Most people have a hard time saying no, whether it's out of awkwardness, or shame, or disappointment, we might end up saying yes to things that make us feel bad. Learn to say no, as there is nothing more important than your mental health.





MORE ON THE COPING MECHANISMS

WHAT ELSE CAN YOU DO?



Taking advantage of useful daily methods:

Try the following three things when you are feeling bad... Go invest some time in physical exercises, have a cold shower, or practice mindfulness and affirmations.

As an example, as soon as the cold water hits your body, you switch into a fight-or-flight reaction where your mind's primary focus is on the cold water. Well guess what, you are not thinking about those negative emotions anymore, your mental focus has been altered.

Same thing applies to physical exercising. Investing some time in physical exercising, based on scientific research will boost your happiness hormone which is the dopamine, and it can also reduce your stress hormones known as cortisol. Mindfulness and affirmations can also have similar influences on your physical and mental state.

Another coping mechanism is using self empowerment technique. The goal is for you to feel inspired, motivated, and overall stronger than you felt before. On the right is a piece of self empowerment text that can help you for example:

"If you think you are beaten, you are
If you think you dare not, you don't,
If you like to win, but you think you can't
It is almost certain you won't.
If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will
It's all in the state of mind.
If you think you are outclassed, you are
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!"

— Walter D. Wintle

we will avoid bankruptcy," he said. "At the moment, we have no one else to come over, we have a 60% chance of survival." If Jobs didn't get Steve back, and have to search for a new CEO, then we have a 40% chance of surviving." The board had the authority to ask Jobs to return.

Woolard and his wife were staying at a hotel where they were planning to watch the Wimbledon tennis final. Some of the tennis players were staying the day before the final in this suite at the Inn at the Park calling people from the business, when it was daytime. By the end of his stay, his bill was \$2,000.

Jobs called Jobs. The board was going to fire Amelio, he said,

but he asked Jobs to come back as CEO. Jobs had been aggressive during the meeting and pushing his own ideas about where to take Pixar. Suddenly, when off the cup, he became coy. "I will sleep, I will do nothing."

Jobs said no. Woolard pushed hard for him to become at least the acting CEO. Again, Jobs demurred. "I will be an advisor," he said. "Unpaid." He also agreed to become a board member—that was something he had yearned for—but declined to be the board chairman. "That's all I can give now," he said. After rumors began circulating, he emailed a memo to Pixar employees assuring them that he was not abandoning them. "I got a call from Apple's board of directors three weeks ago asking

about eight one Saturday morning—too early. I gave him the pros and the cons, and in the middle he stopped me and said, "Steve, I don't give a shit about Apple." I was stunned. It was then I realized that I *do* give a shit about Apple—I started it and it is a good thing to have in the world. That was when I decided to go back on a temporary basis to help them hire a CEO.

The claim that he was enjoying spending more time with his family was not convincing. He was never destined to win a Father of the Year trophy, even when he had spare time on his hands. He was getting better at paying heed to his children, especially Reed, but his primary focus was on his work. He was frequently aloof from his two younger daughters, estranged again from Lisa, and often prickly as a husband.

So what was the real reason for his hesitancy in taking over at Apple? For all of his willfulness and insatiable desire to control things, Jobs was indecisive and reticent when he felt unsure about something. He craved perfection, and he was not always good at figuring out how to settle for something less. He did not like to wrestle with complexity or make accommodations. This was true in products, design, and furnishings for the house. It was also true when it came to personal commitments. If he knew for sure a course of action was right, he was unstoppable. But if he had doubts, he sometimes withdrew, preferring

TRAINING SYSTEMS

FOR BETTER CONTROL AND STABILITY



THE BRACELET TECHNIQUE

Human beings tend to avoid pain and embrace pleasure. When you are aware of any negative feelings or emotions, keep a rubber band on your wrist, and as soon as those emotions emerge, snap the bracelet on your wrist while being aware that the pain you felt is linked to the emotions you experienced. Afterwards, switch into opposite positive thinking and you can even empower the system by rewarding yourself when you think positively. Using this method for a while can condition your brain and help you in terms of control and stability.



MINDFULNESS TRAINING

We are going to be talking about the waterfall technique and the mountain top technique. When you feel negative feelings or emotions, try the waterfall technique. Close your eyes and imagine yourself walking towards a river while being aware of your current mental state and accepting it. When you reach the waterfall, you go under the cold water, and you feel that this water is washing away the negativity and filling you up with positivity. As soon as you feel those positive feelings building up, imagine yourself flying up to the sky, reinforcing that positivity and sustaining it by feeling powerful.

The mountain top is similar as well. Imagine yourself at the bottom of a huge mountain while being aware of your current mental state and accepting it. Start climbing the mountain while filling yourself up with positivity, inspiration and motivation. Keep building it up as you climb higher and higher. When you reach the mountain top, reinforce those feelings, feel the accomplishment, the joy, the euphoria.



THE BEST WAY TO INFLUENCE YOUR SUBCONSCIOUS BRAIN

We are going to be talking about some basic habits you can engage in during the morning, and at night. As soon as you wake up, go through your day thinking about everything happening in absolute harmony with the positivity you are projecting. Basically, imagine your day events unfolding in a positive way. Now as soon as your feet hit the floor, express gratitude. Whether you vocalize it, feel it, or write it down, engage in 2-3 minutes of gratitude. When you go to the washroom, when you're done using it, look into the mirror for 1 minute, and just smile at yourself, try to love yourself as much as you can. If you still have another 3-5 minutes to spare, engaging in any type of meditation can also be very beneficial for you. You can be focusing on imagining happy scenarios and memories while meditating, you can focus on affirmations, on some of the exercises we previously discussed, or simply, focus on your breathing.



THE TABLE METHOD

If you want to get rid of certain feelings or emotions but you do not know how to do it, think about 2-3 people who you know, or read about, who you understand well, and know that he or she can help you. Now close your eyes and imagine yourself sitting on a table with these individuals, tell them about the problem you are facing, and use their help to effectively deal with it. You will use their help as when you imagine one of them talking or giving you an advice, you are reflecting upon what you learnt from him and what you can do about your situation.

PRIMARY PILLARS

OF EMOTIONAL INTELLIGENCE

Keypoints

- [The Effect Of Nutrition](#)
- [Learning And Knowledge](#)
- [External And Internal Influences](#)
- [The Mind-Body Connection](#)
- [Keypoints To Avoid](#)



First Off

The Effect Of Nutrition

It is not that hard to realize that what we eat, can influence how we feel. You are what you eat. I'll give you an example:

If you eat a lot of sugar, you will first feel energetic, and happy because of this sugar rush. As soon as it wears off, you will feel tired, and sometimes sad, irritated or tired.

Those feelings, translate into emotions. If you ate a lot of processed sugar at night. You might experience insomnia. This inability to sleep will make you feel frustrated. Those feelings will last until you fall asleep. However, those feelings can develop into emotions and you end up feeling off when you wake up the next day. Food, such as processed sugar, processed meat, and of course junk food.

Talking more about knowledge and feelings now, you need to realize that the more you learn, the more you will be able to apply and manage situations. You need to expand the intellectual horizon of emotional intelligence that you have by getting equipped with adequate knowledge, learning and experience for you to be able to apply those coping mechanisms depending on the unfolding situation or scenario.

This course for example is one way you're using to enhance your knowledge and learning.

External and Internal Influence

THE INSIDE AND THE OUTSIDE

There are external and internal factors that can lead to certain feelings, translating into specific emotions.

In terms of external influences. How will you feel when your apartment or room is messy? When you are surrounded with mess, how do you expect yourself to feel harmony?

If you are in a toxic relationship where this external entity or individual is filling your life with toxicity, how do you expect yourself to feel happy and in peace?

It is simple, your external environment can affect your feelings, emotions, and emotional intelligence levels.

In terms of internal influences, we are talking about belief and conditioning. If you were raised under a perfectionist influence. You think that every single thing needs to be perfect. You will encounter situations mixed with flaws, which is opposed to your conditioning, and you will end up experiencing negativity out of it.

If you believe that you are a failure, that you will never succeed in your job, or in school, how do you expect yourself to feel positive at all?

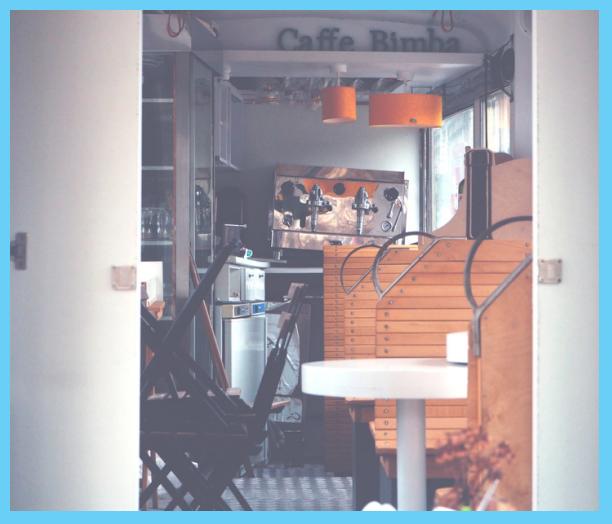
Those examples are an easy way for you to understand the influence of internal and external factors.



“You'll reach a new level of freedom when you take control of your emotions.”

— Clyde Lee Dennis

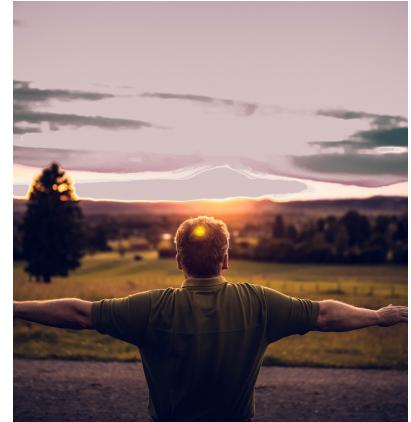
Talking about the mind-body correlation, you need to realize that your mental and physical state are highly correlated. If you felt frustrated, which translated into emotions of sadness, you might end up walking with your head down, your eyes looking at the floor, and overall, you will be projecting negative body language. However, if you are experiencing sadness, and instead, you decide to walk with your head held up high, looking at the horizon or sky, with a broad smile, a straight back, and confidence in your body language, you will see that after a while, you start feeling better. To illustrate, try the following exercise: Whenever you are experiencing negative feelings or emotions, go in front of a mirror, and just smile, laugh, be happy. Even if you can not express it, watch a funny video, think about happy or funny memories that you have, and look at yourself in the mirror expressing positive physical reactions, and tell me how you feel afterwards. Another thing you can try, if you ever feel angry, try to go for a run, or hit the gym, and also tell me how you feel afterwards.



