Live Your Legend Stuttgart

Baby steps

Live Your Legend

- Blog
- 21 Days to Discover Your Passion
- Connect with Anyone
- Events
- Books

Live Your Legend blog

The Best Self-Discovery Tool on the Planet – a blog

www.planet-acb.com

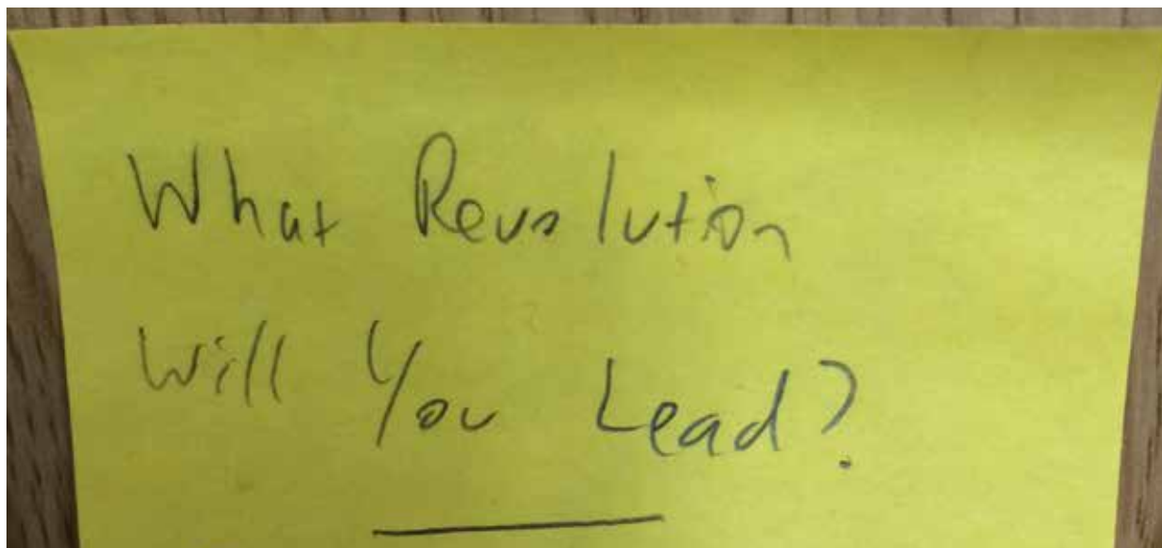


7 days blog challenge

InfoVis

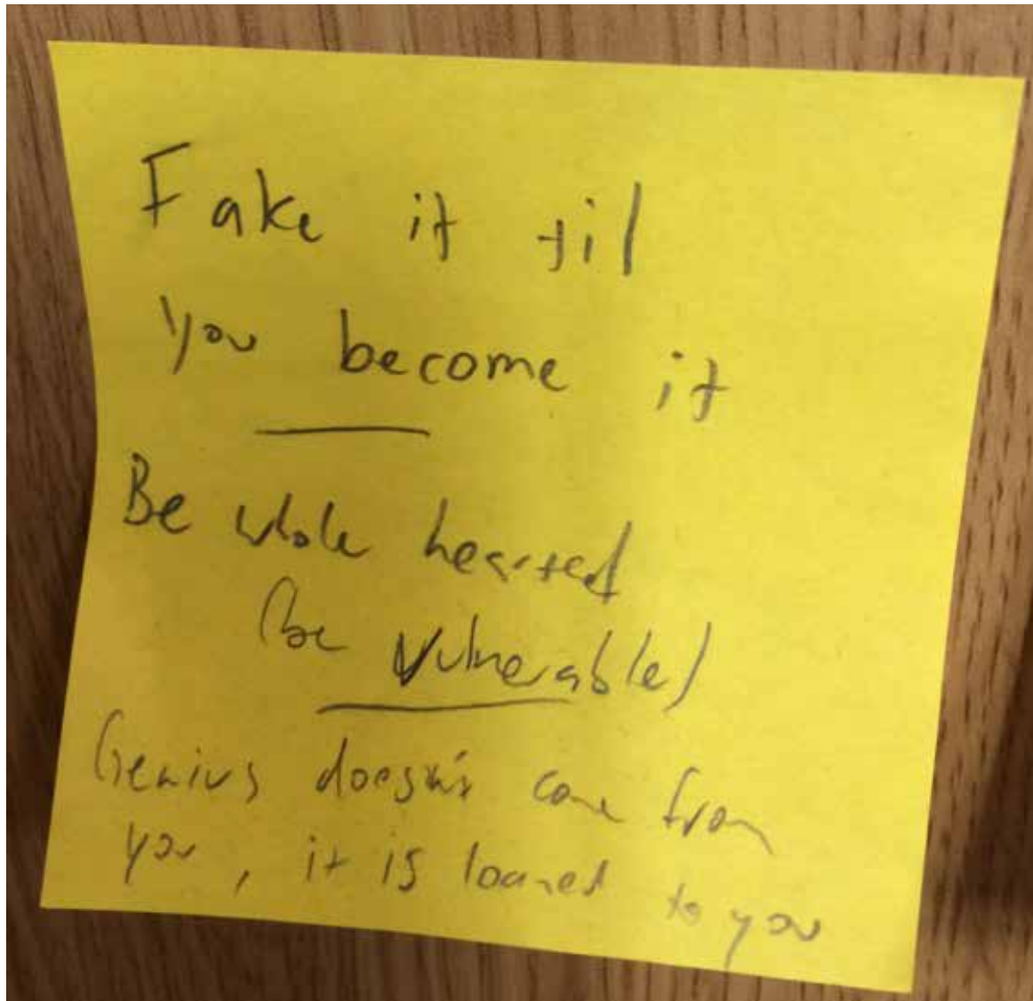
Live Your Legend blog

- What makes me angry?
- What do people thank me for?
- What's one thing I'm proud of?
- What difference do I want to make?
- What revolution will I lead?
- What's my passion?
- Elevator pitch
- Accountability
- Introversion
- Thank you notes



What's stopping me?

- What are you scared of? (Scott Dinsmore)
- Inertia / comfort / laziness / procrastination
- Lack of belief (not only in myself)
- Circular thought
- Uninspired / Not being engaged
- Discouragement
- Moving in a direction, but never arriving, getting sidetracked



