

Good Life Engine course. Learning yourself.

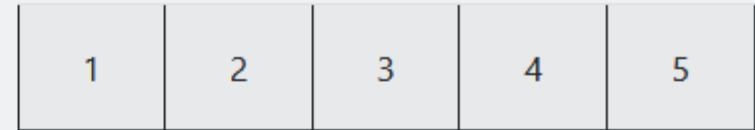
Lidia Rauramo, Anna Dementyeva, Rahim
Ahsanullah

GLE kick-off survey

How would you rate these challenges in terms of their impacts on your personal life?

	Not challenging	Mildly challenging	Moderately challenging	Severely challenging	Extremely challenging	
<input checked="" type="checkbox"/> Time pressure (time famine)						3.5
Difficulty focusing						3.2
<input checked="" type="checkbox"/> Procrastination						3.5
Anxiety						3.0
<input checked="" type="checkbox"/> Lack of clarity and confidence in next career / life / study move						3.3
Lack of energy						2.9
<input checked="" type="checkbox"/> Self-criticism						3.3

Why do you join the Good Life Engine course?



I need to get the study credits



2.2

Course topics sound interesting from an academic perspective



3.2



I want to develop more self-mastery skills



4.5

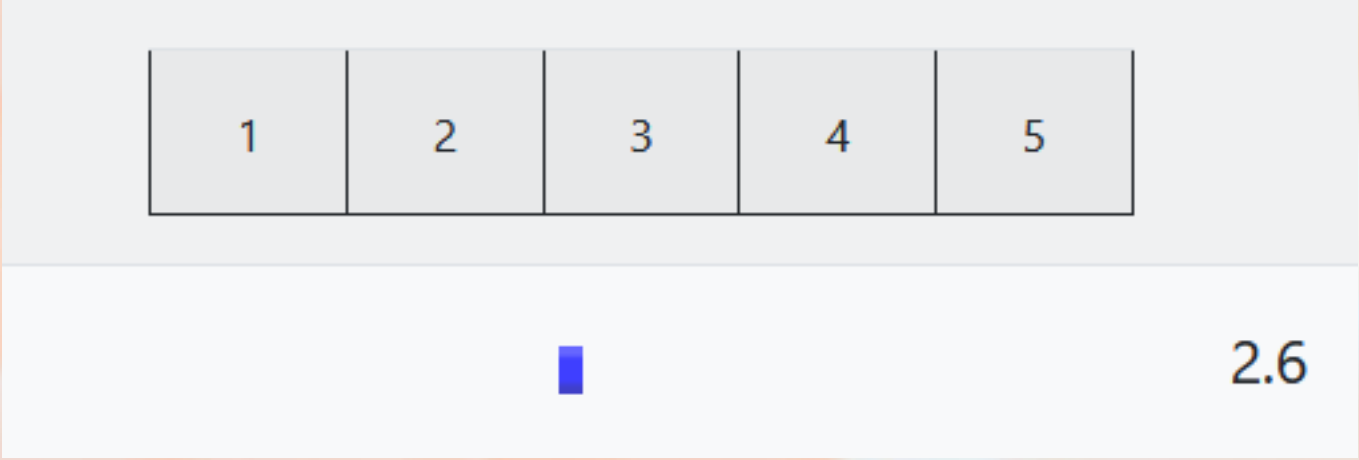


I struggle with some of the challenges in question 1



4.3

How well do you manage to work on your own dreams and goals alongside typical life chores?





Exercise #1.

Discuss in groups can you help someone if you need help? (can you fix someone if you are not fixed?)



Recap from the Inner Development Goals Summit.

***“For far too many people,
loneliness is the sad reality of
modern life”***

The UK's former Prime Minister Theresa May,
2018



WHY?



The Best Smart Home Devices to Help Aging in Place

By [Rachel Cericola](#) Updated September 18, 2023

[Twitter](#) [Facebook](#) [Email](#) [Save](#)



79% of smartphone owners check their device within 15 min. of waking up every morning. People on average check their phones 34 times per day.

However, industry insiders believe that number is closer to an astounding 150 daily sessions.

We're hooked!

Eyal, Nir. Hooked. Penguin Books Ltd.



Tele

Instagram

**ADT instead of ADD.
ADT – an attention
deficit trait, caused by
brain overload. The core
symptoms are
distractibility, inner
frenzy, and impatience.**



Exercise #2.

Dashboard exercise.



Step #1. Exercise #2. Assess Where you are?

4 areas dashboard

HEALTH

LOVE

PLAY

WORK

*Designing your life” methodology from Stanford Life
Design Lab

HEALTH (50%)

A horizontal progress bar with a jagged orange border. The bar is filled with a light gray gradient, representing 50% completion. The text "HEALTH (50%)" is written in bold blue font on the left side of the bar.

LOVE (90%)

A horizontal progress bar with a jagged orange border. The bar is filled with a light gray gradient, representing 90% completion. The text "LOVE (90%)" is written in bold blue font on the left side of the bar.

PLAY (20%)

A horizontal progress bar with a jagged brown border. The bar is filled with a light gray gradient, representing 20% completion. The text "PLAY (20%)" is written in bold blue font on the left side of the bar.

WORK (100%)

A horizontal progress bar with a jagged brown border. The bar is completely filled with a light gray gradient, representing 100% completion. The text "WORK (100%)" is written in bold blue font on the left side of the bar.

Fill your dashboard

HEALTH

LOVE

PLAY

WORK

**Are you happy right now with
where your gauges stand in each
of these four areas?**

Build your inner core

"You have to charge your batteries with more energy than you draw out of them"

Aki Hintsa, The Core

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



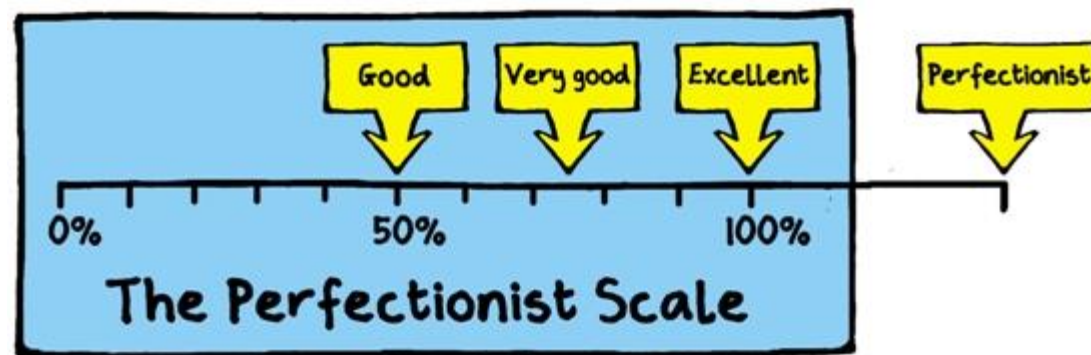
Looks familiar?

