



Eliciting Responsive Strategies in Life

Living Our Lives Observing Reflective Moments

One Day at a Time

Timeless explorations

only at
Life Coping Skills

ERS Outline @LeVive

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IT IS IN YOUR MOMENTS
OF DECISION
THAT YOUR *destiny*
is shaped

Tony Robbins

Tom: **What is the Millennial Question?**

Simon: Apparently the millennials are a generation of young people born in the 1984's period (and after). They are *tough to manage* and they are **accused of being entitled and narcissistic, self-interested, unfocused, lazy.**

But entitled is the big one. And because *they confound leadership* so much, what is happening is that leaders are asking the millennials, "What do you want?"

The millennials are saying they want to work in a place with *purpose*. "Love that." We want to *make an impact*. "You know, whatever that means?" We want *free food and bean bags*. So somebody articulates some sort of purpose. There's lots of free food and bean bags. And yet for some reason, they are still not happy. And that's because there's *a missing piece*.

What he has learned, is that he could break it down into 4 pieces (4 characteristics):

1. Parenting 2. Technology 3. Impatience 4. Environment

failed parenting strategies

entire self-image is shattered

a Facebook- Instagram world

Technology

*engagement with social media and our cell phones releases a chemical called **dopamine***

it's highly highly addictive

no age restrictions on social media and cell phones

You have an entire generation that has access to an addictive numbing chemical called dopamine through social media and cell phones as they are going through the high stress of adolescence.

*That allows **us** to acculturate outside of our immediate families into the broader tribe. It's a highly highly stressful and anxious period of our lives.*

Social stress, financial stress, career stress

too many kids don't know how to form deep meaningful relationships

doesn't have the coping mechanisms to deal with stress

*Now you add in *the sense of impatience*. They've grown up in **a world of instant gratification.***

You don't have to learn the social coping mechanisms. Everything you want, you can have instantaneously. Everything you want, instant gratification. Except job satisfaction and strength of relationships, there ain't no app for that.

That somethings that really really matter like love, or job fulfillment, joy, love of life, self-confidence, a skill set; any of these things. All of these things take time.

environment

And we put them in corporate environments that care more about the numbers than they do about the kids

*we are putting them into corporate environments that aren't helping them build their confidence. That aren't helping them learn the skills of cooperation. That aren't helping them overcome the challenges of a digital world and finding more balance. That isn't helping them overcome the need to have instant gratification and teach them the joys and impact and the fulfillment you get from working hard over on something for a long time that cannot be done in a month or even a year. And so we are thrusting them into the corporate environments. And the worst part of it is that they think it's them. They blame themselves. They think it's them who can't deal. And so it makes it all worse. It's not! "I'm here to tell them, it's not them." It's the corporations. It's the corporate environments. It's **the total lack of good leadership in our world today.***

We have to work extra hard to figure out the ways that we build their confidence. We have to work extra hard to find ways to teach them social skills that they are missing out.

*There should be **no cell phones in conference rooms.***

Relationships are formed this way:

We're waiting for a meeting to start...

We go "How's your dad? I heard he was in the hospital" "Oh, he's really good. Thanks for asking. He's actually at home now." "Oh I'm really glad. It was really amazing." "I know, I was really scared"

That's how you form relationships.

"Hey, did you ever get that report done?" "Oh my god, no, I didn't" "I can help you out, tell me how I can help you out with that?" "Really?"

That's how trust forms. Trust doesn't form at an event, in a day. Even bad times doesn't form trust immediately. It's the slow, steady, consistency. And we have to create mechanisms where we allow for those little innocuous interactions to happen.

But when we allow cell phones in conference rooms, we just... Ok, we had the meeting

And my favorite is like the cell phone is there and you keep sneaking peaks at your cell phone.

It rings And you go "I'm not going to answer that" I go like "Mr Magnanimous"

When you are out for dinner with your friends...