MOTIVATION

HOW TO KEEP YOURSELF MOTIVATED

DESPITE WHAT'S HAPPENING



INTRINSIC AND EXTRINSIC

MOTIVATION SYSTEMS

Most people understand others more than they understand themselves. You might think that you understand yourself very well, but you will come to realize that you actually don't understand yourself as much as you think you do. In a psychological and motivational structural correlation we often find that we are driven by two different sources of motivation. Intrinsic and Extrinsic motivation. Intrinsic motivation comes from within. It is a highly introspective influence from which your actions derive.

The sense of accomplishment is an intrinsic motivation for example. You are not seeking something in the outside world, you are finding something within. Extrinsic motivation on the other hand is highly external. Your drive and motivation derive from a sense of external gratification. You are seeking something that exists outside the sphere of personal individuality. Wealth can stand as a solid example. People who seek riches are driven by their extrinsic motivation. The pinnacle of the science behind motivation rests upon a question that people aspire to answer.

In fact the question has been answered, yet the answer is more complex than the question. Why do we do what we do? Why do you decide to engage in physical activity? Are you seeking something external or internal? Are you seeking an amelioration of your self esteem, a sense of accomplishment, a health related sensibility, or are you doing it to for get acceptance from an outer society or individual? Are engaging in it for an internal or external goal? Once you answer this question you will be able to understand why you do what you do.



WE NEED TO ACCEPT OUR SITUATION

DWELLING IS DETRIMENTAL

Are engaging in it for an internal or external goal? Once you answer this question you will be able to understand why you do what you do. And this answer doesn't only reflect on your actions, but it also reflects on you as an individual. Getting into the psychological aspect of behaviour would help you understand why you do what you do. Problem is, people don't know what they want to do, they do not know what they love doing. Insanity, is not knowing what you love doing, and accepting to keep doing what you hate, instead of sitting down by yourself, and going into a deep self reflective, introspective conversation with oneself.

This paragraph is going to be a bit strident and jarring. However it is reality, and you need to accept it in order for you to overcome it. Nothing can be more insane than rejecting and dwelling upon something that is real, and that you can not control at the moment. If you are seeking riches, that says something about you. You lack wealth. The only reason you're seeking wealth is because it is missing in your life. If you are seeking a sense of accomplishment, it is because you that you can accomplish more, you want to strive towards your accomplishments. What you want in life, creates the echo of who you are, and who you are trying to be. Understand your goals in life, understand why you chose these goals, understand the motivation behind them, and you will start to understand yourself.

FOCUS ON YOUR INTRINSIC MOTIVATION FACTOR AND ELEMENTS



RATIONAL EMOTIVE BEHAVIOR THERAPY

What is REBT



STARTING OFF

The Rational Aspect Of REBT

When we talk about emotions, and subjectivity, rationality and logic are often times disregarded as we act upon emotional discharge. The first aspect of REBT is the rational factor, which is switching the subjective emotional reaction into an objective rational interpretation of the events and information.

When we talk about rationality, we talk about analyzing our potential reaction based on our sense of objective intellectual analysis. We want to act and react according to logical reasoning. The idea is also to overcome irrationality. When something happens, and we think in an irrational way, we often times exaggerate the effects of this event, and we react accordingly. If you fail a test, it would be irrational to think and consider yourself as a failure. Rationality and logic would say, one test can not determine my level of success and intelligence.



THE EMOTIVE ANALOGY

The E in REBT

We all know, that emotional intelligence is a very important skill to practice. In the book The Power Of Now, the author refers to emotions as disturbance. Of course you might be saying that emotions are a regular process and every single person has emotions, we can not control it. It is true, we all have emotions and we will never be able to eliminate them, but we can control them intelligently.

We talked about the Rational aspect before, and how it is aimed towards the control of subjectivity. Well emotional intelligence works in a similar manner. However, once our sense of rationality is dominated by emotions, we need to use the emotive analogy aspect. If you know that your reaction needs to be based on rationality, however, whatever happened was too impactful that it left you out of your sense of rationality, you are filled and controlled by emotions, this is where the Emotive factor steps in.

Emotional intelligence is a crucial skill to practice



BEHAVIOR AND THERAPY

The B and T in REBT

Now, when something happens, and we react according to emotions, two things derive from our reaction. First off, the emotional discharge, the feelings we have, the disturbance in our cognitive processing system..

Second off, our reaction is also physical. Our breathing rate increases, so does our heart rate. Blood flows faster, pupils extend, we find ourselves in an alerted state based on our fight-or-flight evolutionary trait.

REBT is not just about helping us manage and control our thoughts. It is also based on the identification and management of our behavior. When we have a subjective reaction, we might act accordingly, and at the same time, we might decided to not act accordingly depending on the situation.

If we want to analyze our reactivity system, we will find that the first thing that happens, is that we get dominated by certain feelings. Those feelings, if not altered, would switch into an emotional reaction.

Afterwards, emotional reactivity, leads to behavioral and physical reactivity. But also, physical reactivity, can lead to feelings, and this can generate emotions. Walking quickly, can increase our heart rate and our breathing, then if we encounter minor situations, the reactivity might be enhanced based on the original behavioral aspect.

Behavior Based Therapy

A REALITY OR AN ILLUSION

TALKING ABOUT CHRONOLOGICAL CONNECTION

ILLUSIONS:

WHAT IS AN ILLUSION?

What is an illusion? It is simply seeing something that isn't really there, that isn't necessarily real. Your past is an illusion as it can only be reached by forming vivid or in some cases complex images in your brain. The past is no longer here, it is no longer reachable, and therefore it is an illusion. People think their past is real, and how can it not be? Why do atheists not believe in god? Why is he an illusion for them? It is simply because there are no tangible or intangible perceivable elements that stand as a proof for existence. Similarly, there is no perceivable elements that proves the existence of the past. It is simply an illusion, that we created, to differentiate between what is now, what is real, what is beyond the scope of reality, and what is yet to be our reality.

The future, is also an illusion. Simply, the future is something that did not happen yet, something that is yet to happen and doesn't exist until there is a chronological coherence between the situation and reality. Once the future becomes real, it ceases to be the future, and becomes the present, becomes reality, becomes our now. Every single second, reality is changing, and the first step to understand yourself is to understand the following. Reality is shaped by the conceptualized illusion of your future, and the pre-existent non-reachable illusion of your past. To understand who you are presently, you need to understand who you were, and who you are meant to be.

T IS SIMPLY SEEING SOMETHING THAT ISN'T REALLY THERE, THAT ISN'T NECESSARILY REAL.



PAST, FUTURE AND PRESENT

WHAT YOU'RE FEELING MIGHT NOT EVEN BE THERE

Your past and your future are interchangeably creating your present. You, reading this book can be a good example. In this moment, you are able to read this phrase, because in the past, you bought the book, and the moment that formed your reality in this past chronological phase, was shaped by the yet-to-exist scenario where you actually read the book, and here you are, the result of parallel and correlated illusions. Our reality, aka our present, is the intersection between our past existence, and our future existence. However, in order for you to understand what was said previously, you need to make sure that you understand that there's a difference between existence and reality. Reality is something that you can perceive at any moment. Existence sometimes can't be perceived. The past exists, but it isn't reality anymore, reality is the now.

Another concept that correlates with the illusion of time, is whether we control our future or not. Sure, you can decide right now that you want to drink water and then when you do, you basically created your future through your present. But what about other cases where a person has an accident? It is called accident . Tracing back this word to its Latin origin, it can mean misfortune, it can mean a chance or an occurrence. This one question, do we create our future, changed my entire perspective on existentialism.

People look for a meaning in life, whether it's something they are meant to do, or live, or experience. It is a reason that explains why they exist among other human beings in any given society. While looking for the meaning behind our existence, we do so to reflect on our present and our future in an action oriented matter following a meaning related course of action. Going back to the question as to whether we create our future or not, there is one very interesting apprehensive conceptualization that can answer the question.

We do indeed control our future. When you were driving and you got into a car accident, it was you who created your future. Even if it was the other vehicles mistake, you deciding to drive, at the very moment, you positioning your vehicle in a certain spot, you took those decisions, nobody imposed them on you, even if you have obligations, you are never deprived of the free will to let go of these obligations barring in mind the consequences.

Future is highly individualist. Yet it is collective. Someone else's future can effect yours. When your co-worker got a promotion over you, his future and your future had an interception, you were both planning on taking the position, but sadly it wasn't you. When your lover breaks up with you, whilst you imagined living the rest of your life with her/him, it shows that her future effected yours. When you were a baby, you did not have control over your future, I mean how could you? If your parents moved into a new house when you were 6 months old, you had no control over that. However, when you were hungry, by the natural process of our instinctive survival mechanism, you would start crying until you get fed. In this case, you did control your future, on a non cognitive but instinctive level. In both cases, you still did. Tracing this back to individualism and collectivism, you can, to a major extent, control your individualistic future.



LASTLY

HAVING CONTROL

“

*When you can
not control
something,
don't let it
control you*

YOU ARE WHAT YOU THINK YOU ARE

However once your future intercepts with another individualistic future, you create a third intangible collective future, made out of the consolidation of both cognitive functions and aspirations of the group of individuals.

Pastness, presentness and futurity were the topic of discussion of many contemporary philosophers. John McTaggart introduced the A-series and the B-series to try to answer the chronological existential question. The A-series expresses a timely position.

Pastness, presentness and futurity when linked to an event, object, or action can be positioned chronologically. Past events already happened. Present events are currently happening, and future events are to eventually happen. Was, is, and will be. Every event occupies the three different positions. An event that already occurred, and is now in the past, was once in the present, and furthermore, was once in the future. An event that is currently happened was positioned in the future, it is now present, and it will be in the past. A future event, will eventually happen in the now, and as its done, it'll be in our past. No event can occupy a timely position forever, and conversely no event can be a combination of different chronological positions.

If you can not change the situation, don't dwell on it. If you can not control it, it is a smart decision to not let it control you.