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

GLE student 2021-2022

Perfectionism and Self-criticism lead to ➡

- to unrealistically high personal standards,
- a preoccupation with mistakes,
- doubts about actions,
- a desire to control everything,
- selective filtering of information to emphasize our failures and mistakes,
- and polarized thinking: all or nothing



© Bev Webb 2012

www-the-square-peg.com

" Most of us have been primed to aim for success. We've been schooled from an early age to focus on good grades, regular promotions, performance awards. As a result, most of us see failure as an unacceptable. The working culture also rewards only performance. The more senior the manager, the grater the social and psychological penalty for being fallible. Most organizations reward success and penalize failure"

**Amy C. Edmondson, "Teaming"*

Reasons. Why we feel and think this way?

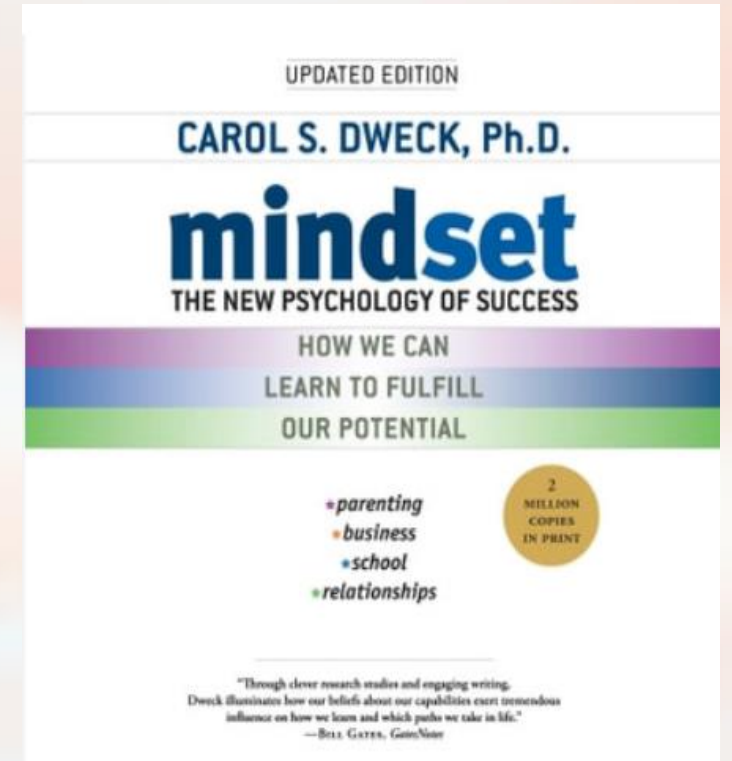
Growth and fixed mindset



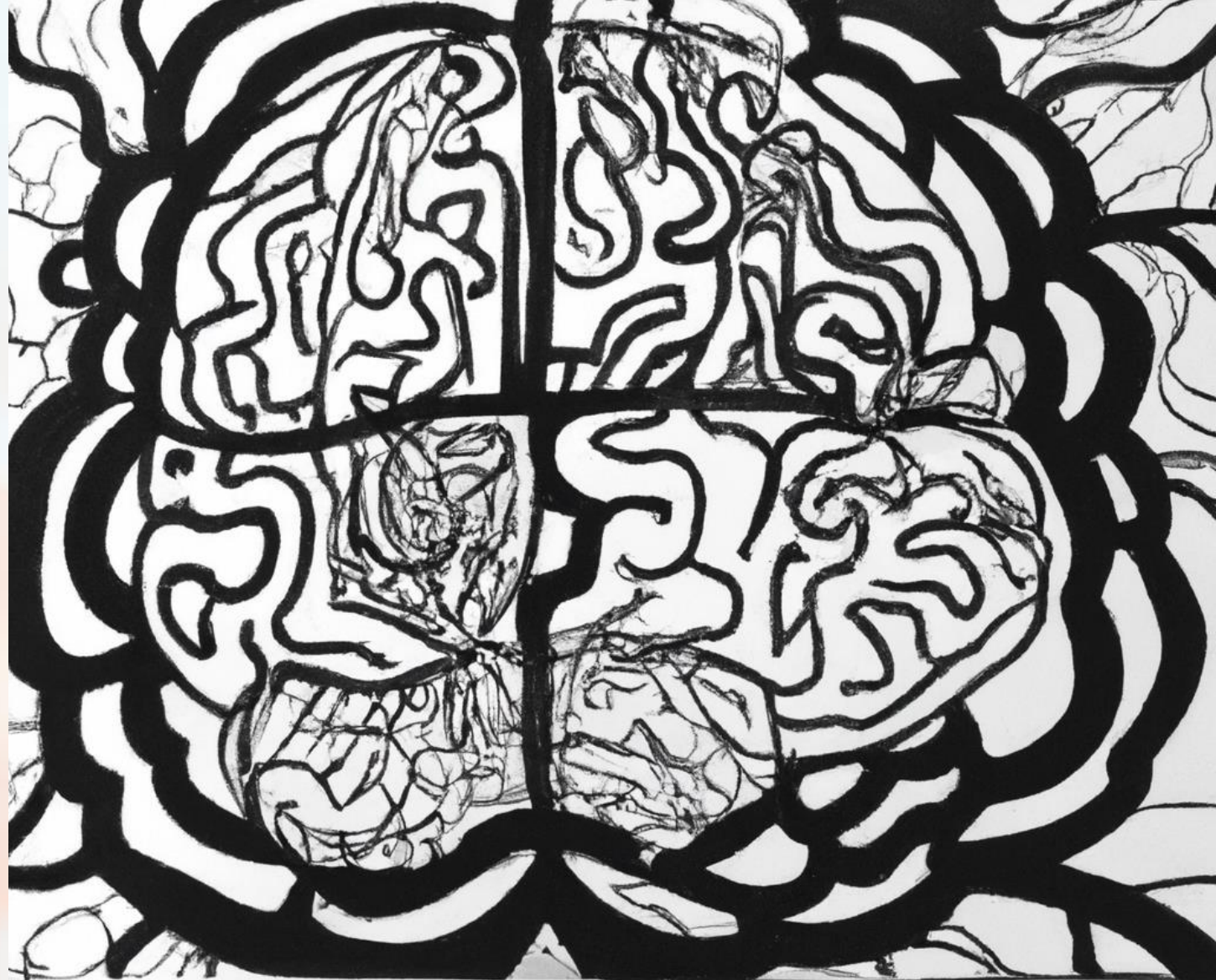
I believe that my intelligence/character can be developed. My true potential is unknowable.



I believe that my intelligence/character is inherent and static. My potential is determined at birth, it doesn't change.



NEUROPLASTICITY



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 (*Andas).

FIXED MINDSET + NEGATIVITY
BIAS + 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

A stylized illustration of a person with a yellow bun, wearing a red suit and headphones, dancing on a large, stylized letter 'M'. The 'M' is composed of green and white horizontal stripes. The background is a soft, abstract gradient of light blue and orange.

Exercise #3. Tick-Tock.

*Michael, Michael. Thinkertoys

Step #1.

Tick

Imagine yourself in a recent failure situation. How did you feel?
What your inner voice was saying to you?

After you are ready with your list, name your nagging voice.
Remember to name it with respect, because it has good intentions.

Step #2. Self-compassion mode

How do I really feel?

Step #3. Tock

Substitute an objective, positive thought for each subjective, negative one. Write down a compassionate sentence to every negative sentence you wrote previously. A good tip -to all “I am not ... enough” sentences you can add “yet” in the end.

