

## Wisdom of TED Manifesto

**A life of meaning includes purpose and people.** *Find work that uses your strengths and makes you feel flow.*

**Know who you are and want you want.** Seek purpose with Ikigai and start with strengths. Be curious and creative: play, explore, try experiments.

**Set measurable goals that follow your values.** *Be productive to accomplish your priorities and plans.* Take small steps consistently.

**Act with agency to influence what you can.** *Recognize what you can change and what you can't.* Be realistically optimistic.

**Satisfaction comes from working hard for a meaningful goal.** *A meaningful goal involves effort, but it is worth it.* You can do difficult things.

**There will be challenges.** *To reach for a goal, try something new, or learn...means facing risk, uncertainty, fear, failure, or mistakes, unknown, self-doubt, setbacks.* **Do it anyway.**

**Life presents challenges whether we seek them or not.** Develop strengths to overcome obstacles with your head and your heart. *Prepare for challenges with courage and a growth mindset.* **Courage is acting despite fear.** Handle setbacks with grit and resilience.

**Motivation comes from action.** *Confidence comes from competence and courage.* Build your abilities a little bit at a time.

**Some of the biggest challenges are obstacles that we create ourselves to avoid discomfort.** Our own obstacles include: decision paralysis, internal distractions, self-doubt, confusion, overwhelm, mistakes, fear, obliviousness, resistance, and triggers of procrastination.

**Develop mental skills to deal with discomfort.** Pause to identify emotions. Learn to tolerate discomfort and use emotional regulation tools. **Choose to think rationally.** ***Fear is a survival mechanism evolved to protect us from danger with a physical and emotional reaction.*** *A perceived threat may be a real life-or-death threat, or imagined. Social or psychological risk may be perceived as danger. Pause before chemical flooding hijacks the thinking part of the brain to manage emotions and evaluate the situation. Talk to yourself as you would to a friend. Be your best self. Don't let your own limiting beliefs, the comfort zone, distractions, or fears prevent you from doing what you want to accomplish.*

**Learn about your brain. Take care of yourself. Choose wisely. Be kind.** Breathe, exercise, meditate, and eat healthy food. Sleep well. Uplift yourself and others with compassion.

**Notice your inner world and the outer world with awareness.** Spend time in nature, appreciate beauty, listen to music, express gratitude.

**Connect with others.** Remember that relationships are important, and prioritize them.

**Learn to be emotionally intelligent and develop great communication skills.**

**Make friends, have fun, be kind.** To live wholeheartedly is to be vulnerable. Be willing to take reasonable risk to reach out and share with others. *Get out of your own way and build relationships.*

*May you...*

- *pursue purpose that uses your strengths to create a positive impact,*
- *preserve and build relationships with communication and emotional intelligence,*
- *prepare with learning and growth,*
- *persevere with courage and resilience.*

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