THE ABCDE MODEL

AND ITS PROPER ACTIVATION

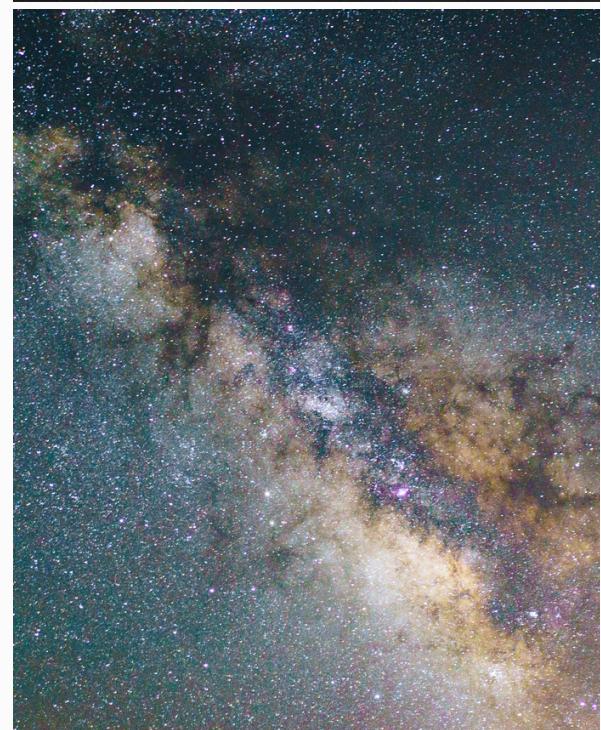
WE ACT ACCORDING TO DIFFERENT SITUATIONS

Sometimes life seems frightening, with anxiety looming around every corner. In many ways, the truth is that the root of real fear lies within.

It is the meaning that we attribute to thoughts, emotions, sensations, and events that results in the subjective experience of fear and anxiety. The external world cannot "make" us feel much of anything. It is the thoughts that we create in our own minds, interpreting and labeling events, that result in our internal emotional experience.

Often, this happens so quickly that we may feel unaware it is taking place. This feeling of being cast about on a lifeboat amidst life's stormy sea can result in a sense of helplessness, fear, and anxiety. It doesn't have to be this way. You can take back control of your own emotional experience by mindfully examining your patterns of thinking and adjusting them in a way that results in less emotional distress.

Albert Ellis, developer of Rational Emotive Behavior Therapy (REBT), devised the ABCDE method to provide a clear framework within which people can examine these internal processes in a new way. When you learn how to systematically break down events into clear steps, you will begin to notice yourself gaining back control. You can choose to take away the seeming "mystery" behind why you react the way that you do to particular events. Once you shine the bright light of mindful awareness onto your internal processes, you will begin to see they're not so mysterious or frightening after all.



HIS IDEA WAS SIMPLE

YOU NEED TO UNDERSTAND IT

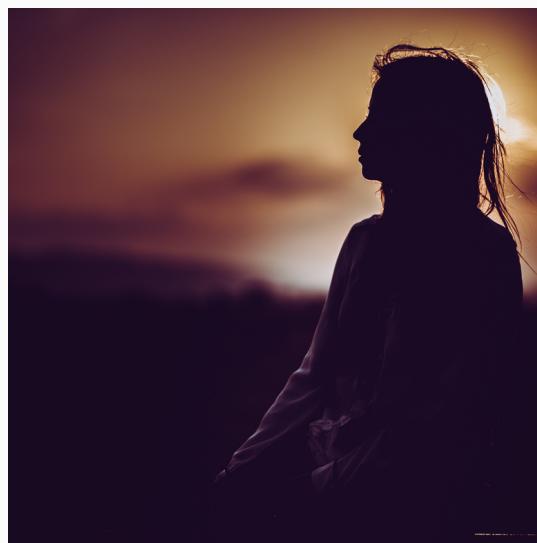
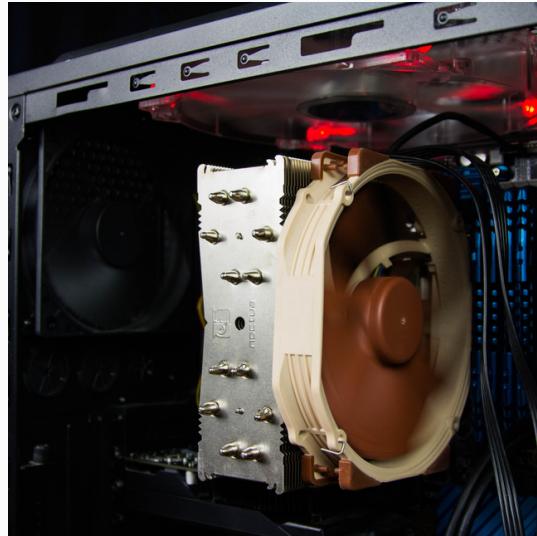
You are the creator of those thoughts and images that swirl around in your mind, leading you to feel a flurry of emotions. Just as you create internal experiences that result in feelings of fear or anxiety, so can you begin to assign new meanings and interpretations to events. We feel emotions in direct response to the thoughts we create in our minds.

These thoughts lead us to have powerful emotional reactions to the meanings that we assign to events.

You don't have to be powerless to overwhelming emotions or urges.

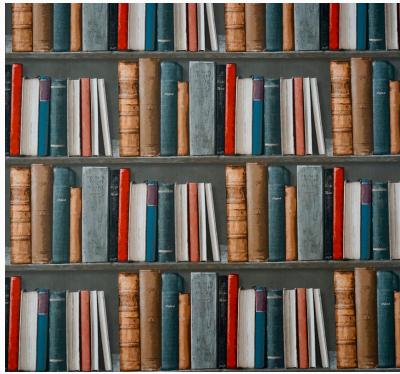
Take the time to break down an emotional experience step by step with the ABCDE method to gain mastery over your thoughts and emotions.

You are the creator of those thoughts and images that swirl around in your mind, leading you to feel a flurry of emotions.



UNDERSTANDING

THE DIFFERENT COMPONENTS OF THE ABCDE MODEL IN RATIONAL EMOTIVE BEHAVIOR THERAPY



THE THREE FIRST STAGES

ACTIVATION

Consider the event that triggered the emotional response in you. This would be whatever happened right before you noticed yourself feeling an emotion such as anxiety, sadness, or anger. When you become more mindfully aware of events that typically trigger strong emotional responses, you can learn to watch out for these events in the future and be better prepared to deal with them more effectively. Example: A friend asks you if he/she can borrow money again.

BELIEF

We all tell ourselves stories about what events mean. For the moment, avoid judging your beliefs as "right" or "wrong" and simply notice what they are. We often have irrational beliefs that serve to fuel maladaptive emotional responses and perpetuate problems. A belief is generally "irrational" when it lacks clear evidence, is overgeneralized, or is otherwise based on faulty reasoning. Example: "I always get taken advantage of like this – it's not fair."

CONSEQUENCES

Consequences are more than just the clear cut "outcome" of the event. Consequences can take behavioral and emotional forms. Sometimes we observe consequences externally, such as noticing that another person is lashing out at us or withdrawing from us. Other times, consequences are internal, such as experiencing debilitating anxiety or sadness. Example: Regret, disappointment, and withdrawal from the friend. Refusal to give in to friend's expectations.

THE LAST TWO STEPS

DISPUTING

This step involves actively disputing harmful belief systems through mindfully examining, questioning, and challenging them. First, locate the harmful beliefs in your stream of consciousness in such a way that you can examine them carefully. Next, prepare to enter the “disputation phase” by asking yourself the following six questions:

- Does this belief fit with reality?
- Does this belief support the achievement of reasonable/constructive interests and goals?
- Does this belief help foster positive/healthy relationships?
- Does this belief contradict parasitic thinking?
- Does this belief seem reasonable and logical given the context in which it occurred?

Is this belief generally detrimental or generally helpful? These questions are intended to facilitate the process of separating realistic from harmful/dysfunctional thinking. Through mindfully examining your beliefs in this way, you are also increasing your own self-awareness and insight into the ways that you tend to think and behave.

Example:

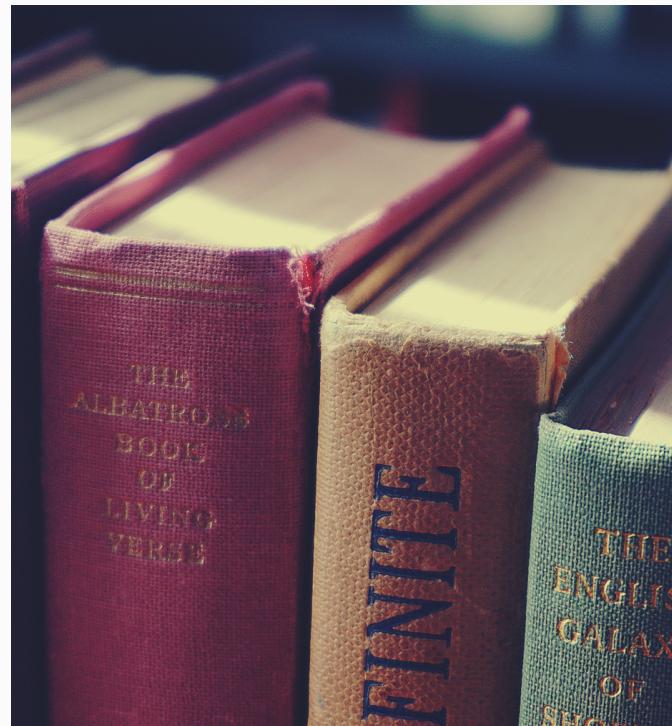
- No, there have been exceptions to my friend asking me for money. I have even asked him/her for money before.
- No, it actually defeats my interest in overcoming the anxiety related to these demands.
- No, my emotional reaction only served to harm the friendship.
- No, the belief that it's unfair makes me feel weak and overwhelmed, which is parasitic thinking.
- No, my friend actually asked for money when I knew she really needed it.

In this case, it's generally detrimental. It only costs time and emotional energy, with no beneficial return.

MANAGING THE EFFECTS

Notice the effects that result from actively examining and disputing parasitic/faulty thinking. Once you identify and clarify your emotionally charged beliefs about a situation, you can begin to create an alternative line of thinking that is based upon more plausible and reasonable beliefs.

Example: A better perspective on the situation, sense of encouragement, and less emotional attachment to idea of “fairness.”



PROPERLY UNDERSTANDING AND DEVELOPING THE IDEA OF

RATIONALITY AND IRRATIONALITY

AS WELL AS LOGIC AND ILOGIC



THE PRISONER'S DILEMMA

A LOOPHOLE OF LOGIC AND IRRATIONALITY

The prisoner's dilemma is one of the fundamental demonstrations of individual human behaviour. The dilemma goes as follows:

Two prisoners are taken into custody with inadequate evidence of involvement, and therefore put in separate rooms for interrogation. We will call the prisoners P1 and P2.

The officers had an interesting offer to P1 and P2 simultaneously. Let's start by discussing this offer.

