Why We Do What We Do

Tony Robbins is a motivational speaker. He speaks to his audience in a direct and confrontational way. He tells his listeners to look within themselves. He wants them to find the inner blocks that keep them from finding success and happiness. He tells the audience that every person has the ability to make an impact on the world. He says it's up to the individual to overcome their fears in order to reach their full potential. Robbins opens this ted talk promising the audience that he is not there to motivate them. He is there to find out what motivates them, what drives them, and how do they make their dreams a reality.

Robbins thinks that emotion is the force of life. If people use that emotion to drive them, they can do anything. There are two masters of life in Robin's eyes: the master of achievement and the master of fulfillment. Individuals get these masters by the invisible forces that are shaping them. Robbins goes on to explain individuals' needs. These needs are: certainty, uncertainty, significance, connection, growth, and contribution. The first four in this list are needs of personality and the last two are needs of the spirit and fulfillment. Every individual has the same needs. Individuals may want different ones more than others. Every individual will do something in their lives, but it may be in various ways. Decision is the ultimate power that an individual can have.

Tony Robbins

Presenter: Tony Robbins
Video Date: February 2006
Posted Date: June 2006
Presentation Duration: 21:48

Link: http://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do.html

Bibliography and Other Information Sources:
- The Last Lecture by Randy Pausch
- The Five People You Meet In Heaven by Mitch Albom
Richard St. John is a self-described average man who found success in doing what he loved. He wanted to know why people succeed. Is it because they’re smart or lucky? He spent more than a decade researching the lessons of success. He then put this research into eight words, three minutes and one successful book, in which he uncovers the secrets of success.

The first is passion; a person should do their job for love and the money will follow. Passion is the first thing you think of in the morning and it is the last thing you think of before you go to bed. The second secret is to work. The harder you work, the more you will achieve because nothing comes easy. The third is to be good at what you do by practicing. The fourth secret is to focus. An individual should concentrate all of their efforts into one or two goals. The fifth is to push yourself physically and mentally. The sixth secret is to serve. An individual should think of serving others as a privilege. Serving others should be one of the top values that an individual has. The seventh is to have ideas. People come up with ideas by listening, observing, being curious, asking questions, problem solving, and making connections. A person should find inspiration from wherever they can. The final secret to success is to persist through failure. An individual needs to continue through the CRAP: criticism, rejection, assholes, and pressure in order to succeed.

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Living Beyond Limits

Amy Purdy was nineteen when she lost both of her legs below the knee due to bacterial meningitis. She struggled and beat depression. She did this by learning to accept her reality and ignore the limitations in her life. She built her own prosthetic legs that would allow her to snowboard. She is now a world champion professional snowboarder. Amy starts her ted talk with this question, “if life was a book and you were the author, how would you want your story to go?” Amy tells her sad story with tears running down her face.

She makes a strong statement saying that in order to move forward, you have to let go and embrace the new. She explains to the audience that the obstacles in their lives can either stop them from reaching their dreams or force them to get creative. Amy says that she would never take back losing her legs. It enabled her and forced her to rely on her imagination. She had to believe in the possibilities that are out there. She says that imagination can be used to break down obstacles. In order to live life beyond limitation, individuals have to face their fears. Amy challenges the audience to look at the obstacles in their lives as blessings to ignite their imaginations. She closes her ted talk saying that it is not about breaking down the obstacles in life, but it’s about pushing off of them.

Presenter: Amy Purdy
Video Date: May 2011
Posted Date: November 2011
Presentation Duration: 9:37

Link: http://www.ted.com/talks/amy_purdy_living_beyond_limits.html

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Before I Die I Want To…

Candy Chang is an artist, designer, and urban planner. She works to make cities more comfortable and contemplative. She creates art that prompts people to think about their secrets, wishes, and hopes and then share them. In her New Orleans neighborhood Chang turned an abandoned house into a giant chalkboard prompting a fill-in-the-blank question: “Before I die I want to ___. “ Chang shares a story about losing someone very close to her and how it guided her to think about death a lot. She went on to explain that thinking about death caused her to feel deep gratitude for the time she’s had. It also brought clarity to her about the things that are meaningful in her life.

Chang admits that this perspective did not always stay with her. It is easy to get caught up in the day-to-day things and forget about what is really meaningful in life. She says that her artwork on this abandoned building served as a reminder to people that they are not alone. This chalkboard design has been implemented in various parts of the world to give other people the opportunity to explore themselves and their dreams. Chang states that two of the most valuable things that an individual has is time and their relationship with others. It is important to remember that life is brief and tender. She ends this talk by saying that thinking about death can be one of the most empowering experiences that an individual may experience.
How To Live Before You Die

In 2005, Steve Jobs shared with Stanford grads his very personal journey to becoming successful. He shared three important stories of his life: a botched adoption, his public humiliation at being fired from the company he helped found, and a pancreatic cancer diagnosis that most certainly gave him a death sentence—“three to six months to live,” the doctors told him. Steve's first story was about connecting the dots. Individuals should trust that everything will work out. His second story is about loving and losing. The importance of this story is to never settle. His final story is about death. He says, “stay hungry, stay foolish” and follow your heart.

Steve recalls asking himself in the mirror every single day, “If today were the last day of my life, would I want to do what I am about to do today?” He suggested that if the answer is no too often, then you do something different and make a change in the way you live your life.

Reflecting on his risk-taking approach, Jobs said, “Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to make the big choices in life.”

Time is limited, so he is saying that we shouldn’t waste it living someone else’s life. We shouldn’t be trapped by dogma, which is living with the results of other people’s thinking. The most important thing we should do is to follow our heart and intuition. They somehow already know what we truly want to become. Everything else is secondary.
Life’s Third Act

Jane Fonda is an Oscar-winning actress, activist and fitness guru. She talks about the aging process. Fonda discusses a new way to approach the last three decades of life. She calls this “the third act.” People are living on average today thirty-four years longer than older generations. Many people are taking a new look at what she calls the third act. They realize that this is actually a developmental stage of life with its own significance. The old way of looking at aging was like an arch and you decline at the end of life. She defined aging as an upward ascension of the human spirit, and relates it to a staircase. The actress encourages individuals to see age as potential. Fonda describes her own feelings of well being after late forties. She had a lot of complaints every morning, but she realized that she has never been happier.

People are all born with spirit, but sometimes it gets beat down beneath the challenges of life, so they can feel unfinished. Life review is beneficial. The task of the third act is to finish up the task of finishing themselves. In addition, people can give new significance and clarity and meaning to their life. The central purpose of the third act is to go back and to try. If they redefine themselves and become whole, this will create a cultural shift in the world. It will give an example to younger generations so that they can reconceive their own lifespan.

Link: http://www.ted.com/talks/jane_fonda_life_s_third_act.html

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