*Simon: I do this with my friends. When we are going out together for dinner, and we're leaving together, we'll **leave our cell phones at home**. Maybe one of us will bring ONE cell phone. In case we need to call an **uber** or **take photos of our meals**.*

Tom: You guys are insane. Come on

Simon: I... uh.. I mean I'm not. I'm an idealist. But I'm not insane. We'll take one phone. So it's like an alcoholic. The reason you take the alcohol out of the house is because we cannot trust our willpower. We're just not strong enough. But when you remove the temptation, it actually makes it a lot easier. And so when

you just say you don't check your phone, some people will go to the restroom; "and what's the first thing we do?" Because I don't want to look around the restaurant for a minute and a half.

But if you don't have the phone, you just kind of enjoy the world. And that's where ideas happen. The constant, constant, constant engagement is not where you have innovation and ideas. Ideas happen when our minds wander and we go and we see something; "I bet we could do that" That's called innovation. We're taking away those little moments.

*None of us should charge our handphones by our beds. We should charge them in our living room. **Remove the temptation**. When you wake up in the middle of the night because you can't sleep, you won't check your phone. But if it's in the living room, it's relaxed, it's fine.*

*"But it's **my alarm clock**"*

"Buy an alarm clock. They cost \$8. I'll buy you one."

*But the point is we now in the industry, whether we like it or not, we don't get a choice. **We now have a responsibility to make up the shortfall and to help this amazing, idealistic, fantastic generation build their confidence, learn patience, learn the social skills, find a better balance between life and technology. Because quite frankly, it's the right thing to do.***

MAKE SURE YOU ARE HAPPY IN REAL LIFE
NOT JUST ON SOCIAL MEDIA

Happiness

We were 18% less depressed than we are now We were told that

→ hard work = success = happiness

*But, Research shows that **happiness is a precursor to success***

Neuroscience proves that we are hardwired to perform at our best when we are happy

Studies show that happy, positive, optimistic people

Earn higher incomes

Set and achieve more aggressive goals

Experience less stress

Remain calm in high pressure situations

Are more energetic

Recover from illness faster &

Live Longer

Happiness is serious business When we engage in real life positive relationships,



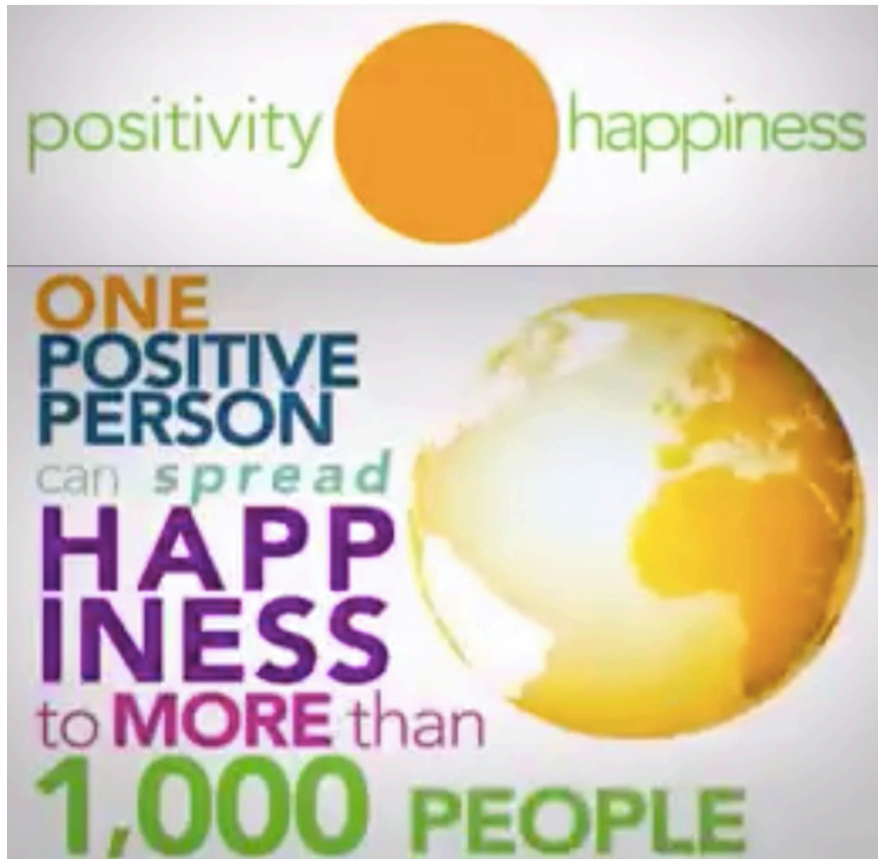
Our body releases chemicals that actually help reduce anxiety increase concentration and focus

