# Failure

I succeed five thousand times to find out what does not work.

I failed my way to success.

The most creative scientist is also the scientist who has failed the most.

Learn to fail, or fail to learn.

要有面对残酷现实的勇气

You cannot control failure. But you can decide whether it is permanent or temporary.

幸福的人们(前10%)不是少经历苦难, 而是他们恢复的更快, 并从失败中问自己: what can I learn from it? How should we evaluate it?

Believe is not enough. It also needs a lot of hard work and persistence, and a great deal of failure and you need to learn from them.

It is in the depth of winter that I finally learned that there was within me an invincible summer.

耐心和坚持总能奇迹般的扫除障碍。

Believe is not enough, it also needs a lot of hard work and persistence, and a great deal of failure and you need to learn from them.

成功者不会比别人少失败 Just make the best of what happens.

经历痛苦后:take action, take responsibility. (instead of blaming)

改变是一个很困难的事

沉默的重要。自己内省是非常重要和宝贵的。

大脑易做出的错误判断: magnifying(放大错误导致的后果, 放大痛苦的程度), minimizing(塔克responsibility, not to blame), make up(see things more objectively ).

# self-fulfilling prophecy

成功者的特质：Keep asking questions. Believe in themselves that they can do well.

创造一个良好的环境：字画, 格言, 等等。潜移默化的力量。

Have your favorite books next to you.

Believe in success does not mean success. Failure, Persistence and Hard work.

对生活充满信心的人创造未来。

不加区别的赞美, 蔽大于利。

每天写一写自己的优点

tell myself that I can make it

欣赏美好很重要！do not take anything for granted.

欣赏自己的优点, 他就会强化

我们看见自己的缺点, 却忽视了自己的美德。

Believe in and respect yourself

Find out what others good at and appreciate it.

If you believe that you are uncommon, you will become uncommon.

Your potential is there all along. All you need is to believe that it exists. Your mind is always affecting your life.

Create positive situations.

There is no “destiny”, everyone one of us can be changed. Before, people thought that IQ is unable to change.

团队本身并不能使工作高效。有一个共同的目标才可以。个人也是。

自我认知即命运.

自尊不是靠盲目的自我抬高就可以提升的(自恋, 脱离现实)。健康的自尊应该来自真实, 来自实践。

Arrogant is not self-esteem, it’s actually the opposite(色厉内荏)

①正直(integrity)言行一致, 说到做到。”My word’s matter, I matter.”②有主见, 是非清晰分明③permission to be human.

Everyone has some dependent self-esteem (no one can get rid of it entirely).

I am the one who decides. Focus on the SELF.

Challenge your-self, see your past as a “Beautiful enemy”.

求他人认同的表现：”We say that we want the truth, but what do we mean is that we want to be correct.”

I’m confident enough not to be engaged in evaluations.

注意事物本身, 而不是他人的态度

When other’s Success & Beauty does not threat you, you can enjoy more

# Focus on positive

How we sense the environment is more important than the environment itself.

The fault finder will find faults even in paradise.

Look at the bright side of life. Find miracle in common.

It’s just a stone, you can take it as either a stumbling block or a stepping stone.

Learn to interpret life positively.

Never let a good crisis go to waste.

Thesis and antithesis and then there is a synthesis.

Thing doesn’t happen for the best, but some people do make it becoming the best.

A pessimist sees difficulty in every opportunity, an optimist sees the opportunity in every difficulty.

Focus creates reality. You may see the darkness, as for me, most politicians do honest and well.

Appreciation is important.

人的特点：sense the change and ignore the constant.优点：helps us get over difficult times. 缺点：we tend to take constant happiness for granted. (e.g. health, relationship, life…)

Must tragic happens until you finally realize your happiness?

笑是可以传染的(多多赞美别人)

好的心情(心境)让人的眼界更开阔, Broader& Better solution.

Shift pain into better feelings, think of it as opportunities.

幸福不会因为分享而减少, It is a Positive sum game.

我的幸福也不会然给人痛苦。You deserve all of your happiness.

当我们试图压抑某种情绪时, 只会增强它。Acceptance of feeling

拒绝接受存在的东西只会增加痛苦。

痛苦是人生的一部分, 正如重力是自然的一部分。

我们的情感无好坏, 无对错可言, but how we deal with it is important.