P1, if you turn P2 in, and he stays silent about it, you will not face any jail time, whereas P2 will face a 3 year jail time.

If they both remain silent, they would only face one year in jail for lack of increment sentence related evidence. P2, if you turn in P1 in, and he stays silent about it, you will not face any jail time, whereas P1 will face a 3 year jail time.

Now if P1 and P2 both confess, they will have to serve a shorter sentence than the first two scenarios. They will have to stay in jail for 2 years each.

What would be a logical choice?

If they both stay silent, they get 1 year each, if they both confess, they get 2 years each, and if one stays silent and the other confesses, which is highly likely to happen in decision making situations that revolve around consequential analysis, uncertainty will be the dominant substantial reactive behaviour.

Logic would say, it is better for them to both stay silent as it is the most convenient objective choice to make if we do the math.



DIFFERENT POINT OF VIEWS

LEARNING ABOUT STANDPOINTS

However let's do go into a more profound subjective point of view. If P1 thinks P2 will stay silent, it would be a better decision to confess. However if P1 thinks that P2 is going to betray him, then the best option would be to betray him as well as two years is better than three. The same thing happens from P2's subjective point of view. However, mathematically speaking, if they both remain silent, then the outcome is even better. One year instead of two. This dilemma emphasized the reason of rationality whether it's on an individualistic level, or a collective level. We will further discuss the relationship between rationality and logic but just bare with me for a second. As rational human beings, they will approach the interchangeably reactive approach would be to decide rationally. The rational decision at this point is for P1 to turn P2 in so he can leave non-coerced. The same scenario unfolds on P2's side. This decision is built upon subjective rational self interest.

However, acting in an irrational way and remaining silent, trusting that the other individual will do the same is one way to go. In this discussion, our sense of rationality goes into a dubious situation. Irrationality became rationality. In your search for existence, you need to stop thinking rationally and start thinking irrationally. Through rationality you will look for a meaning, through irrationality, you will create meaning. It is quite difficult to have reason based on irrationality. The best approach to irrationality is learning how to use it, in the most rational way. Again, the irrational becomes the rational.

But what about logic?

Between logic and rationality exists a fundamental relationship where similarities exist, however the dominant difference black the interchangeable use of those two terms.

Logic is highly understandable from a mathematic standpoint. Logic can be explained through mathematical equations. Logic follows a flow of coherent logical steps.

Rationality on the other hand has nothing to do with our cognitive logical interpretation of situations, but it reflects thoughtfulness and reasonability despite the correlative or non-correlative emotions and feelings were experiencing. Reason is a primitive instinct in the evolution system. Logic however exploits mathematics as as previously said, fractals, matrices and syllogism.

Now if in the previous discussion, we came to a conclusion that irrationality became rationality. The question is, are irrationality and logic connected? Take a minute to think about this before you read the next question...

Now whatever your answer is, forget about it, or use it to answer the following question: Are illogic and irrationality connected in any way?

Again, take another minute to think about this question.



DEFINING WHAT'S LOGICAL AND NON-LOGICAL

DISCUSSING THE CONCEPTS FURTHER

Now how did you define illogic when you were trying to answer the question. The effect of illogicalness is caused by distortion on a cognitive level resulting in anomalous reactivity and residuum. Let's take an example. A husband, let's call him H and his wife, let's call her W, were getting ready to go to bed. As H went to the washroom he received a message on his phone from a woman flirting with him. What would be the logical outcome? Logic will say, it is H's phone, it is H's number, It's a name of a girl, she is flirting with him, which means that H has been engaged in conversations with this mysterious woman, let's call her Z, which finally leads us to the conclusion that H is cheating on W.

As H came back to the room, he saw his wife having a breakdown. She gets filled with emotions linked to fear, anger, sadness...etc

There is a twist however, in reality, H doesn't know Z. He never cheated on W.

H trying to clarify the situation to W wants to point out that what she is saying doesn't make any sense, would he say you're not being rational, or you're not being logical?

As we said, when somebody is thoughtful and reasonable despite the emotional charge he/she would be considered as rational.

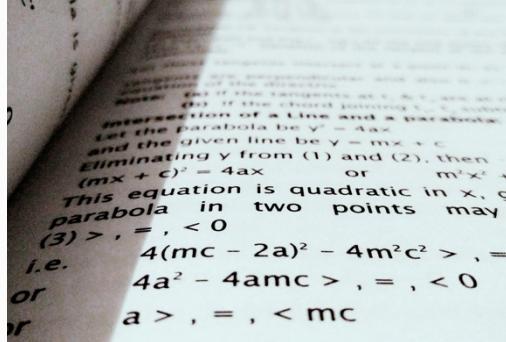
Now in the example where W got filled up with emotions which she clearly demonstrated, H has to say, you're being illogical or, you're being irrational.

As her reaction is amplified by emotions, it can no longer be considered rational. The rational solution, would be to communicate and talk about the situation, hearing H's side of the story. Therefore, W is definitely being irrational. However, she is being logical where the different thought processes she went through all lead to the conclusion that H is cheating on W. Her reaction, which was irrational was initially interpreted by logic.

Our sense of rationality was based fundamentally, on false logical informative structures.

Let's keep something in mind however, I am not saying our logical interpretation steps were erroneous. It is the informative elucidative arrangements that is reflected upon erroneous initial instructions. As we were previously talking about the tripartite theory, we built knowledge upon a three dimensional pillars. Belief, truth and justification. If you don't remember the difference between those two terms I highly encourage you to go back and understand it before you follow through.

Logic means belief. Logic is true. Logic is justified.



LOGICAL AND NON-LOGICAL

ANALYZING THE EXAMPLE

For logic to exist, we need to believe in its existence. For you to know anything, it must be indeed true. In the case where the belief itself is false, which means that it simple can not be considered as true, thus it can not be known.

Finally, the justification. For you to believe logic to be true, your decision making process should justify the reasoning. We all know that logic exists however.

In this example, we are going to go back to our cheating situation. We will take two different scenarios, one based on objective analysis, and the other one based on subjective analysis.

As we said, Logic being believable, true and justified will store the logical interpretation as a source of knowledge. If one of those factors is missing, the system collapses. Now objectively, H never cheated on W, the logical process of the situation is lacking the truth factor. W's conclusion became a source of knowledge for her. However, for her to acquire knowledge is for her to know something. For her to know something, is for her to believe that the acquired knowledge is definitely true. If the belief itself is false, it can not be considered as true, therefore it can not be known.

Removing that one factor from logic it will result in the deterioration of the system. The logical, becomes objectively illogical. The objective external illogical analysis did however lead to an irrational reaction from W, based on her subjective personal reasoning. Therefore there is definitely a link between illogical and irrational cognitive operations.

To answer the question on whether or not there's a link between irrationality and logic.

When we talked about her subjective, personal logical and rational evaluation of the situation. On an individual level, her logical structuring was true. W knows for a fact that there is someone talking to her husband by the use of her perceptual evidence and logical combinations. Her reaction, based on subjective logic as we discussed before, lead to an irrational response.

So with those 4 concepts being interconnected, our purpose can be rational, or irrational, it can be logical or illogical, based on different criteria and measures.

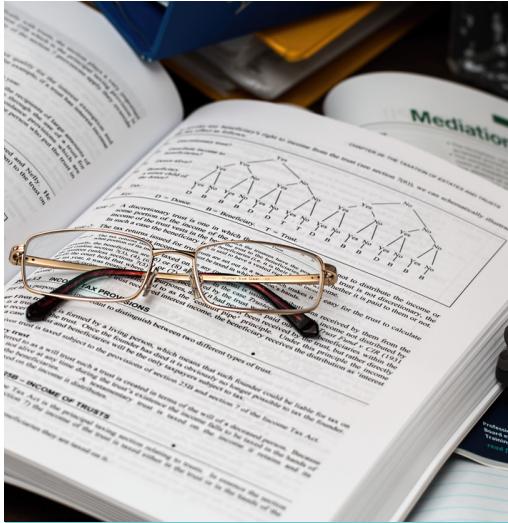
Now, the object of reason as we discussed before is the object of meaning, to exist, needs to be part of our knowledge, meaning it needs to believed, it needs to be true, and it needs to be justified. Now the question is, how can we put the object of meaning in perspective action. Well, we need to answer this question using one of the 4 criteria systems we talked about. Would achieving this purpose be rational? Irrational? Logical? Illogical?

Now you reflect the answer upon the knowledge tripartite system where you gather, for each and every decision based on the 4 criteria systems. Which one of those do your reasoning believe you should follow? What about the interconnected factor that reflects upon the rationality, irrationality, logic, and illogic. If your object of reasons seems irrational, however, you believe in its existence, you believe it to be true, and you found a justification for it.

EXPLORING

SOLUTIONS TO THE PROBLEMS

FINDING YOUR WAY OUT OF IT



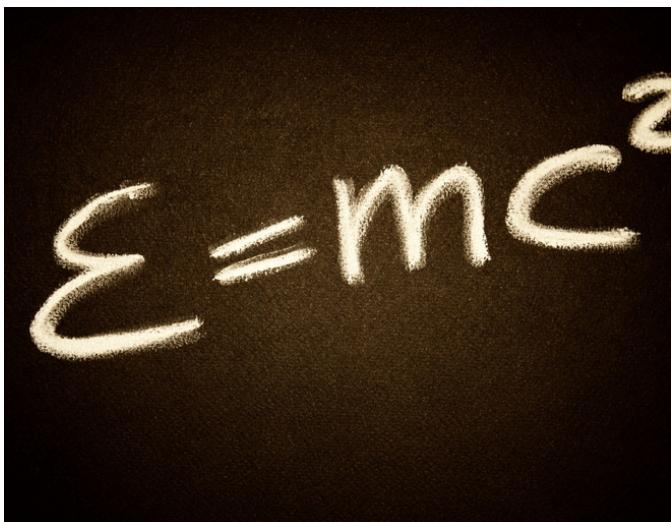
RATIONAL SOLUTIONS

On the other hand, you found the rational solution, which you did not believe was the right true object of meaning, you question its truth and its justification. In this scenario, which purpose should you pursue? Despite the logical system or rational systems, what matters the most is the satisfaction of this source, and the effective impact it reflects on us. This source of action should be based on belief, truth and justification.



THE POWER OF CONDITIONING DEMONSTRATED.

