

# Meeting Summary for Podcast 1% Journey Ep 1

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## Quick recap

Maikel discussed his return to a project and the importance of self-improvement, wondering, and hoping in personal growth. He explored the concepts of being stuck in life, the role of energy and matter in the brain and nervous system, and the need for making choices and taking action to move beyond one's comfort zone. He also mentioned the release of a podcast episode and a worksheet available on his website for further reflection.

## Next steps

- Listeners to download and complete the "Wonder About and Hope For" worksheet from the speaker's website.
- Listeners to read the blog posts "Are you happily driving in your life? Part 1 and Part 2" linked in the video description.
- Listeners to reflect on areas in their lives where they have stopped wondering or hoping, and are feeling stuck, and make a conscious effort to reengage with those areas.

## Summary

### Improving Content and Daily Improvement

Maikel discussed his return to a project after a three-week break, acknowledging the need to improve his content's listened to duration and engagement. He shared his journey of self-discovery and the importance of making every action count. He also reviewed previous topics such as not waiting for perfect, the walk of life between calmness and anxiety, and the question of who you are as a person. He mentioned the upcoming discussion on the topic of "Wonder" and hinted at the need for daily improvement.

### Exploring Wonder and Hope Concepts

Maikel discusses the concepts of wonder and hope. He ponders what they are and how they relate to each other. Maikel suggests that wondering about things often leads to hoping for new possibilities, opportunities, and outcomes. He questions why people sometimes stop wondering and hoping, proposing that getting stuck in routines could be a choice, aka a habit. The discussion revolves around exploring the nature of wonder and hope.

### Overcoming Stuckness and Seeking Improvement

Maikel discussed the concept of being stuck in life, whether it's due to negative thinking, lack of self-awareness, or past mistakes. He emphasized the importance of wondering about these issues, as it can lead to seeking solutions and hope for improvement. He used the metaphor of a car stuck in park to illustrate the idea of being stuck and not moving forward. Maikel also highlighted the potential for self-improvement and the need for courage to start questioning and seeking help.

### **Energy Direction and Mental Agility**

Maikel discussed that wonder and hope were energy that took place in the nervous system matter, emphasizing that these energies require direction to function effectively. This direction is achieved through making conscious choices. He highlighted how people often stop wondering and hoping due to a belief in being right or having been wronged, which he termed as "wonder killers" and "hope killers." He also pointed out that if energy doesn't have a direction, it decays and rots the matter in the brain and nervous system, leading to stagnation in thinking and reactions. This used to euphemistically be called "stinkin'-thinkin'". Maikel suggested that making choices and giving direction to energy is crucial for maintaining mental agility and overall well-being.

### **Breaking Comfort Zones for Growth**

Maikel discussed the importance of making choices and taking action to move beyond one's comfort zone and achieve personal growth. He emphasized the need to break free from self-righteousness and perfectionism and encouraged the audience to wonder more and make incremental changes to drive their lives forward. He also mentioned the release of his new podcast episode called "The 1% Journey" and a worksheet for this podcast available on his website as a free download for further reflection and personal exploration.