

Good Life Engine

Mindset flexibility / team formation

28.10.2022

**Good Life Engine course is a
unique individual experience +
team support**

Do you share same beliefs/ mindsets?

- **Your goal is to be happy. If you are not – you are failing**

“Western societies have increasingly perceived happiness as being an individual goal and responsibility... We want to be happy because our culture tells us to be happy... Feeling unhappy thus becomes a double burden: not only do you feel unhappy, but you also feel guilty for having failed to live up to the cultural norm according to which you ought to be happy all the time.”

Frank Martela, *A Wonderful life* (insights on finding a meaningful existence)



1948 [7 Up](#) ad in the [Ladies' Home Journal](#), an American magazine

Do you share same beliefs/ mindsets?

- **Your goal is to be happy. If you are not – you are failing;**
- **Success will bring you happiness**

Success = happiness?

We live in the society where success became increasingly important. That was not the case in the past – we are feeling guilty of not being successful enough (Peter F. Drucker)

Success stories from social media


Do you share same beliefs/ mindsets?

- **Your goal is to be happy. If you are not – you are failing;**
- **If you are successful, you should be happy;**
- **Just find your passion and follow it**

DYSFUNCTIONAL BELIEVES means the myths or stereotypes that prevent us from designing the life we want*.

Sometimes we believe in some restrictions in our lives without questioning where do they come from. However, it is good to have a critical analysis where this idea came from.

We all carry a lot of cultural and societal dysfunctional believes. But some of them might stop us or add worries in our lives.

*Burnett, Bill and Dave Evans, Designing Your Life: How to Build a Well-Lived, Joyful Life  Asito University Program

Let's find out together examples of dysfunctional / conventional thinking

- Your degree determines your career;
- Your goal is to be happy. If you are not – you are failing;
- If you are successful, you should be happy;
- Just find your passion and follow it;
- You should get married and have kids
- You can not drop if you putted too much efforts;
-???

**WHAT ARE YOURS DYSFUNCTIONAL
BELEIFS (homework)?**



“Throughout whole my adult life, I have had this feeling that I do not do enough”

GLE student 2021-2022

Survey results

Responses	Not challenging	Mildly challenging	Moderately challenging	Severely challenging	Extremely challenging	Total
Time pressure (time famine)	2 (3%)	10 (14%)	31 (42%)	25 (34%)	6 (8%)	74
Difficulty focusing	7 (9%)	10 (14%)	29 (39%)	20 (27%)	8 (11%)	74
Procrastination	4 (5%)	6 (8%)	22 (30%)	24 (32%)	18 (24%)	74
Anxiety	10 (14%)	18 (24%)	18 (24%)	17 (23%)	11 (15%)	74
Lack of clarity and confidence in next career / life / study move	10 (14%)	7 (9%)	21 (28%)	19 (26%)	17 (23%)	74
Lack of energy	9 (12%)	20 (27%)	22 (30%)	19 (26%)	4 (5%)	74
Self-criticism	6 (8%)	13 (18%)	19 (26%)	21 (28%)	15 (20%)	74