Give this compassionate voice a name.

“May I be happy, may I be healthy and well, may I be safe, may I be loved, may I live a good life with the people I love, may things turn well for me”.

How to practice self compassion?

Notice your self-talk

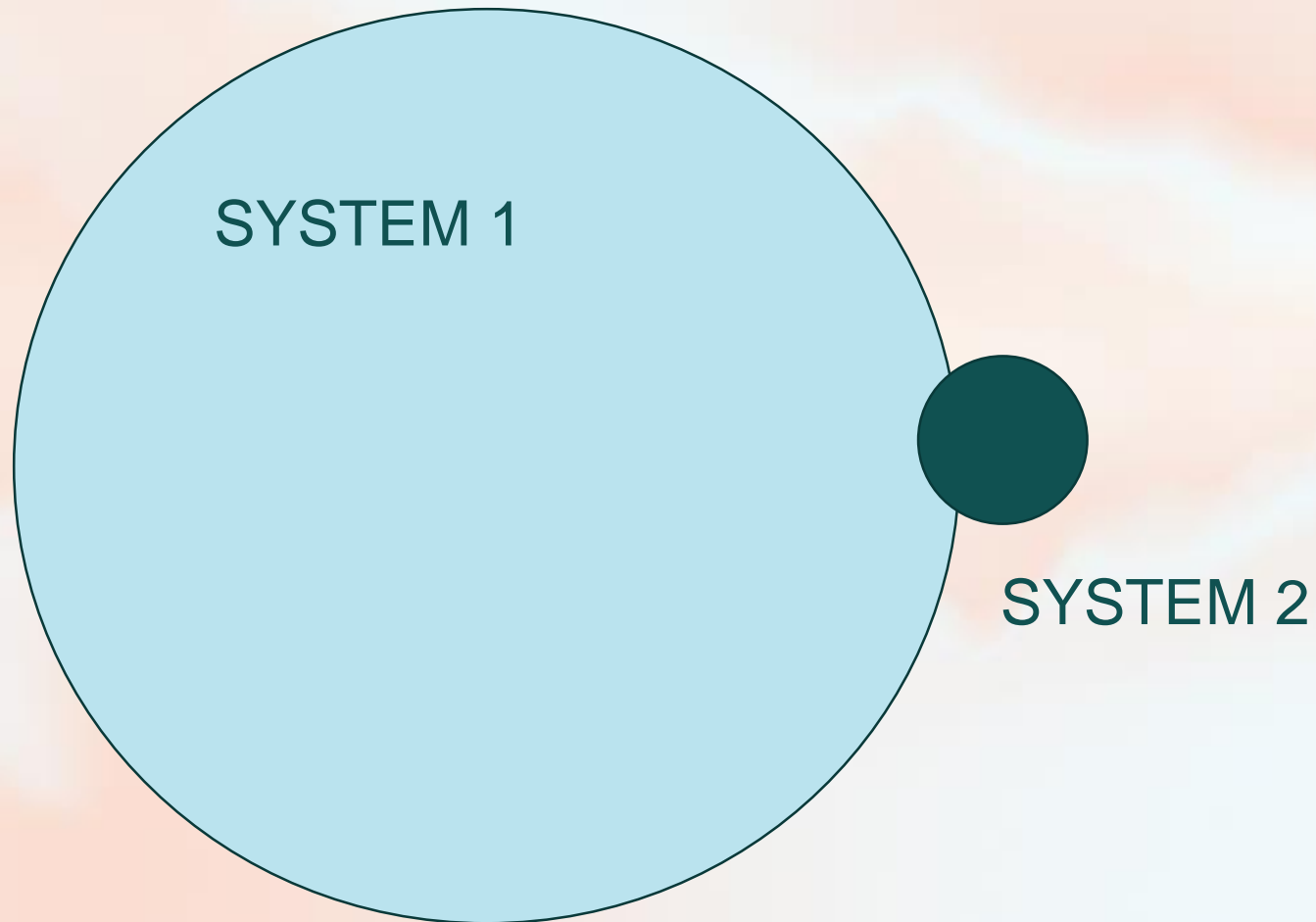
Practice Self-compassion and self-kindness using your mind

Self-kindness entails being understanding, warm, and supportive toward oneself. Rather than harshly judging oneself for personal inadequacies, the self is offered kindness and unconditional acceptance.

Practice Self-compassion in physical way (heart and body exercise)

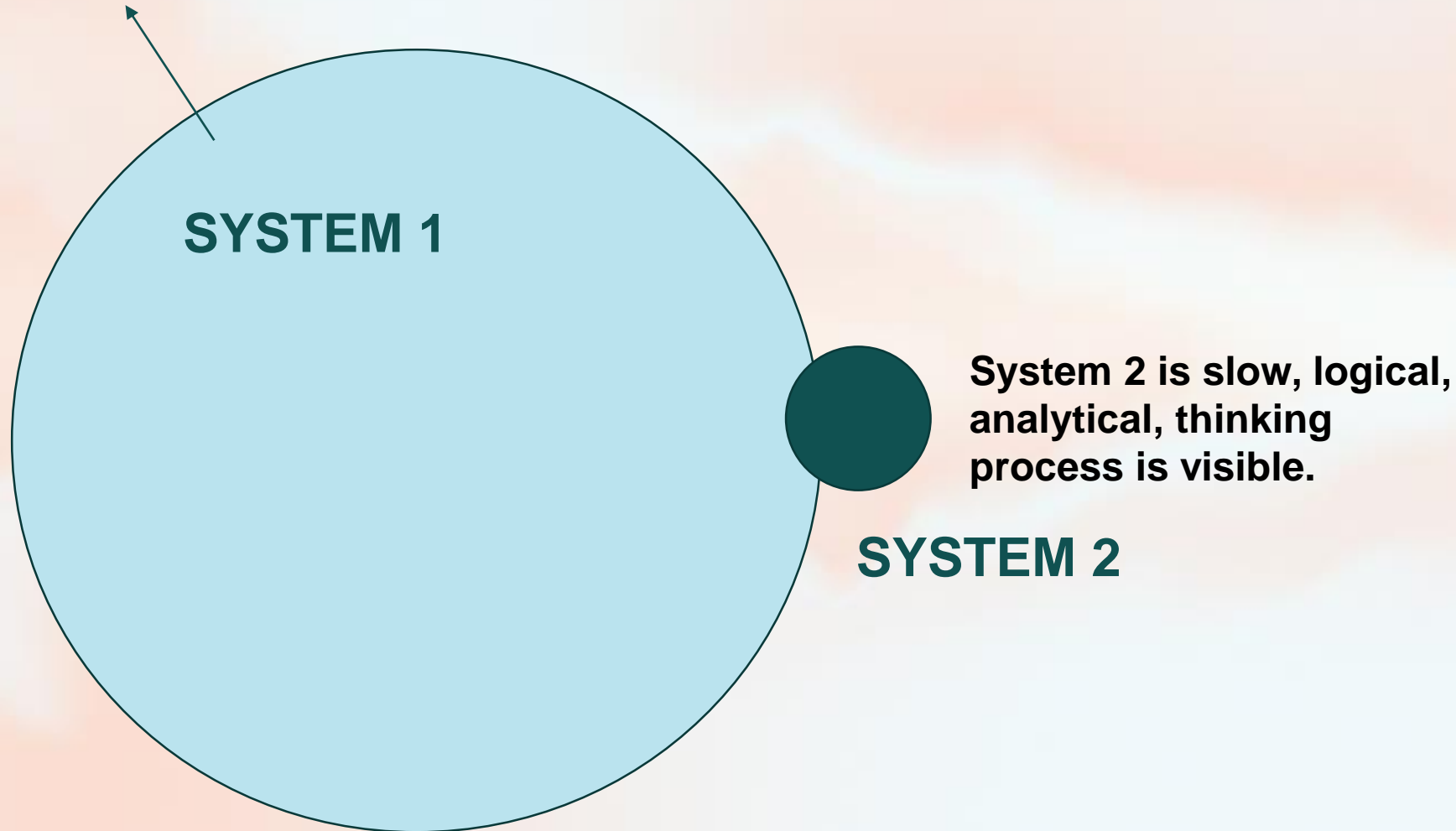
Take a moment to show yourself kindness. Wrap your arms around your own shoulders, as if you are giving yourself a warm embrace.