I will give you a very good example to explain this concept. Roger Bannister broke the four minute barrier on the 6th of May, 1954. He broke the 4 minute barrier with three minutes, fifty-nine and four-tenth of a second. This barrier was based a lot more on the psychological aspect than the physical aspect, because people believed that human beings are not physically capable of running a mile in less than four minutes. The logical, rational rule would say we can not do it and our psychological influence would be built upon that. Now, Roger Bannister knew that even though he faced an immediate irrational and illogical response to his thought of breaking the 4 minute barrier. However, what is his belief, truthiness and justification about the consequential outcomes?



HE WHO HAS A WHY CAN BARE ALMOST ANY HOW

Sebastian Coe, talking about Roger, once mentioned that Bannister was running 28 miles a week. When Nietzsche said: "He who has a why in life, can bare almost any how." This says something. He overcame the psychological influence through an initial irrational thought, which he believed in, in its truthiness, and in its justification, reflecting upon the subjective, logical rational outcomes and consequences. This is exactly what you need to start thinking about and reflecting upon, if you want to take the journey towards your why.



THE PURSUIT OF PROPER MEANING

One last reminder to add up. Your pursuit of the illogical and irrational, will be supported by belief, hope, and faith. However, reluctance, skepticism, ambiguity, and confusion, can influence the outcome related decision previously made. The idea is, you need to reflect upon the questions mentioned above with objective answers to those questions. Think about your own personal interpretation of the outcomes, and use hope and faith to back up the outcome related decision.



OBJECTIVITY AND SUBJECTIVITY

Based On The Importance Factor

FOLLOWING WHAT WE ALREADY ESTABLISHED

LOGIC, ILOGIC, RATIONALITY AND IRRATIONALITY ARE NOT OBJECTIVELY NOR SUBJECTIVELY NECESSARY

Now we established that logic, ilogic, rationality and irrationality are not objectively nor subjectively necessary for you to find your object of meaning. It can be one of those four, it can be more than one at once, however, the rule remains the same. Belief, truth and justification are all you need to store your why in your knowledge system.

A lot of you might be thinking that justification can not be met if it doesn't satisfy the logic and rationality factors. However keep in mind that all of those four processing systems can be right or wrong, subjectively or objectively, but it is our human intuition that can find a justification to our belief. In the example where we talked about roger bannister, we saw that his belief, truth and justification were flawed with irrationality and illogic from an external subjective and objective standpoint. Nonetheless, he ensured almost any how, and pursued his purpose in life.

Logic is built upon accumulative mathematically analyzed steps. The interesting thing is, some people see steps that others don't. What's logical for you is illogical for someone else, and same goes for rationality. It is all up to your belief, truth and justification.

Now, what if this meaning in life, wasn't as accurate as you thought it would be? What if you start feeling like what you're pursuing is not actually what you want in life, which is pretty a pretty common scenario. Now doubt as previously mentioned builds a void in the existential knowledge we acquired. It is one of the most detrimental factors that can menace our existentialism. Doubt doesn't always work against you. Doubt is sometimes necessary to further reinforce your belief, truth and justification. Logic and rationality for a child are very different the adult systems. Based on a lot of different external and internal factors, our cognitive processing system is developing each and every day. It is possible that at one point in time, we look back at our object of meaning only to realize that our previous justification that made sense to us, doesn't really make sense anymore.

RELATED TO FAITH IN GENERAL

Let's take an example:

A child born in a strict Christian family, in a very conservative social environment grew up to believe in father, the son and the Holy Spirit.

His father told him about the miracles that Jesus did, he explained heaven and hell, sins and obedience and good deeds. This child grew up with a logical and rational structure reinforcing his belief, his truth and justification, most importantly it reinforced his faith and his hope.

Growing up, he went into philosophy and evolutionary theories which for him, made a lot more sense, had a lot more logic and rationality than the "God Created The Universe" ideology.

Previously, the child thought that his purpose in life was to avoid sin, engage in good deeds to please god and be one of those who spend eternity in heaven. Now that this previous knowledge of his got deteriorated, he starts falling into the void of existentialism, looking for another meaning behind his existence. His logic and rationality developed and geared him towards another why in life. Problem is, he does not know what this why is, which applies to a huge number of people.

Our purpose in life evolves. We as human beings, built upon the biological fact of evolution are made to evolve every second, every day, every week, every month.

Doubt can be helpful or it can be detrimental. In the question of celestial existence, specifically when it comes to the justification factor, can we justify, following rational and logical steps, the existence of god? Another question would be, can we use rational and logical analysis to prove the existence of god? The answer to both questions, is obviously no. There is a missing piece of the puzzle on whether or not god exists. So despite the illogical and irrational situation, people follow hope, faith and inner belief. Let's look at this from a different standpoint however. For a religious person who believes in the existence of higher power, his logic and rationality scanned all the potential meaning in life that he can explore. Religion for him seemed as if it is the most rational and logical approach to his belief. Therefore even tho he was being irrational, and illogical as there is no definite justification, he used logic and rationality to reinforce his belief on why this is the true reason of existence. The child who went from being Christian to being an evolutionary atheist had this logical and rational belief growing up, that god exists, only to realize after expanding his scope of logic and rationality that god doesn't exist.

Let's take another case however, his cousin, born in the exact same conditions, went to religion school to study more about Christianity. His logic and rationality got even more enforced. He does not only have a logical reasonable explanation to his belief, he fell into the state of blind belief.



THE INCONGRUITY THEORY



THE JOY OF ACCOMPLISHMENT

AND ITS CORRELATION WITH LAUGHTER

the Incongruity theory

THE THEORY STATES THAT LAUGHTER IS CAUSED BY THE PERCEPTION OF SOMETHING THAT IS INCONGRUOUS, MEANING THAT ITS VIOLATES OUR EXPECTATIONS AND OUR MENTAL PATTERNS.

There is an interesting correlation between accomplishment, belief, and the Incongruity theory. The theory states that laughter is caused by the perception of something that is incongruous, meaning that it violates our expectations and our mental patterns. It is psychologically proven that with laughter, comes more happiness. There are some situations however where violating our expectations and mental patterns would have turbulent and tempestuous thought patterns, leading to chemical reactions associated with emotions such as anger, disgust, sadness..etc

It all depends on whether or not it was associated with positive emotions. A sense of accomplishment, is linked, in Maslow's hierarchy of needs, to the pinnacle apex need, which is self-actualization. It is a need, when met with the satisfactory result, would increase our sense of motivation. If you look back at the times when you are highly motivated, despite the amount of work, or trouble you might be going through, you probably felt alive.

Therefore by default, accomplishment enforces the satisfaction of a self-actualization factor which in return, empowers our sense of motivation, euphoria, elation, and jubilation.

USING MEANING

To Control Thoughts, Emotions and Behavior

LET'S TALK ABOUT RELATIONSHIPS

AND THE PHILOSOPHY BEHIND IT

Commonly, in relationships, people might change their entire life to satisfy the need for maintaining their relationship with their significant other. The desire of sex expression in a sense of making love and the concept of love itself are the most cognitive stimulating experiences in a person's life. A teacher of mine back in high school can stand as a solid example. Coming from a low-income family household, growing into a personal low-income household, he met a woman that changed his life. After a relationship that lasted for a couple of years, he proposed. She was more than happy to marry him, however, she insisted on getting her father's blessing. As sad as it was, her father asked, how can you take care of my daughter and potentially her child if you can barely take care of yourself? Today, he is a university professor, a high school teacher, and a lawyer that belongs to upper social classes in terms of household income. The reason behind his success was not a desire to acquire wealth, but a desire to acquire love, a desire to be with his potential significant other.

RELATIONSHIPS:

CAN LEAD US TO
SUBJECTIVE
INTERPRETATIONS
BASED ON INTIMACY
AND LOVE



LOVE AND EMOTIONS

CAN LOVE TURN INTO HATE?

Nonetheless, as strong as love can be, a question arises. Can love turn into hate? Depending on how severe the emotional trauma is, love can indeed turn into hate. However love doesn't disappear instantly, it gets suppressed behind our emotional behavioral system that once again wants to avoid pain and acquire pleasure. In extreme, but often recurring experiences, emotionally charged breakups can lead to suicidal thoughts and acts. Reflecting on existentialism, finding no meaning, people might likewise engage in suicidal acts or thoughts. A denouement direct correlation is obvious. Emotional analogous trauma leading a person to lose his significant other is the equivalent of a person not finding meaning in life, even further inexorable, as the meaning that once filled the void of existentialism is nonexistent anymore. A significant other, reciprocally guided by the stimulation of love, can spawn a meaning to exist.



Losing someone you love or losing meaning can cause a subjective detrimental mental reaction

A paramount principle also arises when it comes to the meaning of life and our existence, do we, as human beings possess the freedom we deserve? During the Age of Enlightenment, Jean-Jacques Rousseau developed the pre-existent Theory of the Social Contract. The theory can be traced back to Socrates, and many other thinkers such as Hobbes and Locke. From a freedom standpoint, the Social Contract Theory predicates implicitly, human beings giving away part of their freedom, to belong to a broader society. But why give up our freedom for society? We as human beings are social animals, we are, by instinct, driven towards society. Whether a person is extroverted or introverted, society is one piece of the puzzle that makes a person's life complete. However, can society limit or impose a meaning to our existence? And if it wasn't for society, would we even think about the meaning of our existence? Would it matter?

FINDING YOUR MEANING:

When a person is looking for his why, he's trying to identify himself as a unique individual serving a purpose in life beyond the personal scope. If society disappears, by default, you become unique. Nonetheless, even without society, a person will at one point think about why he exists, and where he came from, and where he's going.

When people think about how the universe was made, from an atheist standpoint, even though science came a long way, there are still some loopholes from which surfaces question marks. These questions are still to be answered, and the askers don't dwell on the absence of clear answers, as they belong to a society that shares the same problem. It is a question that nobody has the answer to.



On the other side, on a lower scale example, when a person starts developing feelings towards another person, there is always the dilemma of sharing those feelings. The challenge rests within accepting rejection. We do not want to share our feelings concerned by the probability of the other person rejecting us, and thus breaking the hope we had to share intimate feelings with a potential significant other. When we are in the state of not knowing whether the other person feels the same way or not, adding the fact that we cannot ask them directly because of instinctive and self-protective mechanisms, we start sinking in feelings of helplessness and hopelessness. The reason why we dwell on this question way more than the previous universe related question, keeping in mind that the latter is in principle much more important, is because it is a personal question that we do not share with society as a whole. It is a personal and intimate problem that only we can solve.

