Personal notes for your speaking exam

# Video 1: Joey Schweitzer (Better Ideas): “How I tricked my brain to like doing hard things”

1. Introduction: I always struggled to get motivated to go to the gym. To change, I learned to enjoy the process.
2. Do not focus on the end goal. First problem: Fantasizing about the result does not feel the same as going through the process. Second problem: The fantasy will always be a moving target. Learn to enjoy the process.
3. First tip: Work from an abundance mindset. What an abundance mindset is: See yourself as someone who likes going to the gym, not someone who wants to be jacked. This is what world-class artists do.
4. Second tip: Use habit-bunching. Pair what you love doing with the habits you want to develop. Coffee with reading. Music with going to the gym.

# Video 2: Joey Schweitzer (Better Ideas): “Why it's so hard to be happy”

Main ideas:

1. Introduction: Humans have conquered the world because of abstract thought. This allows planning.
2. The problem is it can lead to us living for the future, not in the present. We will never live in the future.
3. The solution is gratefulness. It’s difficult to combine with ambition. Example with cookies.
4. Joey’s mom had insomnia problems. It was really difficult for her. How she overcame insomnia: Write down 3 things before going to bed: Something that made her smile, something that she was grateful for, and something she had done well. Based on a study.
5. Habitual gratefulness: Not about letting go of ambition. But you can be happy with what you have.

# Video 3: Jordan Peterson (on Word to the Wise): “Make a Damn Schedule”

Main ideas:

1. Specify your goals: You need to know when you have failed. You want goals that justify your effort.
2. Make a damn schedule. The schedule is not a prison. Set the schedule to have the day you want.
3. Have a mix of responsibility and reward. Negotiate with yourself. Don’t tyrannize yourself.
4. It doesn’t matter if you do not fully succeed. Just try to do better the next day.
5. People waste too much time. We should know how much our time is worth, value it.

# Video 4: Matt D’Avella: “A Minimalist Approach to Personal Finance”

Main ideas:

1. Introduction: Matt used to be really bad with money, like most Americans. The solution: Minimalism. Basic tip: Spend less than you make.
2. Learn to talk about money. Read books about money.
3. Don’t fall into the trap of lifestyle creep. When we make more money, we buy more. We buy too many things. We think we deserve better things, but what we deserve is to be debt-free.
4. Be careful of pressure from yourself, the myth of “I don’t have.”
5. Learn to make sacrifices. Focus instead on your goals, why you want to be debt-free. Being debt-free will let you help out friends and loved ones. It will allow you to take career risks.