We cannot change our nature, so accept it, understand it, make the best use of it.

I could felt it certain way, but it did not mean that I need to resign to my thought about it.

Accept the things that I cannot change, change the things that I can. And have the wisdom to tell the difference.

快乐由精神状态决定。(而不是外物)

Liberate yourself and enjoy here and now.

Be a positive finder.

# Act

Be the change that you want to see in the world.

Others mostly do what you do rather than what you say.

我们判断别人的标准就是判断自己的标准。

To cope as supposed to escape, 导致幸福的基准线提高。

推动人类进步的重任, 不会坐等完美的人来完成

If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with success, unexpected in common hours.

Whatever your mind can conceive and believe, it can achieve.

Have great hopes and dare to go all out for them, have great dreams and dare to live them, have tremendous expectation and believe in them.

遵循现实, 不可逃避, 妄为。(designing a plane without concerning gravity.)

为自己负责。No one is there for you, but yourself.

When we have the “what for”, “Every How” Becomes possible ——Nietzsche

破釜沉舟(throw your bag to another side of the wall)： Now you have to do all that u can to get over that difficulty.

Do not bother asking: ”is it possible？” That is nonsense, ask: How can I do it？” & you will achieve it step by step.

Words have power. When we say something, It’s more likely to happen.

If you really made the decision. Everything will help you accomplishing it.

When we begin to ask “How？”Resources will begin to enter our eyesight.

(Because your focus creates the reality of your own)

# Body

每日运动的力量=最强大的精神药物(包括yoga& meditation)

每天至少半小时锻炼时间

每天8小时左右睡眠时间

每天15分钟意念锻炼

每天12个拥抱

Listen to your body

Recovery is as important as exercise

宁少不过的原则防止无法坚持

I worth this happiness！

After exercise: memory goes up, creativity, concentration, body strong…

Focus is important. Train it.

Sleep and exercise is the best investment in every level.

When has a hardship to sleep, think positively.(opportunity to have a deep thought about these busy days)

# Perfectionism and excellenceism

P:对重要的事情产生失能性恐惧, 怕失败, 对任何事情的发展都认为应该是直线式的

E:预测并接纳失败的产生, 更加相信现实的情况, 知道事物的发展是螺旋上升的, 路上会有挫折甚至倒退。

P&E can be as ambitious, and as success, but E are more enjoying their life, and more strong toward failure. They accept reality and use it. P is more defensive when criticized, so they are less likely to change.

Everyone have a little bit of perfectionism.

P focus too much on what is not working.

E enjoys every step of the way.

P think of problems in two ends: All or nothing.

E has acceptance of personal failure and self as a whole

P are afraid of failure and afraid of being seen when they failed.

Journey is as important as the goal.

Appreciate small and common things instead of taking it for granted.

Typical perfectionism:Either I don’t touch it, or I eat it all.Either I am a super model, or I’m over weight.

Perfectionism only hurt self-esteem (because they don’t accept the true self)

E also don’t expect others to be perfect. (宽以待人)

E has creative tension: the feeling of excitement when faced with problems.

P 失能性恐惧：当我们担心失败时就很难行动。(enemy of creativity)

Try new things can help us find lucky. Because we begin to see things that we haven’t seen before.

20% of our time can do 80% of our jobs. Use another 80% where you really care about. You will finally find your happiness in work, and achieve more in other parts.

Find your excellent working time, and get work done there, with high efficient.

It’s hard to change from a perfectionism to an excellenceism.

It’s just okay to have some perfectionism within you.

# The journey is the reward

我们总是因为结果而受到表扬, 而不是过程。Our try, our coping, our failure and get up again, the process deserves rewarding.

Aware what do I want to change and what do I want to maintain.

“At the end of my life, I will write my magnum opus. Until then, everything is rough draft.”

反复思索有时并不是好事, 及时分散掉某些negative motion(有所不为, 然后可以有为)

“It’s pointless, it won’t lead to anywhere. Let’s move on!”

Don’t sweat for small things. Is it worth my time and attention?

怎样算心理成熟：We can dig into now and present, and we can jump out and see if it still matters in a year? In your life? And go back again, just as you wish so.