THE TRIPARTITE SYSTEM

Knowledge, Truth and Belief



**THREE PILLARS
YOU NEED TO
FOCUS ON**

**IT HAS A
PHILOSOPHICAL
ASPECT TO IT**

Plato was an advocate and a pioneer in the field of knowledge, truth, and belief. The three pillars dimensional structure is associated with a close correlation. The tripartite theory, introduced by Plato himself can help us understand this three-dimensional core. The theory explains the three precedent concepts. A person cannot have knowledge in a sense where he knows something if he initially doesn't believe it to be true. If knowledge is false, if it is not true, it cannot be processed under the form of knowledge. For you to know that something is true, you need to believe it to be true. False knowledge is empty knowledge. For knowledge to not be erroneous, it has to be associated with truth. If you know something, then by default, at least on an individual level, it should be true. However, there is one last factor involved in the equation. Justification is needed for knowledge to become true. Let's take an example.

TOP MOBILE TRENDS OF 2020

Written by Marianna Joyner

You are meeting a friend that you haven't seen in a while. From a distance, you glimpse the back of a person who you believe is your friend. You run up to him, only to notice that you mistakenly perceived him as your friend when in reality it was a stranger. You knew something to be true at first, however, it was later on proved to be wrong. This perceptual delinquency was not justified by the truth, and therefore the knowledge itself was erroneous, and it cannot be considered as knowledge anymore. A minute later, you notice another person walking towards you. You walk up to him, and it was indeed your friend. When you saw him walking from a distance, you knew it was your friend. You believed it to be true. It was later on justified with truth, adding to it the justification that the person was undoubtedly your friend. However, this theory had a contradictory approach. Edmund Gettier, an American Philosopher is the founding father of this opposing theorem. Justification in the present can be different from the justification in the imminent reasoning. Once truth, belief, and justification are correlated, knowledge is formed. In a scenario where the justification was later on proved to be wrong, the knowledge you had in the past was spurious. If the justification was false, then the truth doesn't satisfy the veracity factor. If so, then the belief itself is astray. The No False Belief theory states that a concrete and solid belief cannot be based on an inaccurate conviction. The Causal Connection Condition states that there has to be a correlation between knowledge itself, and belief. Finally, the Defeasibility Theory which states that a belief is known to be true if there are no present contradictory elements.

Plato's approach can be ameliorated through the recognition of these previous theories. However, the opposing work of Gettier put a huge question mark on our true understanding of knowledge. By the dint of consequentialism, we can introduce a different logical approach to morality. Moral action is one that produces the best accumulative result. When an act is associated with more atrocious than beneficial results, in opposed to another act that consequentially had further virtuous results, then acting upon the former would be considered as an inferior moral related act than the latter. Results determine whether an act was morally right or wrong. The more positive the consequences are, the better the action, by nature, is. Going back to our tripartite theory, another contradiction can arise. If the act was falsely considered as the choice producing the best positive outcome, only to, later on, be associated with greater negative consequences, would the action still be considered as the prime moral approach to the situation?



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The past and the future are nonexistent, the only thing that exists is the now



LASTLY

Let's Sum It Up

WHAT YOU NEED TO FOCUS ON

Is The Present Moment

The Trolley problem highly emphasizes the concepts of morality and consequentialism. A trolley has lost control of its brakes on a railway. Standing from a distance, you notice the out of control trolley heading towards five workmen standing on the trail. Next to you is a lever that can shift the direction of the trolley. However, on the adjacent track is another workman. If the trolley was to keep going on the same track, five people will die, if you pull the lever, only one person would die. In this scenario, what is the optimum moral action to take?

Adding on to that, despite the complexity of the answer, it can get even more complicated. If you notice that the individual person on the adjacent track is your father, who you love and cherish, what should you do then? In terms of consequences, personally, losing your father would have further negative implications and consequences on you. That puts another question mark upon the idea of morality. Having different facets, moral actions are highly individual, yet collective, which makes it all the more arduous. In this very moment, the only thing that exists is the now. The past is irreversible and therefore out of reach. The future is oddly controllable yet out of reach.

The idea here, is to not allow past or future events to influence your present state. Be conscious, be mindful and focus on the now while trying to resolve future potential problems, or old traumatic experiences.

LASER FOCUS IN A DISTRACTED WORLD

Focus And Concentration



ATTENTION IS A CRITICAL ELEMENT IN YOUR DAY-TO-DAY ACTIVITIES.

How you think, feel, and act all depends on it.

ATTENTION ALSO AFFECTS

the accuracy of your decisions and therefore shaping your life events.

From social conversations to chess games, how well we concentrate determines the output of any event. The average human brain has an attention-span of nearly 8 seconds, and that number is decreasing due to our digital employment in our lives. We are witnessing a digital world where the attention span is less than 4 seconds. This says something, this says a lot of things actually. The way we are handling our day to day lives has a direct effect on our ability to focus and concentrate. But how?

Well it's simple. Our brains work based on adaptability systems. Our neurological wiring follows a sequence of events that is directly effected by our environment.

When your brain is exposed to an environment where every few minutes you get a notification on your phone, if not every few seconds... And your first automatic reaction is to stop what you're doing and respond to the notification, or even just switch your concentration towards your device and glimpse at it... What do you think your brain is going to get adapted to after a decade of this behavior?



SO WHAT DO YOU DO?

How can you improve your focus and concentration?

The very first step before any task or activity is to take a moment to calm your brain thus creating a relaxing atmosphere for your brain to understand the overall situation. Next, you should determine on where your focus should be aimed, once your brain understands on which key points it should focus on, you will be less likely to get distracted.

Our modern lives has forced us to get attached to our digital ones. Turning off your devices when doing an important task increases your concentration level. This method will guarantee you won't lose your attention and will save you a huge amount of time wasted on distracting emails and messages.

Before you sit down on a task, grab a cup of coffee. Studies has shown that caffeine acts as a cognitive booster thus increasing your focus. Caffeine doesn't improve your memory or learning performance, but there are other ways which we'll discuss later on.

Your brain is a muscle that you can improve it by training, but just like the rest of the muscles in your body, heavy training can harm your muscles. You will need to slowly and gradually train your brain. If you start working for 5 minutes with complete concentration and then rest for 2 minutes. Adding 5 minutes to your focus work and then 2 minutes to your break will lead to an hour of full concentration in 12 days of training.

Your brain is just like a muscle, the more you train it, the better it gets!

Developing A Deeper Understanding

OF YOUR BRAIN

When you get distracted, the average time to regain your focus takes up to 25 minutes, which is a lot of time wasted. Making a to-do list helps your brain stay organised and you wouldn't get distracted on your work thinking about what do you want to do next.

Making your bed in the morning even when you don't feel like it increases your will-power. Our will-power allows us to deliberately ignore distractions while staying focus on the task at hand.

Studies has shown a significant increase in your attention span due when you meditate. Not only does meditation improves your focus, but you will feel calm and think clear.

Exercising also improves your focus as it has been shown in research that exercise primarily helps our brain's ability to ignore distractions.

Whenever you're talking to someone, try attentive listening. Meaning that don't listen just to reply, but take the time to focus on what the other person is saying and understand each word. This helps your brain grasp information and increase your focus.

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Unconscious thoughts can sometimes bring to the fore ideas one might easily dismiss as unrealistic.



TIME MANAGEMENT

Productivity Concepts To Become More Efficient

SO HOW CAN YOU

BECOME MORE PRODUCTIVE?

First, we need to identify and write down our daily goals. Then, let's break down the tasks needed to achieve these goals. Now let's arrange them in an order based on their importance.

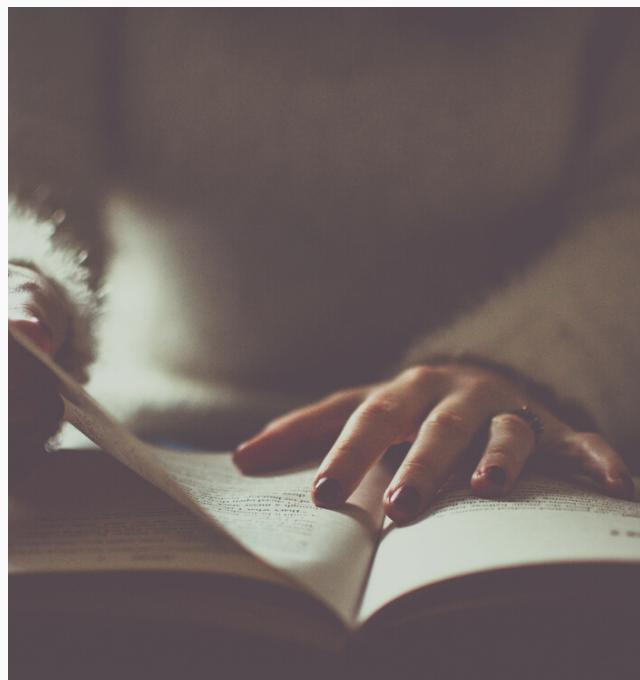
The key here is to start everyday with the most important task on your list, we'll be talking about the importance of the tasks in the 80/20 rule lecture.

You might think that writing a list everyday might be a headache, but trust me when I tell you this. The time spent writing down your list will not only save you hours of wasted time not knowing what to do next, but it will save a huge amount of energy and effort throughout the day.

Writing your list the night before, just when you're about to sleep, will improve your performance and the way you tackle the tasks. Because while you're sleeping, your subconscious mind will be rethinking the ways and resources available to increase your productivity. And plus, writing or reading before bed helps people get to sleep faster.

ALAN LAKEIN ONCE SAID

FAILING TO PLAN IS PLANNING TO FAIL



PARETO PRINCIPLE

THE 80/20 RULE

The 80/20 rule is called "The Pareto Principle" after its founder, the Italian economist "Vilfredo Pareto".

Pareto noticed that in almost every situation you can apply the 80/20 rule. For example: 20% of your work accounts for 80% of the result.

If you have 10 tasks a day, 2 of those tasks are more important than all the other 8 combined.

When you have a list, you should start with the most important task, not the longest or the hardest, because the value of one task is almost more important than all the other 8 combined.

People usually procrastinate on the most important task (that accounts for 80% of the results) and busy themselves instead with least important tasks.

Never go on a task in the 80% if you still haven't finished the 20% tasks



"It's not always that we need to do more but rather that we need to focus on less."

You can use procrastination to your favor however. How? The process is called creative procrastination. Creative procrastination is the most effective technique of getting your important tasks done.

We tend to procrastinate everyday, therefore, we should aim that procrastination to least valuable and important tasks.

Learn to say "No" to least important activities or events that won't give you any value.

People unconsciously procrastinate without thinking about it and therefore procrastinate on the tasks that matters.

You should deliberately procrastinate on the smaller things that aren't as important till you get the more important done first.