XXI century typical human

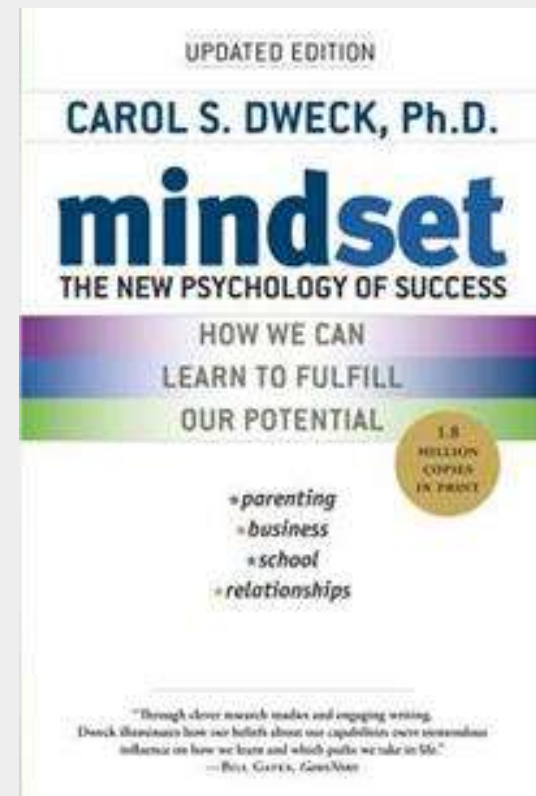


Me trying to excel in my career,
maintain a social life, drink enough
water, exercise, text everyone back,
stay sane, survive and be happy



Reasons. Why we feel and think this way?