31 habits of people who connect with anyone

1. Make friends.

2. Smile.

3. Be genuine.

4. Contribute. Meeting people is about making their lives better.

5. Know what matters to them – do your research.

6. Start immediately & connect long before you want something.

7. Make people a priority.

8. Be open to conversation.

9. Be well-groomed.

10. Embrace persistence.

11. Make days & provide memorable experiences.

12. Know who you are & who you want in your life.

13. Be uniquely YOU.

14. Create trust.

15. Keep track of everything.

16. Pay attention.

17. Follow up & keep up.

18. See opportunity in others.

19. Believe in people.

20. Find common ground.

21. Remember names.

22. Be the connector.

23. Be the mentor as well as the mentee.

24. Show your passion.

25. Lead an interesting life.

26. Tell stories.

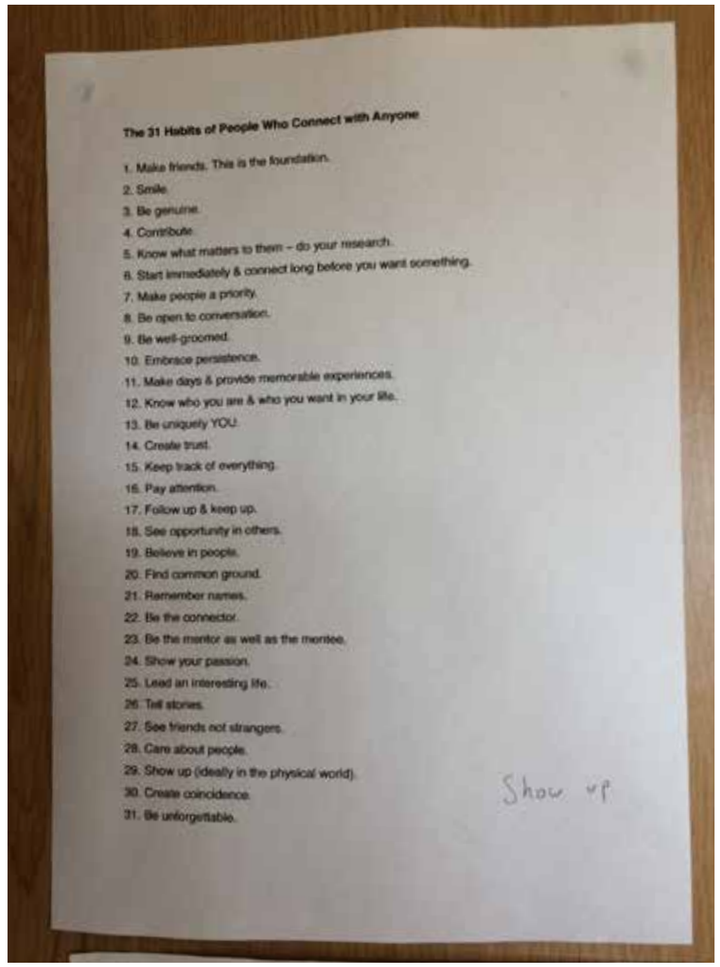
27. See friends not strangers.