*How you feel and your attitude towards life stems from your **If we want things to change, we have to create the change** thoughts, actions and where you focus your time and energy*



And we start by choosing positivity and happiness

Happiness is so contagious and infectious *that ONE positive person can spread happiness to more than 1000 people*



Just imagine the *possibilities* if there were more *happy* and *positive* people in this world

A *world* with more *peace*, *optimism*, and *compassion* is possible It's like *a pebble thrown into a pond*,

it only takes one to create the ripple effect of happiness



Research shows that just by spreading happiness, YOU actually become happier U can choose happiness and choose to SHARE it U can be the catalyst to spread it directly and indirectly Are YOU That ONE?

IT starts with you yet it is bigger than YOU



Happiness is bold It is courageous audacious challenging You have the power to choose happiness and spread it

Join the movement Share the movement Be the one who makes the difference And Live Happy



Lady GaGa with Oprah Winfrey

(An interview)

What has been the lesson that has taken you the longest to learn?

“How to be Wise”

*There is the **rational mind** and the **emotional mind** We are all able to experience our life if we are **mindful** Am I operating from a rational space today or an emotional space?*

Rational – Cerebral, Intellectual Space, Thoughts, Facts, Pragmatic

Emotional – Operating from the Heart

Wise – “sits in the centre”; where you are both emotional and rational at the same time and those two things meet and you become wise – that was the lesson that she learnt

How she coped? Medication – which she took reluctantly at first Her psychiatrist then assembled a team for her She went away to a place she does sometimes, still when she needs a reboot And she relied on a set of pills

To keep herself spiritually sound and centred, →she practiced meditation →talk therapy

Sammi Cheng and her depression (Interview in 2018)

She was in Singapore to promote her new movie, First Night Nerves, at Singapore International Film Festival. This was the 29th Singapore International Film Festival from 28 November to 9 December 2018.

Parallels between her movie character and Personal Life

In the past, she decided to start all over again because she couldn't stand it any longer. She couldn't remain in depression, so she decided to return and hold a concert. When she hit rock bottom and was about to give it all up, she picked herself up and saw a different side to life. She loves thinking about herself through different lenses and she doesn't set boundaries for herself. She thinks that at any age, you can find the strength to discover a whole new side of you.

How does she decide what to post on IG? She likes to stay natural because that is a side of her. Whether it's a side of me that's pretty, ugly, fat or thin, that's a part of who she is.

What are her plans for 2019? She will be holding another concert in July 2019. She has four new movies lined up that will be showing very soon.