When we have 1 conscious thought, we have at the same time 200 subconscious thoughts over which we don't have any control (Kahneman, D., Thinking, Fast and Slow, 2011)



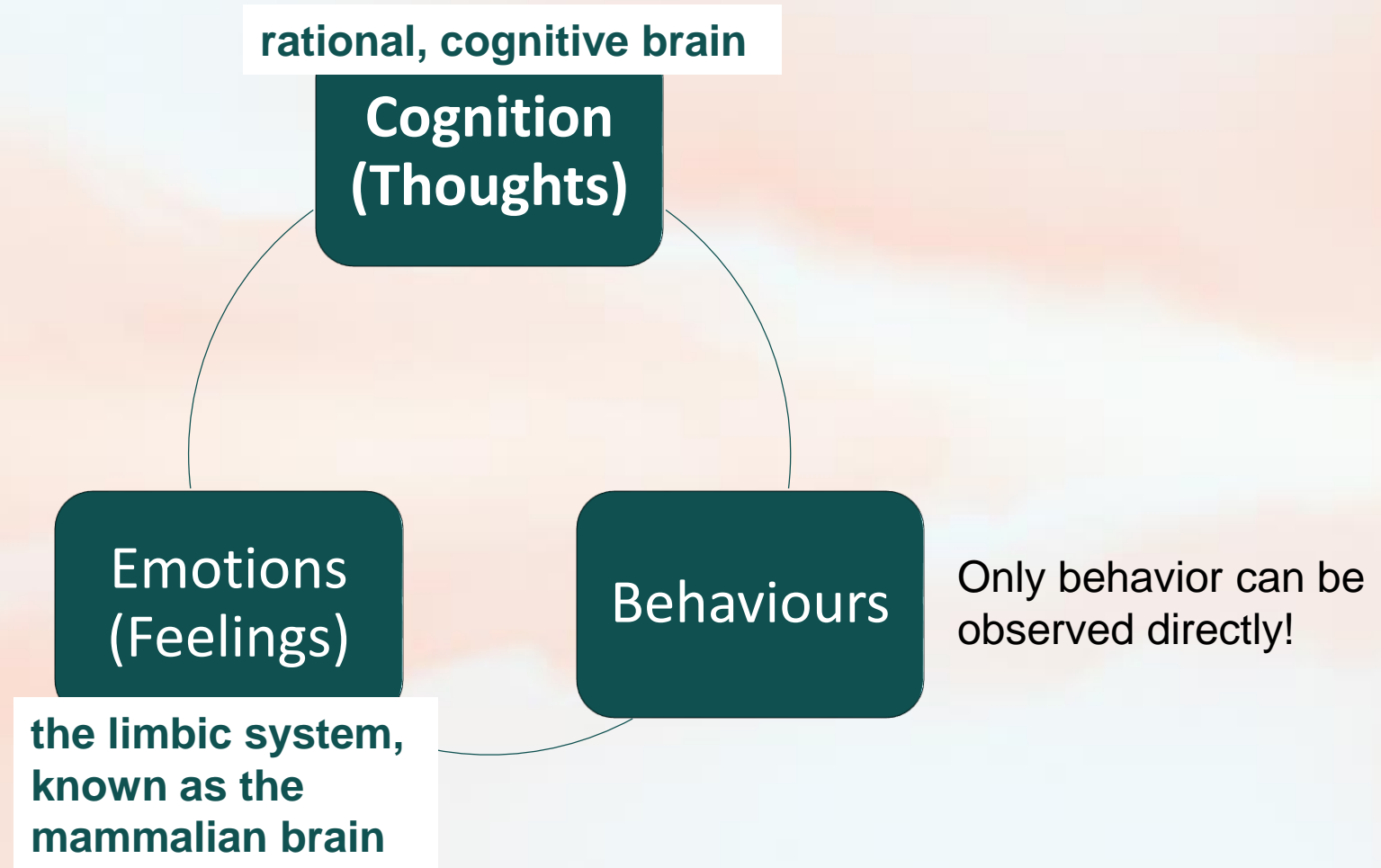
System 1 thinking is a near-instantaneous process; it happens automatically, intuitively, and with little effort. It's driven by instinct and our experiences.

When we have 1 conscious thought, we have at the same time 200 subconscious thoughts over which we don't have any control (Kahneman, D., Thinking, Fast and Slow, 2011)