28. Care about people.

29. Show up (ideally in the physical world)

30. Create coincidence

31. Be unforgettable.

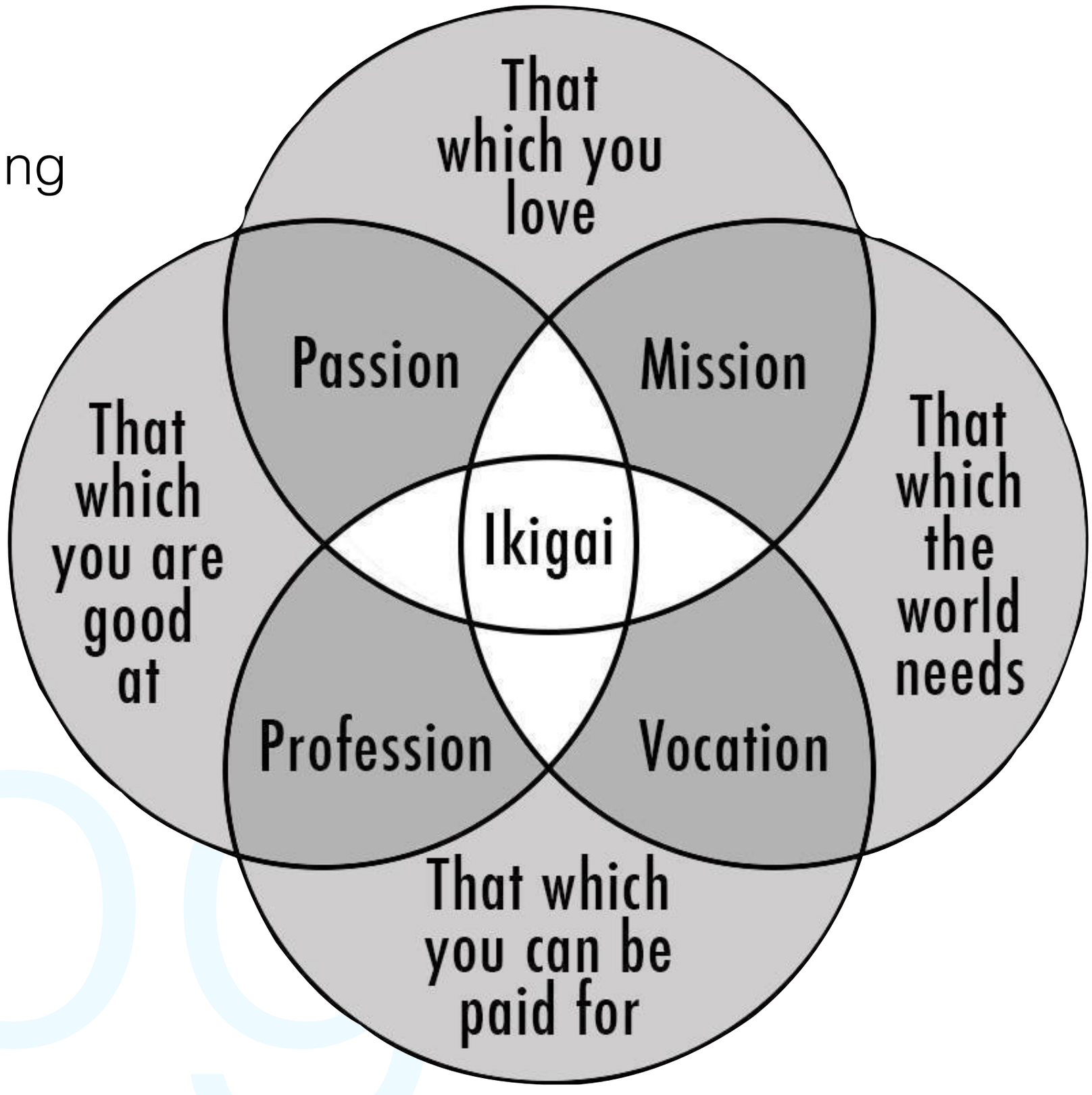


7 Ways to do nothing

1. Travel
2. Meditate (retreat)
3. Write (blog)
4. Change / Physical challenge
5. Get inspired
6. Dream
