

## TED Talk Pearls

1. Meditate, calm the waters of the mind
2. Be a self expert
3. figure out your purpose
4. focus on the process, not the end goal. the Journey
5. know your "why?"
6. connect with friends on a weekly basis, face to face
7. family first
8. notice people and give them praise
9. 30 day challenges
10. be grateful
11. buy things for others
12. minimalism, give stuff away
13. living within means so you can live according your deepest values, not financial Independence as an end
14. reduce choices
15. plant based diet
16. fake it until you make it, be a gorilla, make yourself seem bigger, sit up in your chair
17. be ok with imperfection and vulnerability
18. flow: know how to be in control and do things that get you in flow
19. rejection therapy
20. interview someone (storycorps)
21. Tell yourself that stress is your friend and helps you for that next level
22. move naturally (ride bike), manual labor around the house, sitting on floor
23. exercise teaches your body that what you do matters
24. CBT
25. smile and say thank you
26. say yes to play time
27. give people what you desperately need
28. align your interests with altruism
29. superchicken
30. outside time
31. organize a tribe of passionate people
32. start a movement and change the world
33. make your group feel safe and make people feel missed
34. cold water
35. Forgive yourself
36. surround yourself with inspirational people doing things you want to do
37. upset the status quo
38. pay attention to what works and what doesn't and who inspires you and what it is about them that inspired you
39. don't live a scripted life going up a ladder to who knows where, serving someone else's benefit
40. dont tell yourself its impossible (musician, actor, comedian, doctor, president, astronaut, etc)
41. notice people and things around you
42. be careful not to expect too much of yourself. not everyone can live up to western expectations. often we are either lucky or unlucky, we love when we do well but blame ourselves when things go wrong

43. if people do not wish to be helped, leave them alone.  
shut up and listen
44. make your children do chores
45. have 3 friends that are like minded
46. get more social interactions per day. coffee barista, technician, nurse, mailman, etc
47. do lots of horrible first drafts
48. be full of affection for your goofy self centered cranky self
49. radical self care is your gift to the world, its your fresh air to the world
50. everything that happens to you is yours and you get to tell it
51. don't wake up one day and feel upset that you didn't tell your story or write or make a film  
laughter. your stories are your voice, your own truth
52. people feel doomed these days, make them feel better with laughter
53. appearance matters and your delivery matters. if you want to be a leader you need to sound like one
54. when you feel stuck, that is your body saying your needs are not being met  
you need activation energy, like when you do something new and are face to face with it  
when you have an impulse, act on it. 5 seconds. do it. or the idea is killed in 5 seconds
55. get rid of bad beliefs about yourself. don't host a pity party
56. being happy creates success. happiness has an advantage: your brain works better.  
intelligence and creativity all rise so you act faster. doctors are more responsive. train your  
brain with these things
57. write an email to 1 random coworker per day praising them. bolster your support group. the  
best way to succeed is to help other people succeed
58. pronoia: the opposite of paranoia, when people are secretly plotting your success. I am  
secretly plotting the success of my coworkers
59. do not underestimate the coworker who is the disagreeable giver. prickly on the surface but  
have others best interest at heart
60. 5 minute favor: can be just recognizing someone's effort
61. internet sabbath
62. sit still, go slow, like that woman on the plane that sat for 12 hours.  
nothing is more luxurious than going slow and paying attention