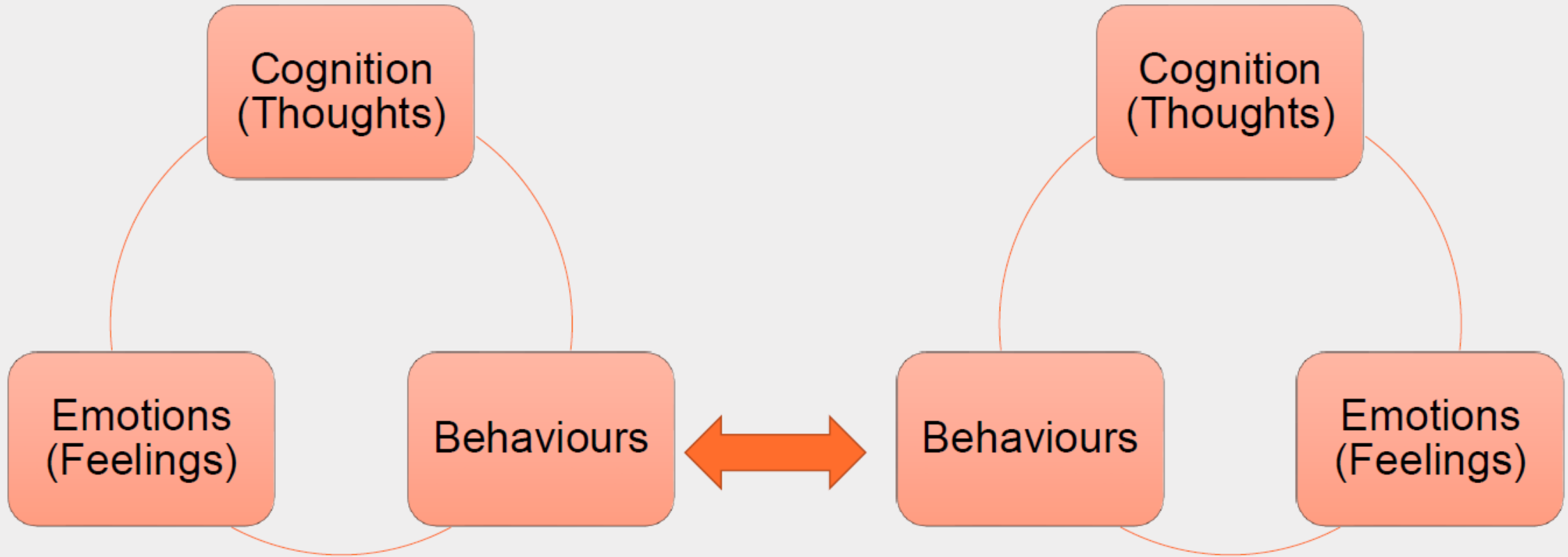


red blue orange purple
orange blue green red
blue purple green red
orange blue red green
purple orange red blue
green red blue purple
orange blue red green
green purple orange red

The Cognitive Triangle

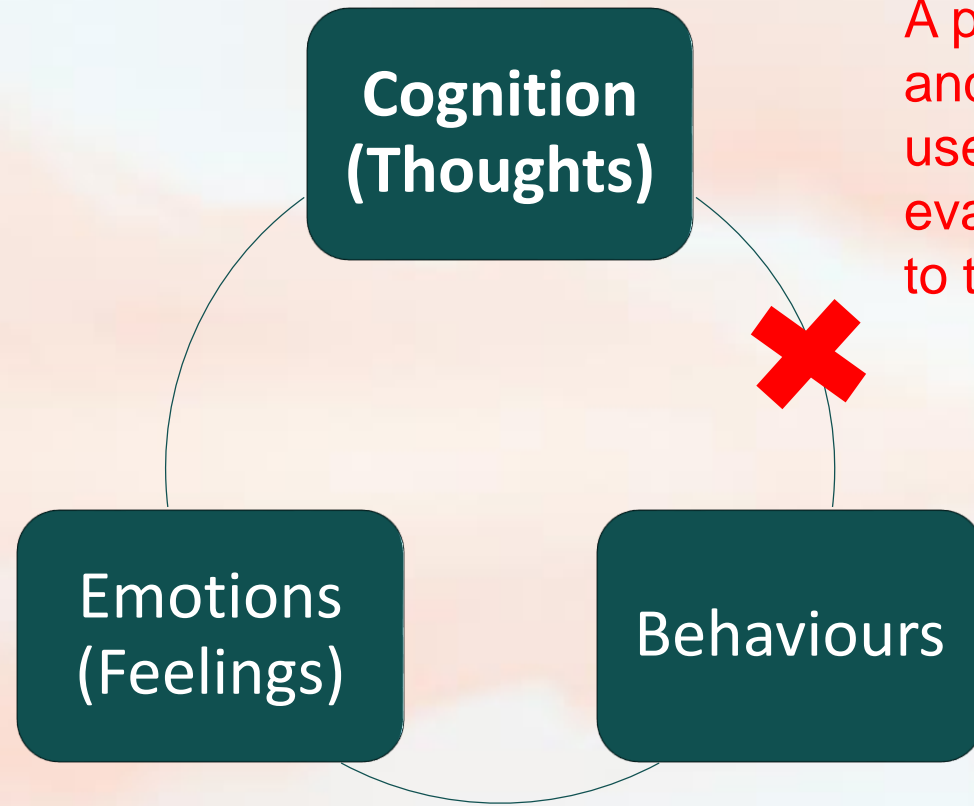


Interaction



Only behaviour can be observed directly!
One can infer emotions and thoughts of others based on behaviour,
but this is prone to errors as misunderstandings

The Cognitive Triangle



A pause (breath in and out) and think once more how useful are these thoughts and evaluate actions you are about to take

Only behavior can be observed directly!

*Adapted from the book Viisas Mieli, by Sadeniemi & al

Each time you repeat a habitual action – stop yourself and reflect on what you are doing. Next step – write new positive habits to deal with anxiety.

TOOL 1: SHOULD I BE? EMOTION REGULATION TRIGGERS

STEP 1: RECOGNIZE

Recognize an emotion that you may have, that you believe leads to a response or behaviour that:

- Limits your potential, performance or results
- Harms your relationships with important people in your life
- Reduces your happiness

Examples of emotions could be, irritation, insecurity, boredom, anger, uncertainty, jealousy, fear, or

Teach yourself to recognize the signs that you get from your body / mind that you are going to have this emotion – do you feel nervous, anxious, does your body temperature rise or your stomach

TOOL 1: SHOULD I BE? EMOTION REGULATION TRIGGERS

STEP 2: EVALUATE

Ask yourself “Should I be” as soon as you become aware that you are having or will have the emotion.
The answer can only be yes or no.