7. Learn about yourself

Ikigai

a reason for being



Blog

21 Days to Discover Your Passion

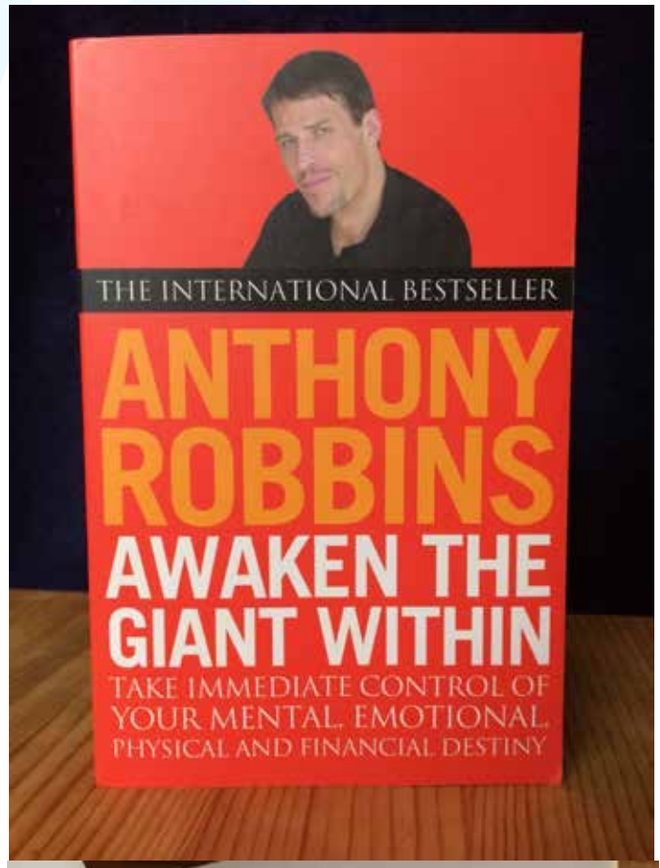
Day 1 – Give myself permission

I give myself permission to find my passion, to take the time to find out what this is and not always take the easy, lazy way out.

