Personal notes for your speaking exam

# Video 1: Joey Schweitzer (Better Ideas): “Why you don't have enough money”

1. Introduction: We’re all broke because of ourselves.
2. Mistake #1: You’re succumbing to lifestyle inflation. Hedonic treadmill.
3. Mistake #2: You don’t pay yourself first. Save 10% of your income. Pay smallest debts first.
4. Mistake #3: You’re falling for consumer traps. Eliminate the traps.

# Video 2: Chelsea Fagan (The Financial Diet): “6 Dumb Quotes You Should Never Listen To”

1. Introduction: Motivational quotes are often vapid. The financial ones can get you in trouble.
2. Quote 1: Spend on experiences, not on things.
3. Quote 2: Do what you love.
4. Quote 3: Don’t worry about what other people think.
5. Quote 4: See the world while you’re young.
6. Quote 5: Breakfast is the most important meal of the day.
7. Quote 6: Live each day like it’s your last.

# Video 3: Chelsea Fagan (The Financial Diet): “Broke and poor”

1. Introduction: There is a difference between being broke and poor.
2. Chelsea experienced relative poverty when she was child.
3. As a young adult, Chelsea experienced self-imposed poverty.
4. Real poverty, though, is when you can’t escape from poverty.
5. Poverty makes everything more expensive.
6. We should use the term “broke” more to avoid being hurtful to people who are really poor.
7. Chelsea has a friend who was poor. She hid her poverty because she was ashamed.
8. We may have friends who are poorer than we think and should be careful about how we talk.

# Video 4: Thomas Frank: “Stop Trying to ‘Find Your Passion’ - College Info Geek”

1. Introduction: “Follow your passion” is common, bad advice.
2. There is a problem: We are not born with passions. Some have no passions; others have too many.
3. Better advice: Focus on skills and experience. Pick something you like, then go full-bore.
4. The adjacent possible: What is right within our grasp. It grows over time.
5. Working on attaining your adjacent possible will lead to opportunities, meeting people.
6. The dip: The point where pursuing a skill becomes difficult and boring.
7. To overcome the dip: Develop better training techniques and have determination.
8. If you focus on skills and experience: It will be fun and people will trust you. Opportunity will come.