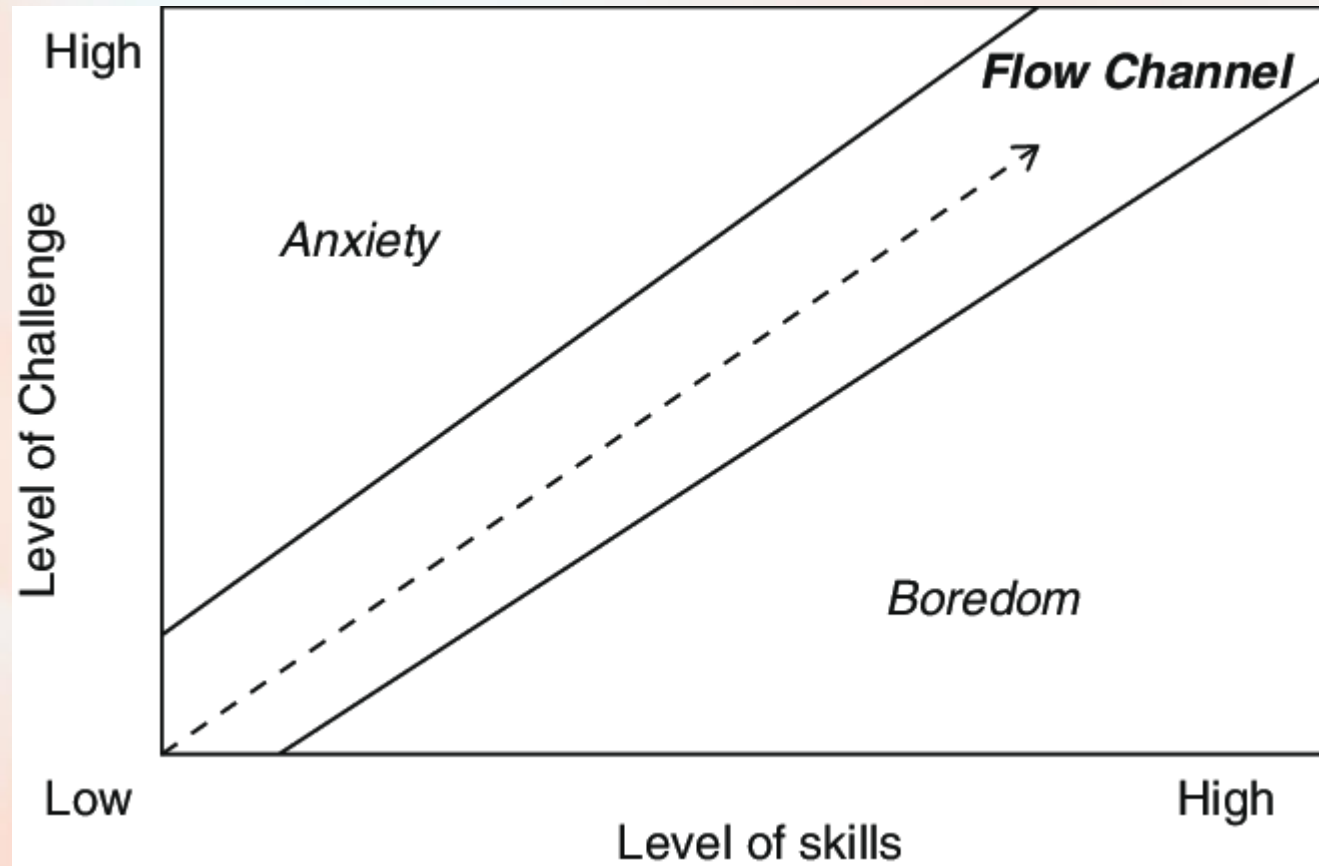
STEP 3: ACT

The Should I question will trigger “Situation Smart” and you will be able to respond to the situation with full access to your existing ability “the best you can”

Anxiety vs. stress

According to the American Psychological Association, stress is a response to a specific situation or demand that challenges or exceeds the person's resources or abilities, while anxiety is a persistent and excessive worry that interferes with daily activities. Stress can be positive or negative, depending on how the person copes with it, while anxiety is usually negative and can impair the person's functioning.