21 Days to Discover Your Passion

Values

Day 6 – Realising What You Want

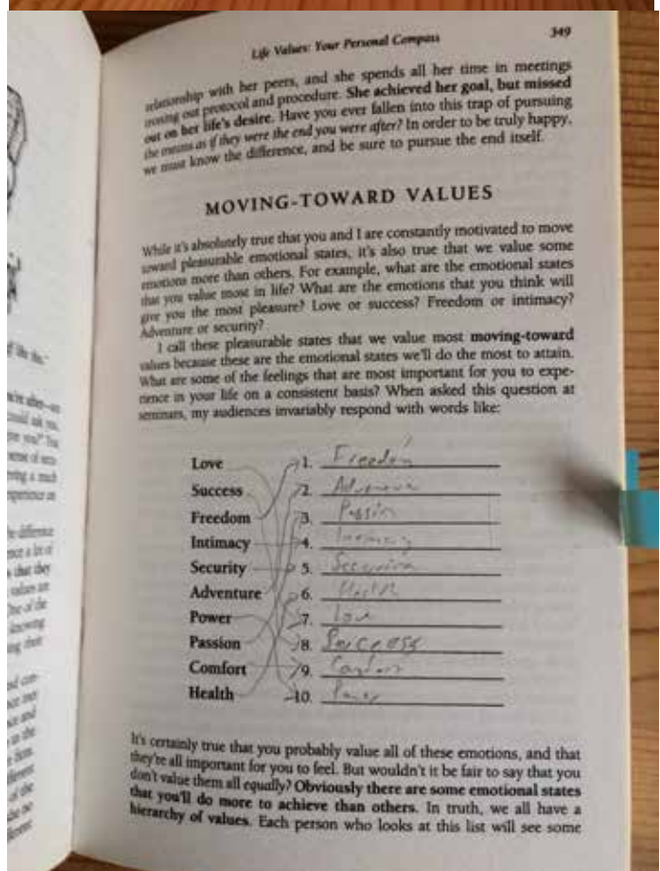


<u>My current top five</u>

- Freedom
- Intelligence
- Learning/Growing
- Fun
- Exploration

<u>My ideal top five</u>

- Happy/cheerful
- Friendliness/warmth
- Positivity
- Health
- Forgiveness



21 Days to Discover Your Passion

Four questions

Day 9 – Enlisting the Help of Others

- What do you think I am most passionate about? Why? If you can think of two or three of my biggest passions, that would be great!

- What do you think are my biggest natural strengths and talents? Please explain.

- Given the above and what you know about me, what have you always thought I'd be great at doing as a career? Or maybe as a volunteer or hobby? Please explain.

- And here's the big one… Assuming you didn't know me personally, what talent, skill or passion would you happily pay me to teach or help you with? Why?

21 Days to Discover Your Passion

Day 11 – Defining Your Change

The answers (according to the exercise) should be written as five sentences.

1. I am here to learn, educate, create, make individuals feel they are important.

2. I want to experience freedom, intelligence, learning, fun, friendship, positivity.

3. I want to help people, my community (but who exactly I don't know)

4. The purpose of my life is (surely the same as question 1) learn, educate, create, make individuals feel they are important.

5. Now combine them all

The purpose of my life is learn, educate and create in a fun, positive way.

Apparently this is the mission of my life.

21 Days to Discover Your Passion

Day 12 – Committing to Your Change

What will become possible for me and my life if I travel this journey and become a self-expert?

- I get to travel to many places every year
- I get to work on projects that have meaning for me
- I get to work with and be with awesome people

What will happen if you don't?

- I will be stuck in a repetitive job with no prospects of advancement
- I will have a job which in which I find the client offensive (e.g. racist)
- I won't have the money to do any travelling