We might think we have enough time in our daily lives, but truth is, every minute counts so you should cut down on activities that won't do you good like watching tv.



The Law Of Three

A PRODUCTIVITY METHOD

Write a list of all the tasks you're responsible of doing. Then circle the 3 most important tasks and focus all your energy and focus on them and your life will change.

You can apply this method to every sector of your life (career, health, relationship, etc..), for example, if you have a fitness goal, write a list of the things you could do to help you reach your goal, then circle the 3 most important activities/tasks, and focus on them.

A happy and healthy life is usually the one spent mostly with people you love. Managing your time effectively will help you achieve more in a given goal as well as give you more free time to spend with your loved ones.

The reason most people take their work home or stay late at work is because in those 8 hours of work we tend to waste a lot of it with distractions.

If you concentrate on your work completely, you should be able to go home on time and therefore have way more free time.

Balance is key in anything. When you have a career goal for example, ask yourself "what is my why?", "why do i want to achieve this goal?", the answer could be to have a better lifestyle for you and your family, and you should balance these two things simultaneously. After all, what's the purpose of a nicer car or a bigger home if you don't have the time to spend enjoying them?

“

“My goal is no longer to get more done, but rather to have less to do.”



STEPS TO TAKE BEFORE YOU START

What To Do Before Anything

When you plan everything ahead, your road becomes clearer and easier to take.
A bullet doesn't decide which direction it should follow when it's in the air and so should you.
Prepare yourself ahead, aim towards your goal and go after them.

“Amateurs sit and wait for inspiration, the rest of us just get up and go to work.”

Before you start your day on a desk, clean it up from distractions and/or items that won't contribute to your work, always have the things you might need to get the job done on the table, the cleaner the workplace the better.

Everyone in life has a goal, and the biggest reason why most people never reach that goal is because they failed at planning ahead.

The frustration of not knowing what to do next on the road to achieving a goal will give you a reason to procrastinate and therefore stuck at your place.

The very first action we should take on our road to success is facing our fear and getting out of our comfortable zone, and everything else will seem easier after that.

After having your plan written down, look at the first thing on the list and put all your energy and focus on getting it down, and transform that motivation on every item at a time to get them done. Don't stop until you're done.

ACCESING YOUR INNER POWER

Power, Skill And Talent

It doesn't matter how big a goal you have, take it one step at a time, on every step you reach, you'll be able to see the further one clearer.

If you are to lose weight, focus on losing weight everyday, and day after day, you'll see yourself approaching your goal.

The most important factor of productivity is how skilled you are at what you do. Always find ways to improve your skills and in return, your skills will improve your productivity and get things done faster and better.

The one reason every successful person reads on a daily basis is not to enjoy reading but to continually learn and apply that knowledge to their skills.

A lawyer could never win a case without him knowing the law and applying it. The more you learn the more you are able to get things done in the right way.

Any skill can be learned, and if practiced and improved on a regular basis. This skill will help you get things done faster and save a lot of time.

To master any skill, you only have to follow these 3 simple steps:

- Spend at least 30 minutes a day reading a book that relates to your skills.
- Spend time at conventions/seminars and listen/learn from the top people in your field.
- Listen to audio books instead of music whenever you are commuting.

Knowledge is key to any skill, and mastering a skill will make a tremendous change at what you do. You'll feel more confident and more successful.

There are things you do, or learn to do that will affect your work tremendously. You should identify your key talents and then focus on improving these talents. since your key talents affect 80% of your results, improving them will improve 80% of your results.

To identify your key talents, ask yourself questions like "what makes me better at what i do than most people?", "what are my competitive advantages?". Write down your key talents, and focus on them exclusively. Always focus your energies on tasks that involves your key talents, since you're not the best at everything, focusing and doing the tasks that you are the best at will make a huge difference.



"the journey of a thousand miles begins with a single step", always focus on one step at a time. If you overwhelm yourself with all the actions you should take, you'll get yourself stuck not knowing what to do next.

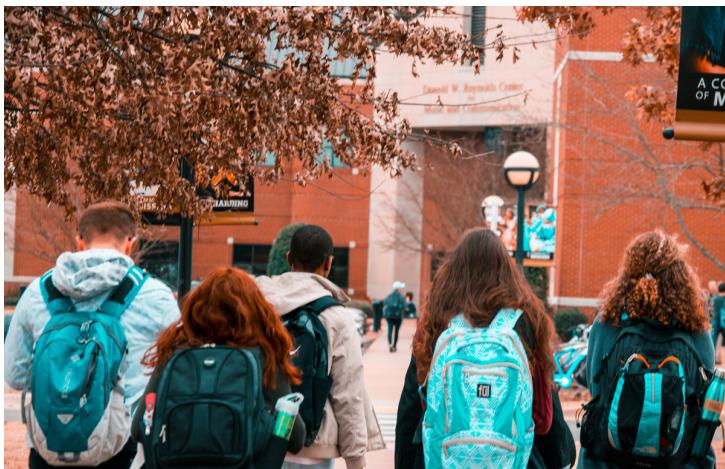


PHOTO BY MARTIN R. SMITH

How To Pressure Yourself Effectively

Effective Productivity Methods

Most people wait for someone to motivate them into pursuing their goals, however most people get stuck waiting forever because everyone else is busy pursuing their goals.

Only 2% of people work on their own, and those people are the top of the top in our society. They are the thinkers and the doers.

Pressuring yourself effectively is pressuring yourself to do the things that you should do without waiting for someone else telling you to do them.

Never wait for someone else to set the bar for you, set the bar for yourself and focus on what matters to you and your goals.

Any record can be broken by you if you choose to do so. The feeling of accomplishment after doing what others won't is a motivation you can use to keep pushing yourself even more.

Always think of your day as the last day of getting the work done. Instead of focusing on everything, focus on the most important tasks and get them done on each day.

Forming the habit of pressuring yourself to get the important things done will form a leader personality, and what do leaders have in common you ask? They are winners, they are the top.

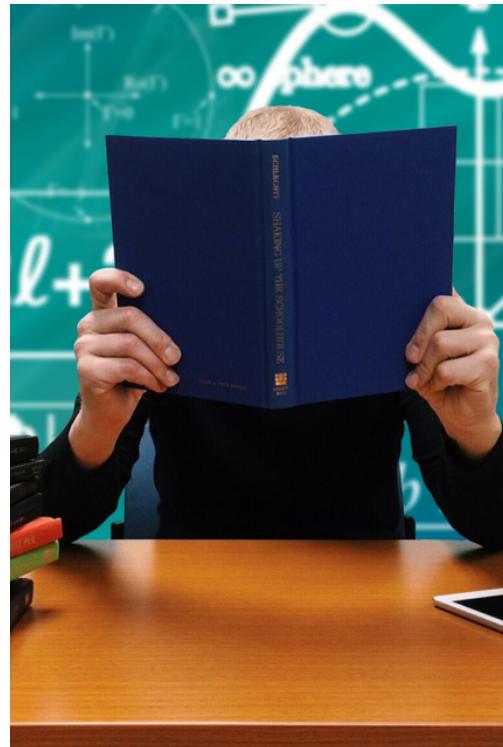




PHOTO BY MARTIN R. SMITH

INTERNAL SYSTEM

Increase Your Power

Your powers, physical, mental and emotional can be drained out if not used correctly throughout the day. Your body consumes food, water and sleep then turns them into energy to fuel your powers. Always consume your fuel carefully.

When you're working on low fuel, the quality of your work will decrease and as a result will damage all the work you've done. Try working on what's important for no more than 10 hours a day, if there's more important work, leave it till the next day when you have refueled.

Exercising is not only beneficial to your physical health but also to your mental health. Your body will release all the stress and therefore give you peace of mind and motivation before you begin with your work.



Everyone has a some time in their day where they are most productive, some have it early in the morning, in the afternoon, or late at night. Identify when is it that you are most productive and fill it with the most challenging and important tasks. Get enough rest throughout the day. Take a 10 minute break after an hour of concentrated work. Sleep enough at night, a minimum of 7 hours. Every week take a full day of rest, complete mental and physical rest, don't get involved with anything related to work. A day of complete rest will get your fuel back and decrease your stress for the remaining week.

Grandpa Richard's 100th

BY BARBARA MILLER-PARKER

Action is driven by motivation and power of will, and so you should always feed yourself that motivation to keep yourself in action.

The best motivation comes from thinking in a positive way, when you think optimistically of a goal, the feeling of joy from daydreaming of achieving your goal will give you the motivation needed to keep going.

Always adapt to new situations/circumstances whether they're good or not, you should perceive them as an opportunity and not a setback.

When people keep telling themselves they're lions, they will start thinking like one, and as a result start acting like one. What you tell yourself is the most important factor to your self-esteem. If you keep telling yourself you're going to achieve your goal, you'll start thinking as if you have achieved your goal, and this will grant you ways to actually achieve it.

Think of optimism as your motivation fuel and the more motivation you have the more energy to put you on action. Every situation in life has its pros and cons, finding the pros and focusing on them will turn any situation into an advantage rather than a setback.

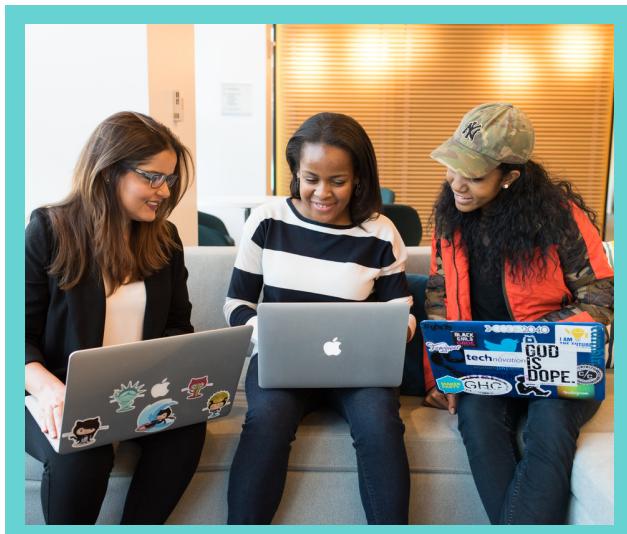


I'm so glad to be able to celebrate my 100th birthday surrounded by family—Grandpa Richard

Big goals are backed up by bigger tasks. When you are overwhelmed with a lot of big tasks, you'll feel lost and this will cause you to procrastinate. Instead of approaching big goals all at the same time, slice these tasks into smaller tasks.