We need challenges

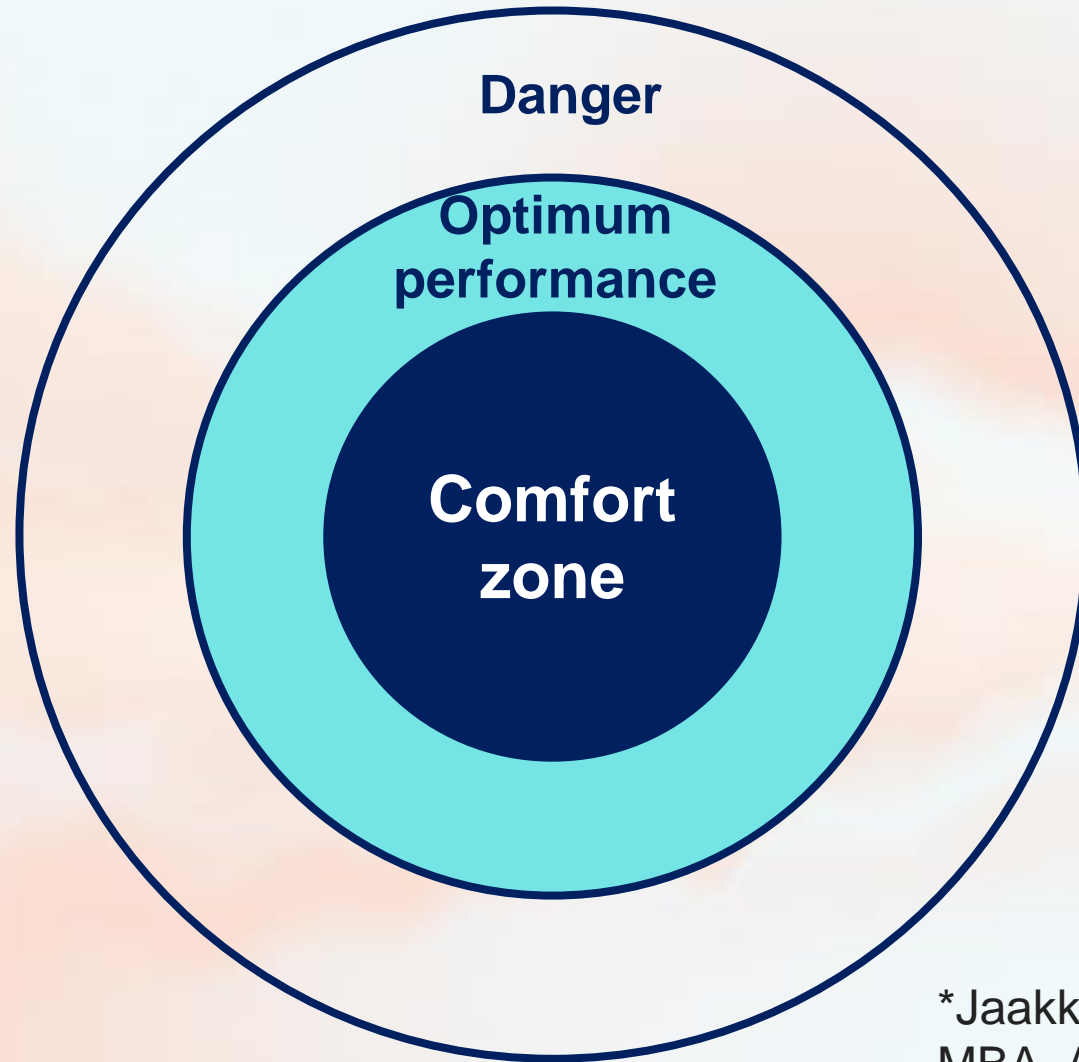


Eustress

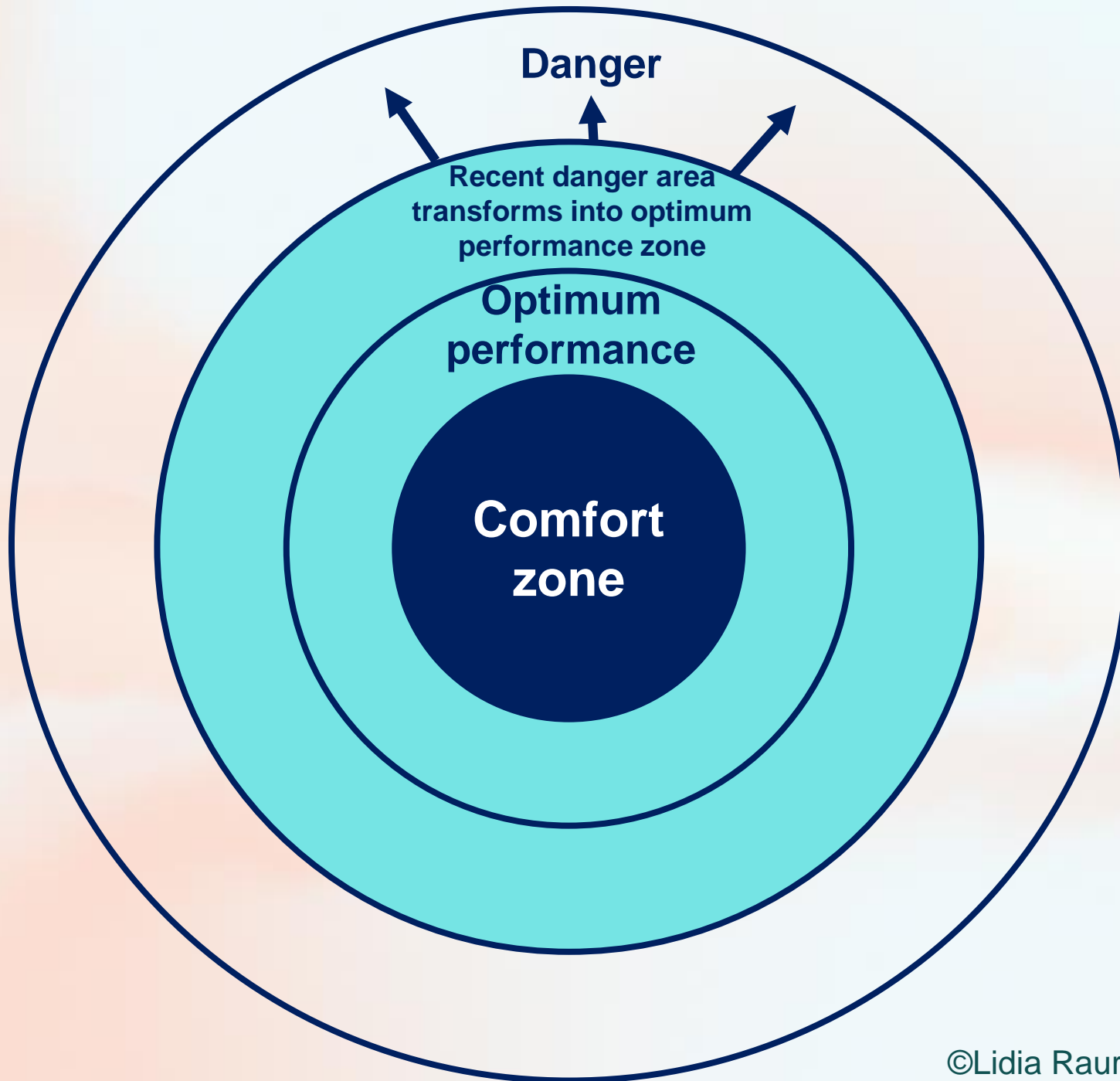
Eustress refers to a type of stress that is positive and beneficial for an individual's performance.

It is different than distress, which is the type of stress that is typically associated with negative outcomes such as anxiety, depression, and physical illness (Hans Selye, 1956).

Optimal performance is actually happening outside the comfort zone, but not too far from it



*Jaakko Kopra, Medical Manager, Ph.D.,
MBA, Adj Prof, Pharmacologist, Public
Speaker, and a guest lecturer at the
Good Life Engine course



Attendance



<https://link.webpolsurveys.com/S/C4BF74E5C49D1AAB>

Homework (in MyCourses):

- Answer 4 questions in your learning diary
- Keep on with the chosen routine
- Do empowering visualization exercise – in MyCourses
- Read article about growth and fixed mindset – in MyCourses
- Define your zones of stability

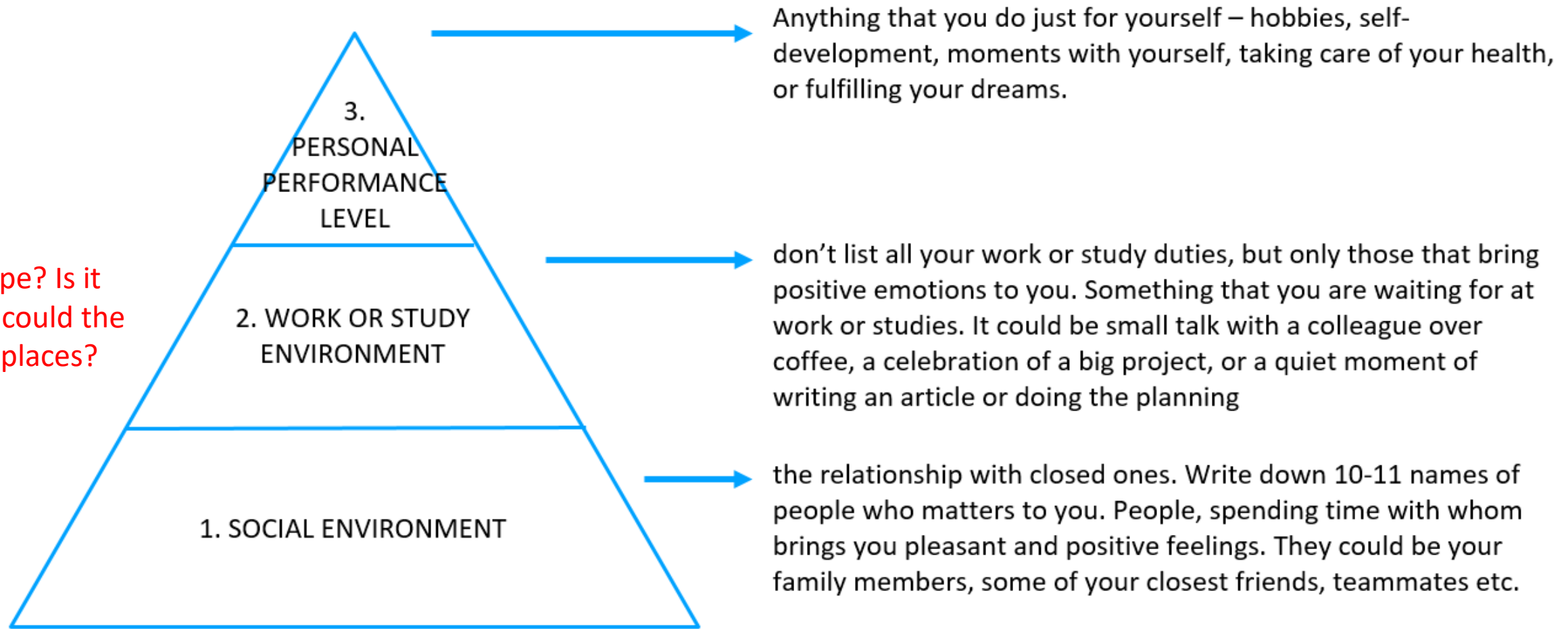
Exercise #2.

Mental energy pyramid.