# 其他

3P: Permission to be human, Positive thinker and finder, Perspective shifting freely.

Affect(emotion) Behavior(act) Cognition(thought)

Signature Character Strengths：① Positive affect ② engaged life ③ Meaningful life.

# Relationship

Relationship is part of life. You need to find your quota.

to be a lover will require that you need to continually have the subtelty of the very wise, the flexibility of the child, the sensivility of the artist, the understanding of the phiopher, the acceptance of the saint, the tolarance of the scholar and the fotitude of the certain.

"quiet desperation" -- Thoreau

当我们进入一段关系时, 我们期待的是, 它会一直保持最初的样子。

accept nature. to expect that is to up to fail.

Solution:

① work hard for maintain.

②instead of focus on finding "the one", try to cultivate her to be the one.(After found one: )

There is no success in a relationship. Only succeeding.

③have a super-ordinate goal that needs to be done together.(e.g. work, child, etc.)

Support each other’s hopes & aspirations and build a sense of purpose into their lives.

④relationship rituals(e. g. 2days in every week have lunch Together)Because Important-yet-not-urgent things are always left behind. (without rituals).

Deeper levels of intimacy (know one another) we need to open up (show weaknesses and shameful things) as well. But these needs to be released with time goes on (just as leadership, love needs engaging & integrity).

To be known rather than impressed.

When conflicting, Don’t ask “what’s wrong？” Just solve it and everything will be better.

生活在无菌环境下是有害的, 无冲突的爱情也缺乏免疫力。

Love is in details (Remember important days, flowers, compliments, smile……)they are free.

“Thank you for think of me.”

Learn to empathize(移情)”How she feels？”

Be careful of your words. When you are aiming at ① Act, thought, ideas itself, that is healthy.

But aiming at Person, Emotional or who they are is unhealthy.

E.g. Put the toilet down. 我让你扔垃圾你却没扔, 你让我很失望correct. You are so inconsiderate. 懒鬼, 你真不值得我信赖 Wrong!

Good lover：First be a benefit finder, then be a benefit Creator.

最好的表白：”You make me want to be a better man.”

Relationship is Expressing Rather than Impressing

对泛泛之交不会做的事, 也不要对爱的人做

Love is in the details

①Positive Perception 积极认知

②appreciate each other

③ Don’t take anything for granted self-fulfillment Prophecy.

④ Be benefit finders(持久的爱情特征是, 对对方的评价比事实还要高)

Love maintain:

①hard work ② be known rather than impress ③accept conflicts ④be a benefit finder.

As for communication, make it active and constructive. Active means speaking your feeling & comment positively rather than asked. Constructed means make your speaking more succulent(多汁的) and asking questions.

fell engaged & concern, rather than numb & indifference. Genuine, not fake.

利己：因为热爱而做(爱情, 因为我幸福, 所以我付出)

利他：为责任, 而自己不喜欢(爱情, 因为你幸福)

which do you want to be? which do you prefer？

利己并不是”羞耻”的, 相反, 它是一切激情和动力的根本来源

# humor

First meet：Humor is the most attractive way.

Cultivate Humor：①日记积极内容 ②看外界时 Change its shape positively. ③Watch funny people. ④Keep Asking：Why I am so humor& why other cannot see it？⑤有时需要抑制住感情(例如极度悲伤), 才能想出笑话。

①当别人(或自己)犯错时, 幽默可以化解尴尬

②幽默是委婉的, 释放内心冲动的方式(情绪)

③幽默是一种看待世界的态度

Six stones may break my bones. But words will never hurt me, unless you throw a dictionary at me.

# Independent

Real self-esteem would never be “Too much”

人不必总是谦恭的样子 I know my value.

You don’t need to show off, but you can feel free to accept your achievement.

Too much modesty is but another form of ostentation(炫耀)

Be true to your principle

When we cultivate our self -love, we are more likely to love others.

“你东我偏西”还是依赖型的。应该”I know what I’m doing.”

We first make our habits and then the habits make us.

An even greater gift, is to discover a Beautiful mind.