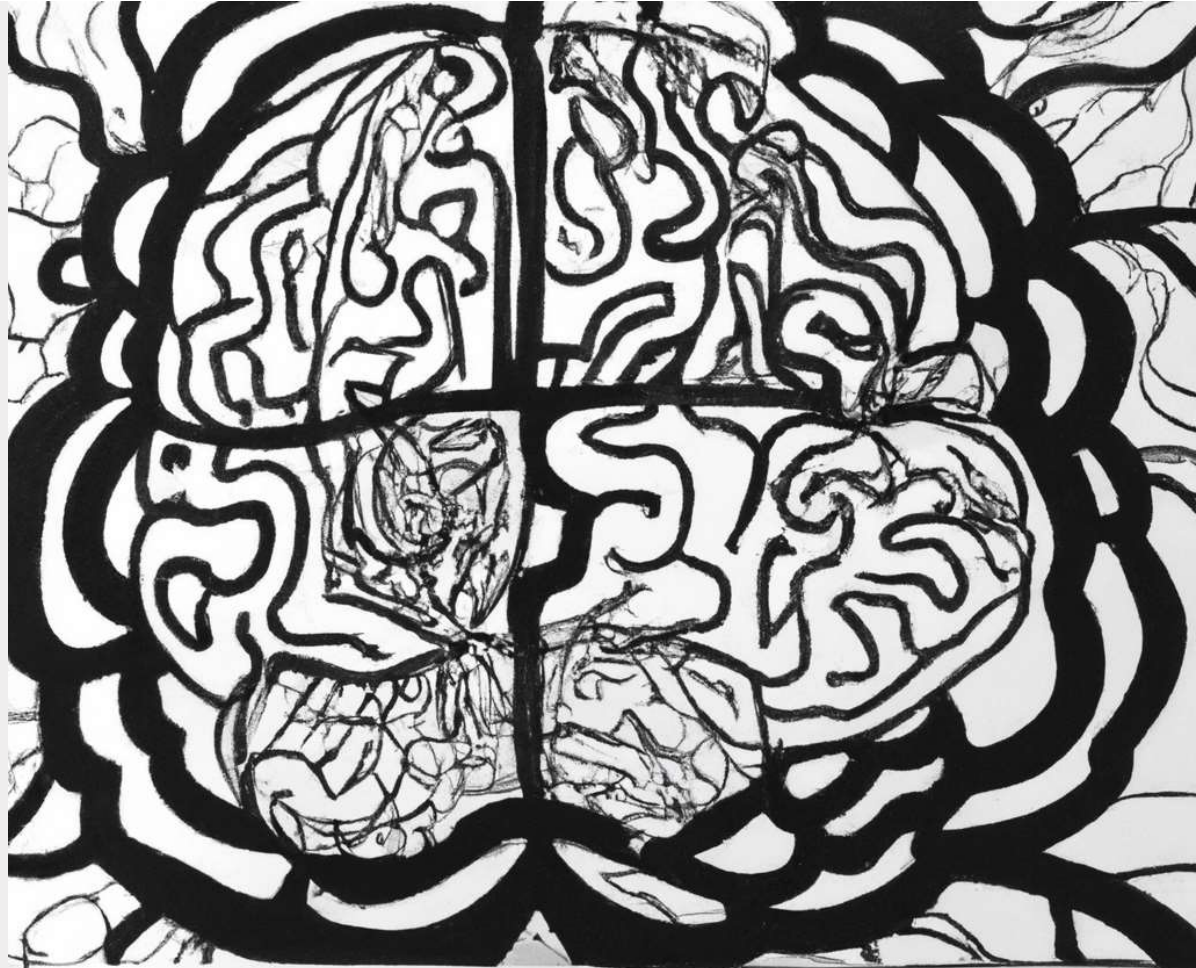
Growth and fixed mindset



NEGATIVITY BIAS

- Recall and think about insults more than compliments
- Respond more –emotionally and physically –to negative stimuli
- Dwell on unpleasant or traumatic events more than pleasant ones
- Focus our attention more quickly on negative rather than positive information*.

NEUROPLASTICITY



**FIXED MINDSET +
NEGATIVITY BIAS +
NEUROPLASTICITY**



INSUFFICIENCY
WORTHLESSNESS
PERFECTIONISM



***“The way we think determines our life”,
“The elasticity of our brain means that
we have the ability to change our brain
pathways, and therefore our life, for a
better tomorrow”.***

Dr Tara Swart (neuroscientist), the Source

***“By changing your perspective,
you expand your possibilities until
you see something that you were
unable to see before”***

Michalko, Michael. Thinkertoys

Introduction to the teams



Group 1

Safia Ahmed
Messaoud
Minerva Huovari
Eva Tordera Nuno

Group 2

Eemeli Suominen
Hyunkyung Choo
Gent Polloshka
Henry Huttunen
Abdelrahman
Abde
Aura Relander

Group 3

Pyry Aalto
Teemu Nieminen
Rasmus Ylinen
Ana Gheorghiu
Leena Nieminen

Group 4

Merika Oksanen
Iikka Näsälä
Julia Konttila
Aino Valonen
Lotta Lanki

Group 5

Annika Vasa
Emma Prost
Karri Majoinen
Hung Vu

Group 6

Angeline
Jayanegara
Markus Havia
Taru Latvala
Sandra Nord
Julia Vila Comas

Group 7

Aghyad Al
Kabbani
Heidi Rajamäki-
Partanen
Elina Helkkula
Carlo Zanotto
Siiri Keränen

Group 8

Radovan Lamac
Axel Autio
Basak Amasya

Group 9

Sannina
Honkaharju
Tuomas Laiho
Jesse Viljanen
Bettina Lehtelä
Thong Cam

Group 10

Jahanzaib Naveed
Tiia Schleifer
Samuli
Hartikainen
Zsombor Takacs
Anton Bykovskykh
Aaryan Nayar

Group 11

Jerry Aunula
Yen Pham
Janne Backman
Tuomo Vendelin
Helmi Malk

Group 12

Vashvitha
Rajakuma
Tiitu Peltola
Sari Kupiainen

Safe space exercise

How to create a safe space within a group?

1. What is a safe space?
2. What is an unsafe space?
3. What do you concretely need for a space to be safe?
4. Rephrasing the needs to rules.
5. Agreeing on the rules as a group



Homework

1. **Team assignment!** – find out, watch and discuss the movie that depicts modern life challenges. Be ready to present
2. Define your **dysfunctional beliefs** (no need to upload)
3. Do the exercise **People's tree** – instructions in MyCourses
4. Read the Chapter 1 about **Growth and fixed mindset, Dweck**

**START TO EXECUTE YOUR
ROTUINES!**

See you on 9.11.2022
Session about habit formation
with guest speaker –
Jaakko Kopra





Agenda for today:

1. Life challenges, what kind, why we have them, what to do?

Break

2. Teambuilding

Modern life challenges

Make a mind map of your challenges or things that bother you.

Think about which of these challenges are very common for your surroundings?

Modern life challenges

*Let's create all together the
holistic map*