

## Wisdom of TED Manifesto

*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, design things, build stuff, explore, try experiments.

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

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

**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. Use you head and your heart to overcome obstacles.** *You may face failures and setbacks.* Prepare for challenges with courage and a growth mindset.

Handle setbacks with grit and resilience. **Motivation and confidence come from action.**

*Build your abilities a little bit at a time. To grow and learn means facing fears, tolerating discomfort and uncertainty, learning from mistakes.*

*Some of the biggest obstacles are the ones that we create ourselves.*

**Learn about your brain.** Pause to manage emotions and think rationally.

**Take care of yourself. Be kind.** Breathe, exercise, meditate, and eat healthy food. Sleep well.

Talk to yourself as you would to a friend. Uplift yourself and others with compassion.

**Notice your inner world and the outer world with awareness.** Appreciate with gratitude. 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.*

*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...*

- *possess peace from following your values,*
- *pursue purpose that uses your strengths to create a positive impact by aiming for a vision that is Active, Inspiring, and Meaningful,*
- *preserve and build connections with people with communication and emotional intelligence,*
- *prepare with learning and growth,*
- *persevere with courage and resilience*

### TED TALK BOOK DISCUSSION PATHWAYS

Purpose: ↳ Work engagement, Psychology, Purpose, Aspire (goals, productivity), Create & Learning pathways

People: ↳ Relate, Communicate, & Clarity (emotional intelligence, awareness, resilience) pathways

Psychology pathway (the brain, Discover U)

↳ Happiness pathway ↳ Development pathway

<https://dailyplanit.com/ted-talk-book-discussion/>