45 Life Lessons from a 90 year old

1. Life isn't fair, but it is still good
2. When in doubt, just take the next small step
3. Life is too short to waste time hating anyone
4. Don't take yourself so seriously. No one else does
5. Pay off your credit cards every month
6. You don't to win every argument. Agree to disagree
7. Cry with someone. It's more healing than crying alone
8. Save for retirement, starting with your first pay slip
9. When it comes to chocolate, resistance is futile
10. Make peace with your past, so it won't screw up the present
11. It's okay to let your children see you cry
12. Don't compare your life to others. You have no idea what their journey is all about
13. If a relationship has to be a secret, you shouldn't be in it
14. Life is too short for long pity parties. Get busy living, or get busy dying
15. You can get through anything if you stay put in today
16. A writer writes. If you want to be a writer, write
17. It's never too late to have a happy childhood. But the second one is up to you and no one else
18. When it comes to going after what you love in life, don't take no for an answer
19. Burn the candles, use the nice sheets; wear the fancy lingerie. Don't save it for a special occasion. Today is special
20. Overprepare, then go with the flow
21. Be eccentric now. Don't wait for old age to wear purple
22. The most important sex organ is the brain
23. No one is in charge of your happiness except you
24. Frame every so-called disaster with these words: "In five years, will this matter?"
25. Forgive everyone everything
26. What other people think of you is none of your business
27. Time heals almost everything. Give time, time
28. However good or bad a situation is, it will change
29. Your job won't take care of you when you are sick. Your friends will. Stay in touch
30. Believe in miracles
31. Whatever doesn't kill you, really does make you stronger
32. Growing old beats the alternative – dying young
33. Your children only get one childhood. Make it memorable
34. Get outside everyday. Miracles are waiting everywhere
35. If we threw all our problems in a pile and saw everyone else's, we'd grab ours back
36. Don't audit life. Show up and make the most of it now
37. Get rid of anything that isn't useful, beautiful or joyful
38. All that truly matters in the end is that you loved
39. Envy is a waste of time. You already have all you need
40. The best is yet to come
41. No matter how you feel, get up, dress up and show up
42. Take a deep breath. It calms the mind
43. If you don't ask, you don't get
44. Yield
45. Life isn't tied with a bow, but it's still a gift

45 Life Lessons from a 90 year old
(20 of my favorite phrases)

1. Life isn't fair, but it is still good
2. Life is too short to waste time hating anyone
3. Save for retirement, starting with your first pay slip
4. When it comes to chocolate, resistance is futile
5. Don't compare your life to others. You have no idea what their journey is all about
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My reflections of the phrases

Life is good when you make it good. We take charge of living positively with advices from people who reflect. We live only once, so we make the most of our life. Miracles are always possible. We pray. We are guided by people in our lives. Chocolate fuels our life. Writing promotes gratitude through our reflections while writing. Going with the flow, forgiving others, channels us in life. Time always heals. "Life isn't tied with a bow, but it's still a gift" "All that truly matters in the end is that you loved" "No matter how you feel, get up, dress up and show up" "Take a deep breath. It calms the mind"

Good Relationships & Health (*75-year study*) We think that **Fame, Wealth and Hard Work** in our early years

of achievement brings us happiness Instead, the message of this 75-year study is...

Good relationships keep us happier and healthier

We learn 3 big things about relationships

(1) **Social connections are really good for us** and loneliness kills

People who are more socially connected, to friends, to family are happier, they are physically healthier, they live longer than people who are less well-connected

. (2) Not just the number of friends you have, Not whether u are in a committed relationship but **the quality of your close relationships matters** It appears that living in conflict is really bad for our health High conflict marriages without much affection appear to be very bad for health, perhaps, worst than getting a divorce *And living in the midst of good warm relationships is protective*

. (3) **Good relationships don't just protect our bodies, but our brains as well**; being in a securely attached relationship with another person in your 80s is protective For individuals who are in relationships where they feel that they can really count on the other person in times of need, these people experience that their memory stays sharper

For those in relationships where they really cannot count on the other, these people usually experience earlier memory decline. And those with good relationships doesn't have to be smooth all the time.

Some of these relationships could have couples bicker day in and day out. As long as they felt that they really could count on the other when the going got tough, those arguments didn't take a toll on their memories.

Good close relationships are good for our health and well-being

This is wisdom that is *as old as the hills*. Why is it so hard to get and so easy to ignore? We are human, what we really like is a quick fix. Something that we can get and keep our lives good and that way. Relationships are messy and complicated and hard work. Of tending to family and friends is not sexy or glamorous; it's also life long, it never ends. Any of our men as they were starting out as young adults, really believed that fame, wealth and high achievement were what they needed to go after to have a good life.

But our 75-year study found that

The people who fared the best were people who leaned into relationships with family, with friends, with their communities

Developing a growth mindset with Carol Dweck

The Power of YET In a high school in Chicago, children had to pass eighty-four units to graduate. And if they did not pass, they got the grade “not yet”. She thought that was wonderful. Because if you fail you get nowhere, but if you get a grade “not yet”, you are on a learning curve. “Not yet” gave them a path into the future. “Not yet” also helped her understand a critical early experience in her career.