The sky is the limit(前途无限)

Fake it, till we make it.当你相信自己可以做的更好时, 你就真的做的更好了。

即使有理论, 也会很快忘记, 除非我们立刻行动起来。

你要做一个艰难的决定是, 你其实早就很清楚哪个是对的时间, 所以不要想了, just do it！

In comfort zone, little change happens.  
In panic zone, we can hardly make it till the end.  
In stretch zone, stretch yourself, and not too much, is the best

行为和态度不喜欢不一致, 所以我们最终要么改变行为, 要么改变态度。一定要改变行为, 别让它拉态度下水(态度往往是正确的)

有时欢乐是笑的源泉, 有时笑却成了欢乐的源泉。我们的行为在反馈给别人的同时, 也在反馈给自己

Even if we act, we would really do later on.

“Get your head up！”really leads to a pound mind. It creates an environment of proudness.

“Find opportunity in difficulty.” ——Winston Churchill

Express feelings is good for health.

There are no other ways. You can think about it all day long. Nothing will happen. Unless we bring about Real, Actual, Behavioral change.

有负面情绪时, 集中注意力感知其影响的身体部位, 而不是钻牛角尖, “我怎么会…？这样是不对的”It will fixed by ourselves. 不想怎么”消除”它, 而是感觉身体状态(让神经通路改变方向)思考情绪本身是没有效果的。要重建认知。What a privilege to…!

If you came from hell, then create heaven.

Time off is important for memory & creativity.

Perfection is: COMMITTED to Ambition & success

Excellencism: Responsible, Sensitive, Simplify, happiness

Perfectionism: Anxious, gilt, losing edge, lose drive & ambition

Nature to be commanded must obeyed

It’s neither Good or bad. It simply is.

Find benefits within Journal.

“Peak Experience”, Feel so good & complete, like you don’t need anything else.

获得方法： Focus, Do one thing mindfully at a time.

Spend your time. Rush is Peak experience killer.

Writing about it, thinking it over & over again, Enhance it.

Introducing Immediately, Real, Behavioral Change. Don’t wait.

Behavior changes your attitude.

# differentiation

Differentiation is your ability to maintain your sense of self. when you are emotionally and physically close to others, especially as they become increasingly important to you. Differentiation permits you to maintain your own course. When lovers, friend & families pressure you to agree & conform.

Well-differentiated people can agree without feeling like they are “losing themselves”, and can disagree without feeling alienated & embittered.

Behave as we would, & we will be.

Have Role Models is really important. It expands our limitations.

Perceive work as:

①a job.

Result: Wait for vacation &promotion, want to raise salary and power. It makes us unhappy.

②a calling.

Result: It’s a privilege to be engaged! Desire to do Better. Happy!

Self-concordant goals 自我和谐目标：Do what you Really want to do.

Thinking：without my hard working, many people would be suffering (E.g. Doctor)

不要完全抵制物质上的幸福。但绝不可依赖它。

How we interpret reality creates our own truth.不是借口, 是事实的一部分

We shouldn’t run away from our nature needs.

The most noble thing is to listen to inner voice.

没有目标, 我们便会焦虑

人际交往：制定一个和谐的目标使矛盾双方均参与其中, 并内在地互相依赖。

“No pain, No gain” is WRONG , We can “Do better, with Pleasure”(自我和谐目标)

对…有兴趣→制定与之和谐的目标→能积极参与→轻松愉悦成功→更自信→制定更多和谐的目标­——spiral up

自己做事, 自给自足反而使人更快乐, 健康(证明自己有能力Do what I want)

Too Easy is not necessarily good.

鉴别他人的有点&长处而非找问题(Focus change reality of our own)

Find your character strength. What did you do really good? Don’t focus on limits & flaws.

Source of mental health:

1. understand this world(hardship is useable)对象:世界

②Sense of manageability(I can deal with these pressure& toughness)对象:自己

1. Sense of mindfulness(This failure is not in vain, I’ve learned from it)

当你写日记的时候, 会写到(whether you realize it or not)这些方面, 所以日记是一个使人心理健康的工具(Reduce stress, increase Happiness)

# Self-concordant goals

工作, 私生活, 一切都要有一个目标(和计划) become more Efficient & colorful

Having the goals & having the commitment is what matters. Not what I obtain.

Live not for battles won, Live not for the end of the song. Live for the along.