Take udemy for example, if you're an instructor wishing to create a 6 hour course, instead of focusing on the course altogether, you'll divide the content into sections, and then sections into lectures, after slicing the course into small parts it will become way easier to handle a single lecture at a time.

When you complete a task even as small as doing your bed in the morning will release chemicals in your brain that stimulates a feeling of accomplishment. That feeling will urge you to do even more tasks and to keep going forward.



Grandpa Richard's 100th

BY BARBARA MILLER-PARKER

One thing all the successful people have in common is that they're always on the go, you can see them rushing all the time. What is causing that feeling is adrenaline, and the more you have it, the more pressured you feel into taking action. Brain stimulants releases chemicals in your brain to power you with adrenaline and at the same time put you on a higher concentration level.

All the successful people have developed that same effect on their own by carefully planning ahead and then rush into finishing their tasks without wasting any time.

The sense of urgency that powers your adrenaline comes from continuously challenging yourself. The most effective approach is not talking about what you're going to do but rather starting immediately working on it.

The faster you move, the faster you finish a task, the more energy and time you have for the following tasks.

No one likes a person who moves slowly, especially at work, the faster you are at finishing a job well, the more valuable you are. Whenever you find yourself doing something of no value when you should be working on an important task, tell yourself to get back to work immediately.



I'm so glad to be able to celebrate my 100th birthday surrounded by family—Grandpa Richard

The highest level of productivity and performance comes from single handling every task. Just like driving and texting can kill you, working on multiple tasks will ultimately kill all of these tasks.

Let's say you're working on 2 tasks that takes 2 hours to finish, however if you handle these 2 tasks individually with full concentration, you'll cut the time in half and therefore takes only an hour to finish both effectively. Not only that it reduces time but also increases the quality of the work.

The ability to start and complete an important task is a result of your discipline, the more self-disciplined you are, the higher the chance of completing a task well, the better your performance is.

One of the best practices of self-discipline is persistence. When you feel tired of completing a task but choose to keep going forward, that is self-discipline, and doing that over and over will create the habit of persistence.



PROCRASTINATION

How To Deal With And Eliminate Procrastination



FRIST OFF - AN INTRODUCTION

Understanding Procrastination

Procrastination is the art of avoiding necessary tasks and instead shifting the focus to more pleasant and satisfying ones. Procrastination is not entirely due to lack of self-motivation, laziness or incompetence. Scientifically-speaking, procrastination causes actual physical pain.

The pain centers of the brain lights up when a procrastinator is on a dreadful task. When someone is confronted with pain, they don't voluntarily approach but try to avoid it altogether. Procrastination is more of battle between the limbic system and the prefrontal cortex.

The prefrontal cortex controls planning and decision-making while the limbic system is a set of brain structures containing the pleasure center. The limbic system usually wins due to lack of development in the prefrontal cortex thus leading to procrastination.



LET'S TALK ABOUT PERSONALITY

The Different Types Of Procrastinators

1) The Perfectionist:

This is the most common type of procrastinators. We all have tasks that we like and dislike. We dislike the tasks we're not good at and that's why the perfectionists usually procrastinate. They spend too much time on a task they're good at and wait for the last minute to finish the unpleasant tasks.

2) The Imposter:

An imposter procrastinator is one who is afraid of being judged on his work. As a result, tries to avoid revealing his work and thus procrastinating.

3) The Dread-filled:

This type of procrastinator won't work on anything that does not excite him, and therefore will lose interest and motivation to finish the tasks required.

4) The Overwhelmed:

Usually when someone gets overwhelmed with tasks and responsibilities especially under a deadline. They would start with the most important task and finish the work step-by-step, however an overwhelmed procrastinator wouldn't start with anything and therefore won't finish the work required.

5) The Lucky:

There's a group of procrastinators that have actually made peace with procrastination. They know how to tackle their tasks and get the work done on last minute.

“Never put off till tomorrow what may be done day after tomorrow just as well.”

FACTS ABOUT PROCRASTINATION

That Will Blow Your Mind



A DEEPER UNDERSTANDING

Of The Concept Of Procrastination

Procrastination is often viewed as a lifestyle (whether by choice or not) largely because the behaviors take over all aspects of the individual's life. Put simply, procrastinators do not usually notice any negative consequences of performing tasks at the last minute and this is likely why they continue to keep up their procrastination habits.

It's a common misconception that procrastination is due to a problem with managing time, when in fact, it's a much more complex issue. People who procrastinate don't do it because they underestimate how long a task will take. Instead, they are overly optimistic about their ability to get the job done.

Procrastination has been linked to higher levels of consumption of alcohol among those people who drink.

1 out of 5 people admit that their procrastination has gotten so out of hand that they have jeopardized their jobs, credit, relationships, and even their health.

Research has shown that procrastinators often have a weakened immune system, meaning that they are more prone to develop gastrointestinal problems and suffer from colds as well as flu more frequently. Additionally, procrastinators are more likely to experience sleep disorders such as insomnia.

Statistics show that procrastination affects over 20 % of the population.

According to research, procrastination has more than quadrupled in the last 30 years.

In 1978, 5% of the population admitted to being chronic procrastinators compared to roughly 26% of the population today.

1 out of 5 people procrastinate so badly that it may be jeopardizing their jobs, their relationships and even their health. Procrastination statistics suggest that 40% of people have experienced financial loss due to procrastination.



HOW TO STOP PROCRASTINATION

Systems And Formulas That Can Help

1) Part of the reason why we procrastinate is because subconsciously, we find the work too overwhelming for us. Break it down into little parts, then focus on one part at the time. If you still procrastinate on the task after breaking it down, then break it down even further.

2) Create a detailed timeline with specific deadlines. Break down your project, then create an overall timeline with specific deadlines for each small task. This way, you know you have to finish each task by a certain date.

3) Eliminate your procrastination pit-stops. Get rid of the distractions around you. Turn off your phone and disable the automatic notification option in your email client when you want to work on a task.

4) Hang out with people who inspire you to take action. Identify the people, friends or colleagues who trigger you - most likely the go-getters and hard workers - and hang out with them more often. Soon you will inculcate their drive and spirit too.

5) Tell others about your goals. Tell all your friends, colleagues, acquaintances and family about your projects. Now whenever you see them, they are bound to ask you about your status on those projects.

6) Stop over-complicating things. Are you waiting for a perfect time to do this? That maybe now is not the best time because of X, Y, Z reasons? Ditch that thought because there's never a perfect time. If you keep waiting for one, you are never going to accomplish anything.

6) Get a grip and just do it. At the end, it boils down to taking action. You can do all the strategizing, planning and hypothesizing, but if you don't take action, nothing's going to happen. Occasionally, I get readers and clients who keep complaining about their situations but they still refuse to take action at the end of the day.

“You cannot escape the responsibility of tomorrow by evading it today.”

IMPROVE YOUR LEARNING ABILITY

LEARNING AND READING

HOW TO READ FASTER AND COMPREHEND BETTER



SPEED READING

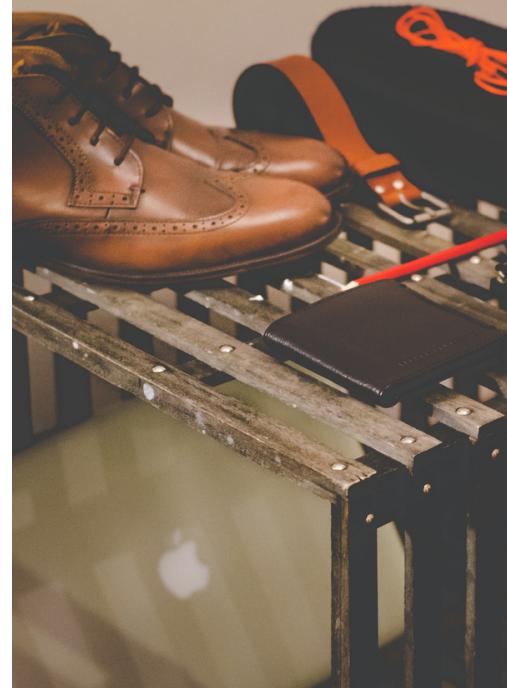
WHAT IS IT AND HOW TO DO IT

Speed reading is the process of rapidly recognizing and absorbing phrases or sentences on a page all at once, rather than identifying individual words.

In our modern world, we feel pressured to read as fast and as much information as we can to stay up to date with everything. On average, people read at a rate of 250 words per minute. Some people are faster than others. But we're going to teach you how to achieve that.

This issue's
stylish reads:

LAYER YOUR
CLOTHES LIKE
A PRO- 3



**Warren Buffet One Said:
" The More You Learn, The More You Earn."**

SPEED READING TECHNIQUES

FORMULAS YOU CAN USE

1) The Pointer:

This method is called "hand pacing" or "meta guiding". As you're pointing the words with your finger as you read them, you can even hold a paper and place it below the line you're reading.

2) Tracker-and-Pacer:

Another effective method is where you hold a pen while the cap is on, and underline or track each line as you read it, keeping your eye above the tip of the pen. This way, you'll read at a faster pace while focusing more on each word and grasp the information.

3) The Scanning:

This method is as simple as moving your eyes quickly down the page while identifying specific words and phrases as you go. These can be key sentences, names, numbers, or trigger words and ideas. Learning to expand your peripheral vision can help with this. You won't read every word, but your eye will land on what is important to allow you to grasp the basic idea. It may be helpful to use a mind map to organize the information you take in.

THE CREATIVE LAIR

The official employee newsletter of Curtin Creatives



SPEED READING CAN BE HELPFUL

WRITTEN BY MARCELINE ANDERSON

Speed reading can be extremely helpful, but of course not in every situation it's not. What is considered a good use of speed reading is when you're able to read faster but also grasp the information and understand it while reading. If you're reading a more technical document, you should take your time reading and understanding the words carefully.

For example, if you're reading a legal agreement, read at a slower pace than you usually do, to fully comprehend it. When you need to understand only the basic arguments or conclusions being presented, though, using a speed reading technique can work.

You can start practicing by reading and fully understanding a paragraph, count the seconds it took you to finish it. Start putting goals to read the same paragraph in less time.

Grab a fiction or non-fiction book, and let's practice better eye movement habits to help you read faster.

Instead of reading by looking at the first word on each line as you read, simply start by focusing on the second word. Your first eye fixation on each line will start with the second word instead of the first.

You will also fixate on the second-to-last word on each line. This way, you won't be wasting an eye fixation by creating an image of the mostly blank spaces in the margins.

Give yourself two minutes to practice this new way of reading, and read as fast as you can. Try to stop your eyes no more than once every two to three words on each line.