“I love a challenge”

They understood their abilities could grow through their hard work. They had what she called a “growth mindset”.

She found the opposite...

Instead of the power of yet, they were gripped by the “Tyranny of now”.

Looking at how that works in the brain

Moser and his colleagues measured from the brain as kids encountered errors. Processing the errors shows up in red. Looking at the fixed mindset in the brain nothing is happening. But looking at the growth mindset, it's "on fire with yet". They are processing the error, deeply learning from it and correcting it.

How are we raising our kids? Are we raising them for now (growth) or yet?

How can we build that bridge to yet

*First, we can Praise wisely Praising yet Process Praise
Intelligence Praise*

Their research shows that when kids were praised for the process they engage in for their hard work, their strategies, their focus, their perseverance – they learn that challenge seeking. They learn that resilience. Praising talent, praising intelligence makes them vulnerable.

There are other ways of rewarding yet

They teamed up with game scientists at the university of Washington to create a math game (brain points). The typical math game rewards right answers, right now. They rewarded process and the learning curve of effort, strategy and progress. The brain points game created more sustained learning and perseverance than the standard game.

And just the words “yet” and “not yet” after a student has a set back, they find that that creates greater confidence and greater persistence. They can also change students’ mindsets directly.

*Talking about **equality***

*In the country, there are groups of kids who chronically show poor performance and many people think that is inevitable. But **when educators create growth mindset environments steeped in “yet” equality can happen.***

*Changing mindsets **What else can we do?***

*In one study, they taught students that every time they pushed out of their comfort zone to learn something really really hard and they stuck it to the neurons in **their brain could form new, stronger connections and over time they could become smarter.** Those who learned this lesson showed a sharp increase in their grades. Those who did not, showed a decrease. They have done this study with thousands of students across the country with similar results. Especially for struggling students.*

Sharing a few small examples

One teacher took her Harlem kindergarten class, many of whom could now hold the pencil for the first month, threw daily tantrums. She took them to the 95th percentile on the National Achievement Test.

That same teacher took a fourth grade class in the South Bronx – way behind – she took them to the top of New York State on the state math test.

That teacher is a Stanford grad.

*Another Stanford grad, PhD student, now a Professor, went back to her native American reservation in the State of Washington. **She transformed the elementary school in terms of a growth mindset.** That school had always been at the bottom of the district – at the bottom of the state! Within a year to a year and a half, the kindergarteners and first graders were at the top of the district in reading and reading-readiness. That district contained affluent sections of Seattle so the reservation kids outdid the Microsoft kids. And they did it because **learning a growth mindset transformed the meaning of effort and difficulty.** It used to mean they were dumb and now it means they have a chance to get smarter.*

Difficulty just meant “not yet”.

"I've wasted my whole life"

*Last year, she got a letter from a 13 year old boy . He said
"Dear Professor Dweck, I read your book. I liked the fact that it
was based on sound scientific research. That's why I decided to
test out your growth mindset principles in 3 areas of my life.
As a result, I'm earning **higher grades**, I have a **better
relationship** with my parents, I have a better relationship with
the other kids at school. I realized I have wasted most of my
life."*

*Let's not waste any more lives because the more we know that
basic human abilities can be grown, the more it becomes a
basic human right for kids – all kids, all adults – to live in
environments that create that growth. To live in environments
filled overflowing with "yet"*

Life's short, make the most of it

Michiel Vandeweert

Michiel Vandeweert is 19 years old.

At the age of five, he was diagnosed with Progeria. (An aging disease with a mutation in the LMNA gene which causes cells to malfunction.) As a result, he remains small and doesn't grow any hair. He was born just like a normal baby. But after a few months, his parents noticed there was something wrong with his development physically.

Worldwide, there are only 144 kids with Progeria, and their average age is 12. So as he likes to put it, he's 7 years and overtime. Life with progeria wasn't always easy.

In primary school, kids called him "alien". And one day when he was only six years old, a boy walked up to him

and said he would die when he is 12 years old. So he went home crying.