Goals are not for duty & Responsibility, It’s to do things that you care about deeply from within. Want to do, rather than have to do

# Present

When you have no idea what you are going to do, the enjoy the present.

Feel the grateful of every ting thing, ever merely still alive.

Goals are Means toward the present end.

“I’m unhappy now, but I’m be happy there” Wrong. If you are not happy nous you won’t feel happy whatever you will achieve in the future.

Happiness is just next to you. But you’ve seen too far to miss it.

幸福不是登上顶峰, 也不是四处乱爬, 而是享受向上的每一步。

实现的困难性：①要克服自身的困难 ②要克服社会带来的压力

Life is too short to do what I have to do. It barely has time to do what I want to do.

If you want a happier world, do from yourself.

Instead of thinking about what we have to live with, thinking about what we can’t live without.

Write goals DOWN really Makes a different.

设定最早开始期限(因为一旦开始, 我们的目标会激励我们)

目标(近期小目标)一定越specific越好(we have more strength to do it).

When your set a goal for your staffs, they thought that is crazy, but it actually emphasizes them (E.g. Steve Jobs)

Importance of reading Biography：when your see the tough & struggle great men has experienced form A→B, you will realize that “I can do it as well！Not so Great as I thought！”

People can imagine themselves taking steps, but it’s hard for them to believe that they can reach peaks.

# Rest

The best way to deal with stress is to stay away for a while.

We tend to try doing too much within too little time.

Focus on what works, rather than flaws.

Stress gives us motivation, and even makes us happier for the long run.

If we refuse to rest, it will actually hurt us (Mentally & physically)

工作1~2h(由身体感受决定)休息15min (No E-Mail. No Phone call)

Methods: Meditation, Music, Gym, Lunch…

Then this will be MY DAY! I can really handle it.

Flexibility Routine 灵活地执行计划/例行应做之事, 不要All or none.

Recreation leads to creation.

压力→(无法缓解)→长期焦虑→(长此以往)→抑郁

调整：

小：1~2h工作休息15min(不是玩手机！)不适时(疲劳, 焦虑等)趴下小睡。

中：每周一天休息, 每晚睡个好觉

大：vocations 疯狂一点！ Work hard, play hard.

Take your time to appreciate the beauty of life

It’s NATURAL to recover & play. All animals do. But we refuse to take it.完全拒绝人类天性的人只会撞的体无完肤Permission to be human.

# Focus

FOCUS on Whether it’s work or recovery, FOCUS！

Quantity do affects quality. Don’t Rush！

Simple thing may be happy, but combination ruins them all.  
Don’t use your Phone while working(Especially not Email) It ruins focus.

The feeling that I have time to do things we are doing makes us happy.

When we say no to others, we are saying yes to ourselves’ happiness.

I haven’t fail enough to success.

Courage is not about having no fear. But it’s about having fear and going forward anyway.

We are afraid of learn & fail because we realize that others are watching.

The worst mistake that a man can make, is to be afraid of making one.

If you want to increase your success rate, double your failure rate.

“I’ve just invested 100 million dollars in your education and I’m about to fire you?” 心理安全：当你无后顾之忧时, 你反而会做的更好,

威逼是可以让某个人做事, 但绝不能让他做好, 让医生为医疗事故负责只会让事情恶化

People who have been able to persist on dieting, are people who have failed on average 5 times before.

Sustainable growth. Find your optimal level

When you are finding your position, there will be trails & errors. It’s OK, because that’s how things work, it will Ultimately do much more good than bad.

克服拖延症的方法：

①无论如何坚持5分钟, JUST DO IT！(并非要有机理才会有行动, 只有先做了, 才会在过程中受到激励。)

②公布你的目标

③do with a team

④Permission to recreate & recover.

What do I really want to do in my life if I lived in a world no one sees？

Calm down, spend your time, think more, react more, then we are less likely to go with the mass.

“不说假话，承诺一定兑现” 就是self-esteem(My word matters)

“What is most personal is most general.”

To dare is to lose one’s footing momentarily, not to dare is to lose oneself.

Prepare, Prepare, Prepare, and then be spontaneous. (hard-working is important)

EVERYBODY have his/her value.

Leadership is the ability to create an environment where everyone can do their most courageous thinking together.