1. ***Watch the below video and explain in your own words what did you learn from this video?***

***Why being respectful to your co-workers is good for business?***

If co-workers are respected it is good for the business because it make them happy, increases satisfaction and motivated while working in the organization. A respectful environment reduces workplace stress, problems, and conflicts. It helps in improving communication and teamwork. Respect helps to promote a positive culture which is helpful for the growth of the organization or business.

How you show up and treat people means everything. Either you lift people up by respecting them, making them feel valued, appreciated and heard, or you hold people down by making them feel small, insulted, disregarded or excluded. And who you choose to be means everything.

When we have more respectful environments, we’re more productive, creative, helpful, happy and healthy. We can do better. Each one of us can be more mindful and can take actions to lift others up around us, at work, at home, online, in schools and in our communities.

Being treated with respect was more important than recognition and appreciation, useful feedback, even opportunities for learning. Those that felt respected were healthier, more focused, more likely to stay with their organization and far more engaged.

1. ***Dr. Bruce Lipton explains how to reprogram your mind.***

***How can you use the knowledge from this video to make habit changes for yourself to help become a better version of yourself?***

**Step 1: Decide**

The first step you need to take is to gain absolute clarity on what it is you want. Learn how to stop overthinking everything and focus on your goals. What is your desired outcome? What would unlocking an extraordinary life look like to you? Clarity is power. The more thought you put into this, the more detail you lay out, the stronger and more powerful your vision will become. This creates a subconscious mind map, giving your brain the tools necessary to turn that vision into reality.

**Step 2: Commit**

After you decide what you want, the next step of subconscious reprogramming is committing. Rid your mind of fear and self-doubt. How do you do that? By committing to it and letting it drive you. Fear is one of the biggest traps that keeps people from taking action. We all have fears – fear of rejection, fear of failure, success, pain, the unknown. The only way to deal with fear and reprogram your mind is to face it head-on. You must look it in the eye and take action in spite of it. Are you afraid of failure? Look at it this way: failure is an education. If you do something and fail, you will know what doesn’t work. You’ll be able to take a more educated, informed approach when you try again. You’re better off than where you were before.

**Step 3: Resolve**

Once you have decided on your path and committed fully, take inventory of your situation. What are your current actions getting you? Direct your mind toward assessing what is working and what isn’t. Make the shifts. Resolve is about finding solutions to whatever may come your way. A critical part of finding resolve and effectively reprogramming your brain is flexibility. When you reprogram your mind to focus on resolve, you develop the ability to change your approach to problems as required. Not all obstacles, hurdles or circumstances are the same; each poses its own difficulties, and you can meet those difficulties head-on. True power comes from within, and reprogramming your brain conditions you for success.

1. ***What is the tragedy of the commons? - Nicholas Amendolare***

***Explain in your own words what did you learn from this video?***

The tragedy of the commons is an economics problem in which every individual has an incentive to consume a resource, but at the expense of every other individual -- with no way to exclude anyone from consuming. Initially it was formulated by asking what would happen if every shepherd, acting in their own self-interest, allowed their flock to graze on the common field. If everybody does act in their apparent own best interest, it results in harmful over-consumption (all the grass is eaten, to the detriment of everyone).

* The tragedy of the commons is a very real economic issue where individuals tend to exploit shared resources such that the demand greatly outweighs supply, and subsequently the resource becomes unavailable for the whole.
* The tragedy of the commons is a problem in economics that occurs when individuals neglect the well-being of society in the pursuit of personal gain.
* This leads to over-consumption and ultimately depletion of the common resource, to everybody's detriment.
* For a tragedy of the commons to occur a resource must be scarce, rivalrous in consumption, and non-excludable.
* Solutions to the tragedy of the commons include the imposition of private property rights, government regulation, or the development of a collective action arrangement.