21 Days to Discover Your Passion

Day 17 – Identifying Your Passion and Creating Momentum

Look back at previous values, strengths, passions and choose one to pursue

Animation

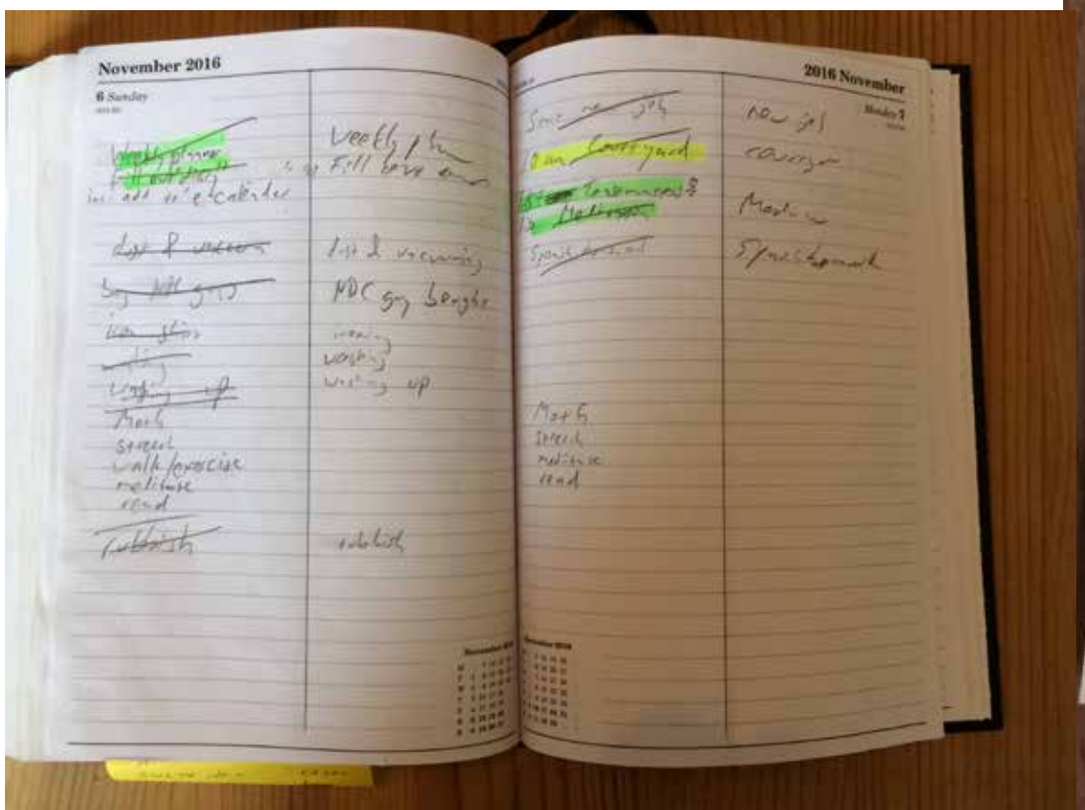
Create seven tiny actionable step

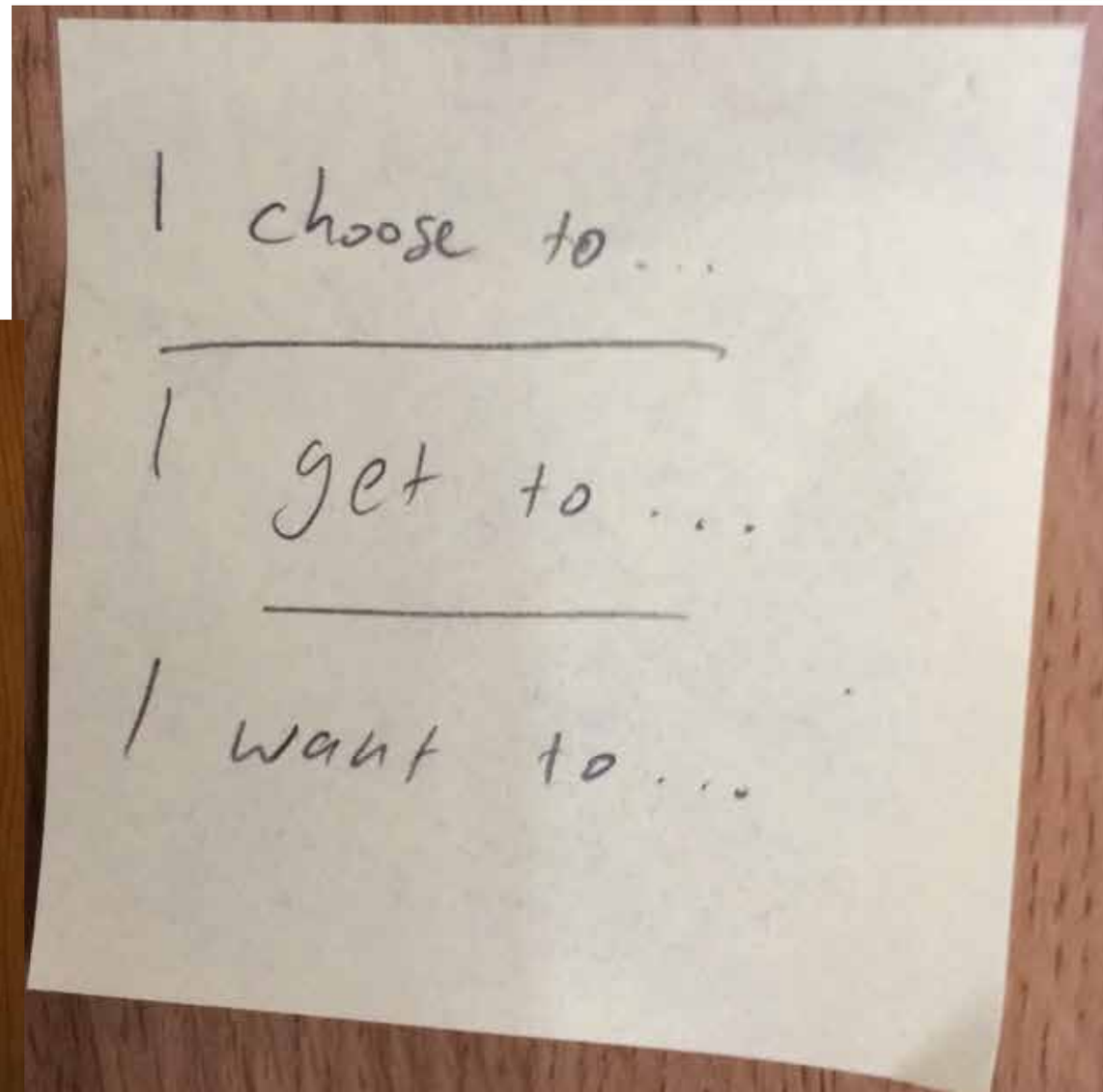
21 Days to Discover Your Passion



Day 18 – Creating Time: Productivity 101

- weekly planner book



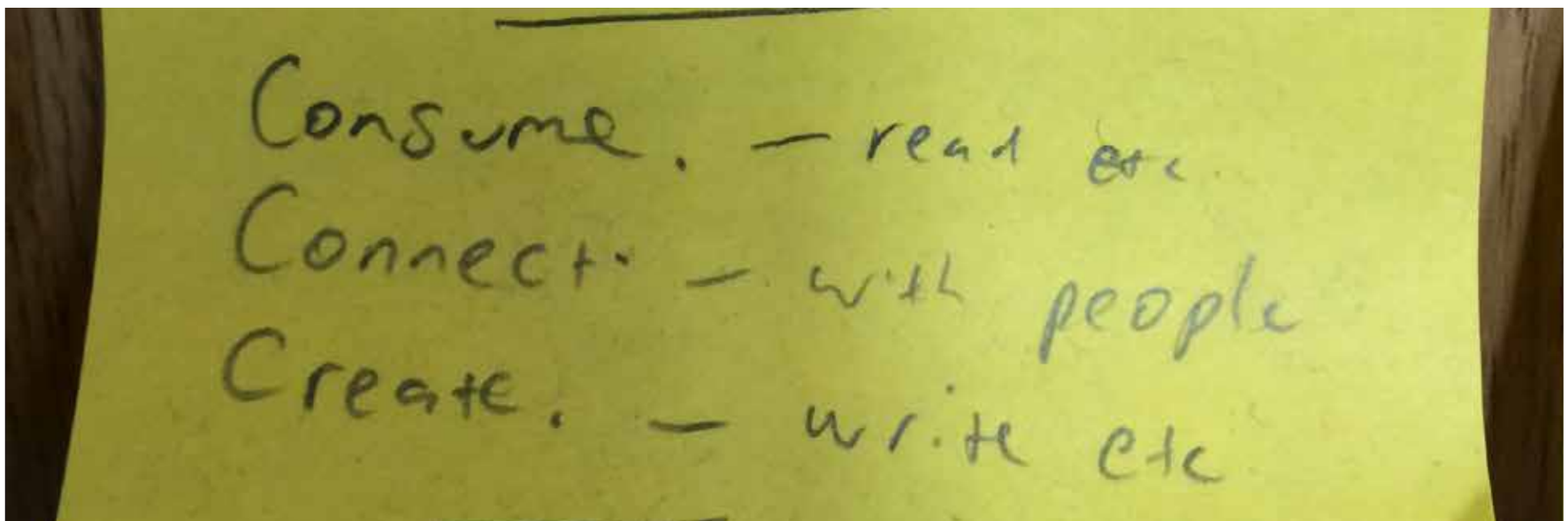


21 Days to Discover Your Passion

Organise thyself

Day 19 – Consume, Connect, Create

- work out what proportion of my week is spent doing various tasks
- Consume, Connect, Create
- how am I going to re-balance these?



Strengths Finder

Strategic

Creates alternative ways to proceed. Quickly spots the relevant patterns and issues.

Learner

Has a great desire to learn and want to continuously improve. The process of learning, rather than the outcome, excites.