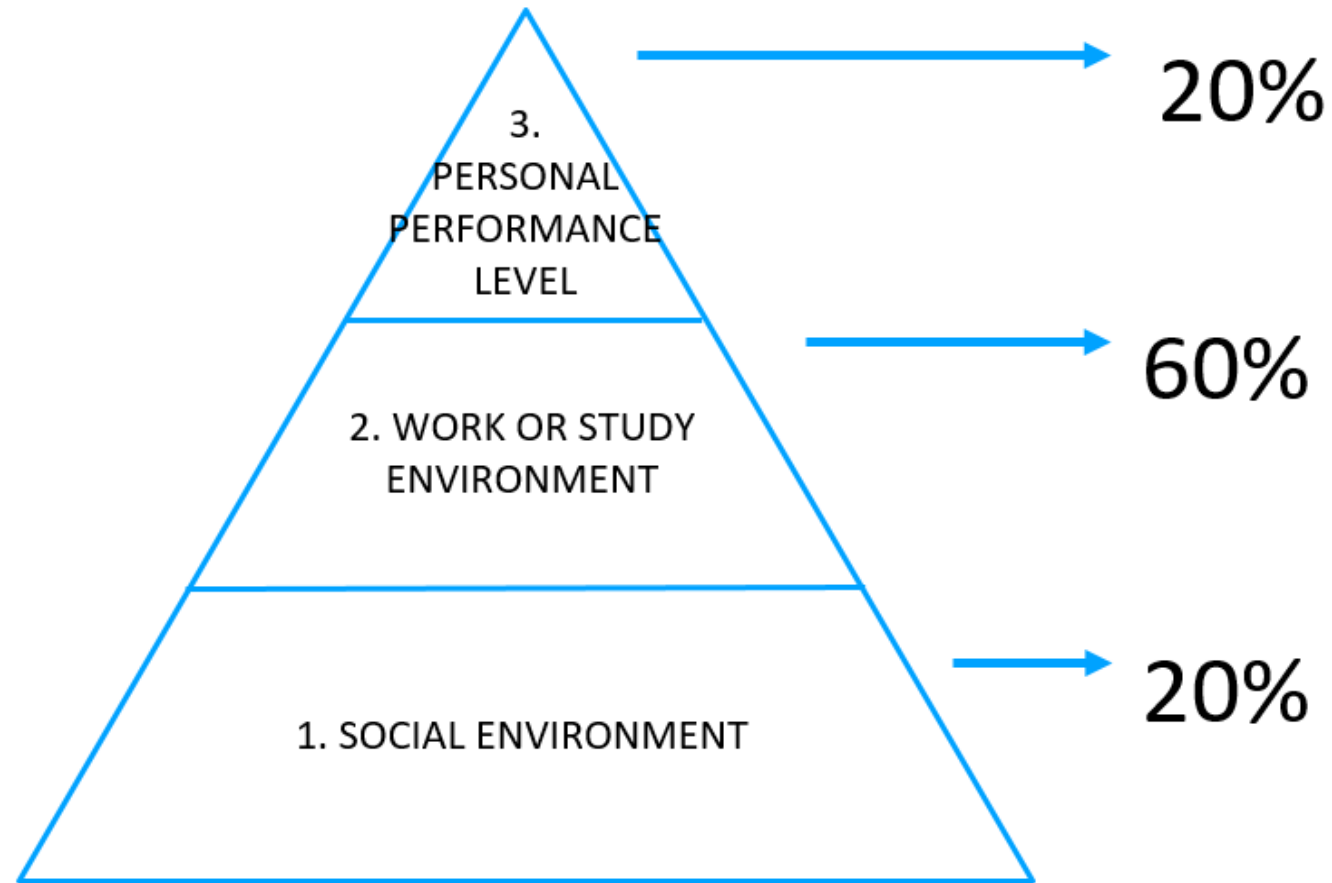


Mental energy pyramid*

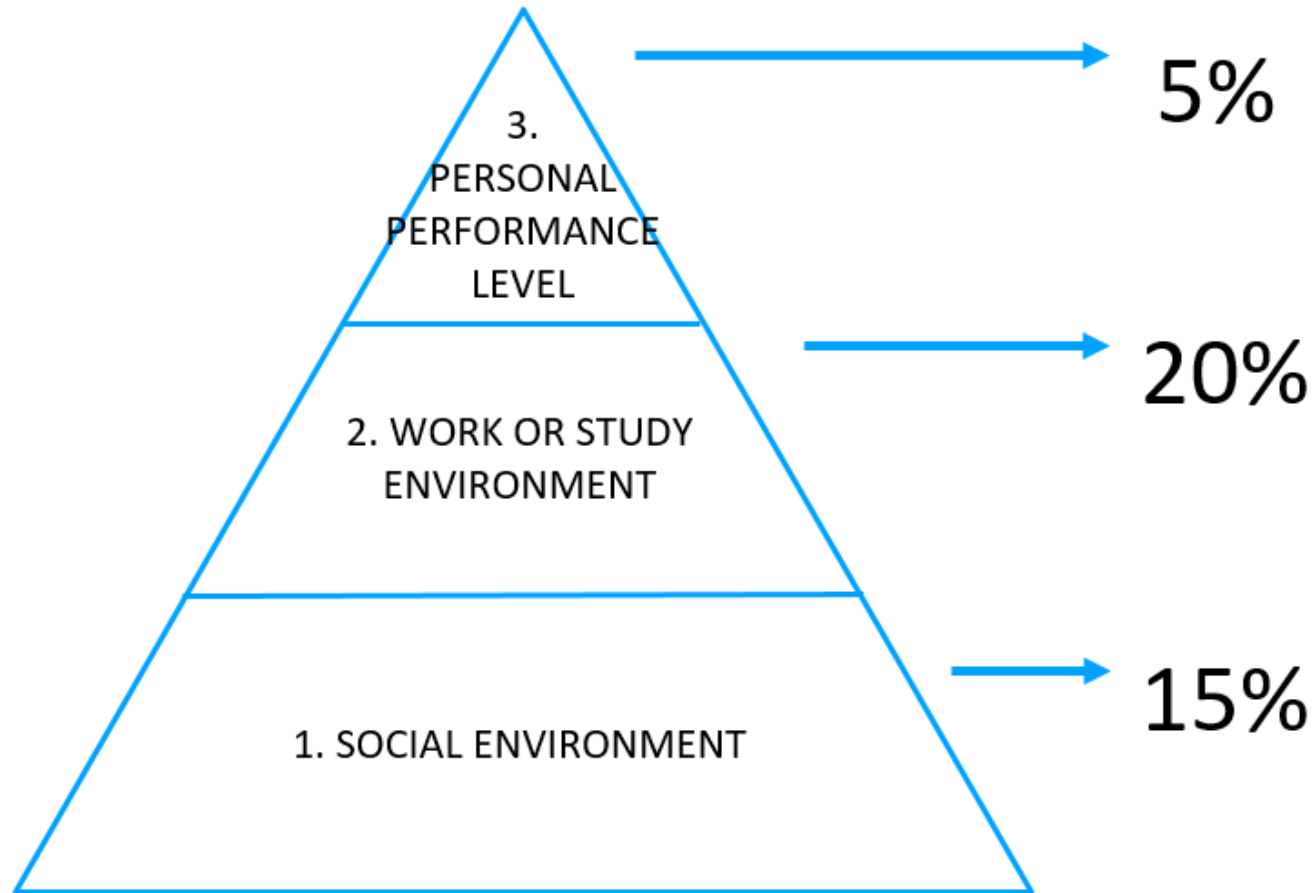
Pyramid shape? Is it a pyramid or could the levels be in different places?



Mental energy pyramid. Put your perfect time distribution ratio. For example



Mental energy pyramid. Put your real time distribution ratio. For example.



Mental energy pyramid. Compare