That's when his Mum explained everything to him. That he would always remain small, that he wouldn't grow any hair, that he wouldn't be as strong as his friends, and that he would die at a young age.

In 2006, when he was 8 years old, his sister, Emma, was born. To his parents' relief, the doctors told them Emma was perfectly healthy. Two weeks later though, Emma fell ill. And his Dad, who started to get worried, insisted on a blood test. He still remembers very well how they went into a very small room together with the doctor to learn about the test results. Emma turned out to have progeria too. And his Mum broke

into tears. Michiel sat on her lap and said to her, "Mom, why are you crying? It's not that bad. Now Emma can experience all the fun things that I got to do thanks to progeria, such as the reunions and meeting all the nice people I got to know." And he didn't even mention the fact that she didn't have to wait in line at amusement parks. "And that's exactly who I am."

Despite him and his sister's disease, he looks on the bright side of life and try to live each day to its fullest. People often ask him where he finds the strength to keep going.

Actually, there are three things that keep him ticking. (those things which he would like to share with everyone)

First, his family and friends.

His Mum and Dad always made sure that he had the best life he could get. In fact, if there was one reason that he managed to accept his disease is because his parents raised him in a positive way. And they always encouraged him to experience his life as much as he could in his short life. Whether it was going to a festival, throwing a party or doing a TED talk.

*Furthermore, he is blessed with amazing friends, who supports him through thick and thin. Last year, when his friends and him graduated from high school, they gave him a book. Right on the front was a photograph of him and the title saying, “**More than a Legend**”. On the inside, photos of all kinds of fun things he and his friend did together. And it made him realize again “*how much these goofballs mean to me*”.*

The second important element in my life are challenges.

*And one of those challenges are **sports**. He used to play **football**. But he had to quit because he wasn't big anymore, and he wasn't strong enough. His Dad used to compare him to Stuart Little, the mouse. He said, "One day, one of your friends will kick the ball so hard, that you will be stuck to it and fly straight into the goal with it". "At least I would have scored a goal!"*

But anyway, he had to quit.

*Fortunately, he came across **snowboarding**. After his first snowboarding experience, he immediately bought his own snowboard and went on a skiing holiday together with his Dad. And this was amazing. Four days, nothing but snowboarding. **And the best thing bout snowboarding: flying past all those big people and leaving them wondering how this little kid could be so good.** Then in two weeks, he is going on another skiing holiday. And he is really looking forward to it.*

Then at a reunion in Denmark, I was introduced to go-karting. The adrenaline that go-karting gave him was amazing. He even went racing with the Dads, and he got fifth out of eight. Not too bad for a 15 year old, who was only one metre and 25 centimeters tall. When he came home, he immediately started go-karting at a club in his neighborhood. And they saw how much he enjoyed it and they gave him his own cart and his own suit.

But go-karting was just a step towards an even bigger goal – getting his driving licence. So when he turned 17, his father challenged him. He said “If you pass your theoretical exam before we leave on holiday, we will pay for your car.” So the day before they went on holiday, he went for his theoretical exam. And guess what? He passed! A year later, on the day that he turned 18, he couldn’t wait. He went for his practical exam. And guess what?! “I passed again!”

“And yes, I got my car!”

He has been driving for almost 2 years now and it’s amazing. Not being dependent on anyone and he could go wherever he wanted, whenever he wanted.

*But apart from family and friends and taking up challenges, there is one more thing that brightens up his day. And that's moments like this one: Moments in which he can talk about life with progeria. By talking about his disease, he wants to make people aware of its consequences. As such, he hopes he can make a difference for his sister, Emma, the other 142 progeria kids, and the whole Progeria community. **"It's for these guys that I do it!"***

*"But also, I hope I can make a difference for you." We all have a bad day now and then and sometimes life can be bluntly unfair. But hey **with a nice family, some great friends, and some exciting challenges, you can come a long way already.** So don't complain about the things you are not capable of, but **show the world what you are capable of.***

Because life's too short. Make the most of it. *"Oh and never forget to take a smart phone with you, so you can capture the beautiful moments (just like this one)."*