Achiever

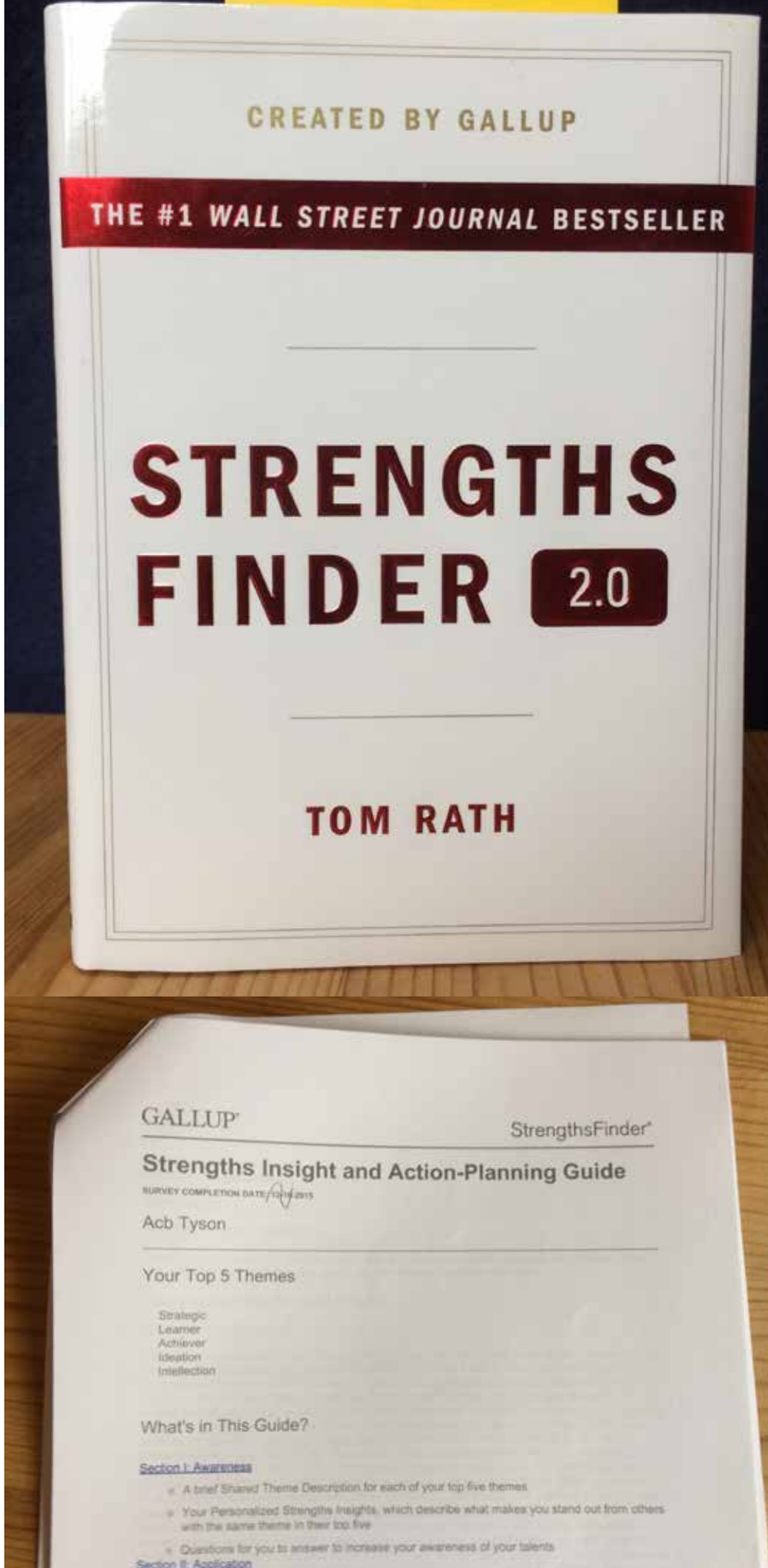
Has a great deal of stamina and works hard. Takes great satisfaction from being busy and productive.

Ideation

Fascinated by ideas. Finds connections between seemingly disparate phenomena.

Intellection

Characterised by intellectual activity. Introspective and appreciate intellectual discussions.



Connect With Anyone

8 modules

1: Cultivating The Right **Mindset** & Building The **Habits** of the World's Best Connectors

2: Overcoming Approach Anxiety & **Creating** Instant Physical **Rapport**

3: Building **Your Brand** & Telling **Your Story**

4: **Setting Up Your Systems**, Leveraging Technology & Everyday

5: Creating Unique Value, Turning Enemies into Friends & How to Help Anyone

6: Becoming Instantly Memorable

7: Creating Referrals, the Importance of the People You're Not Paying Attention to & Enlisting the Help of Others

8: Creating Real Relationships with Influencers, Leaders and the Impossible-to-Reach

Connect With Anyone

Conversation points

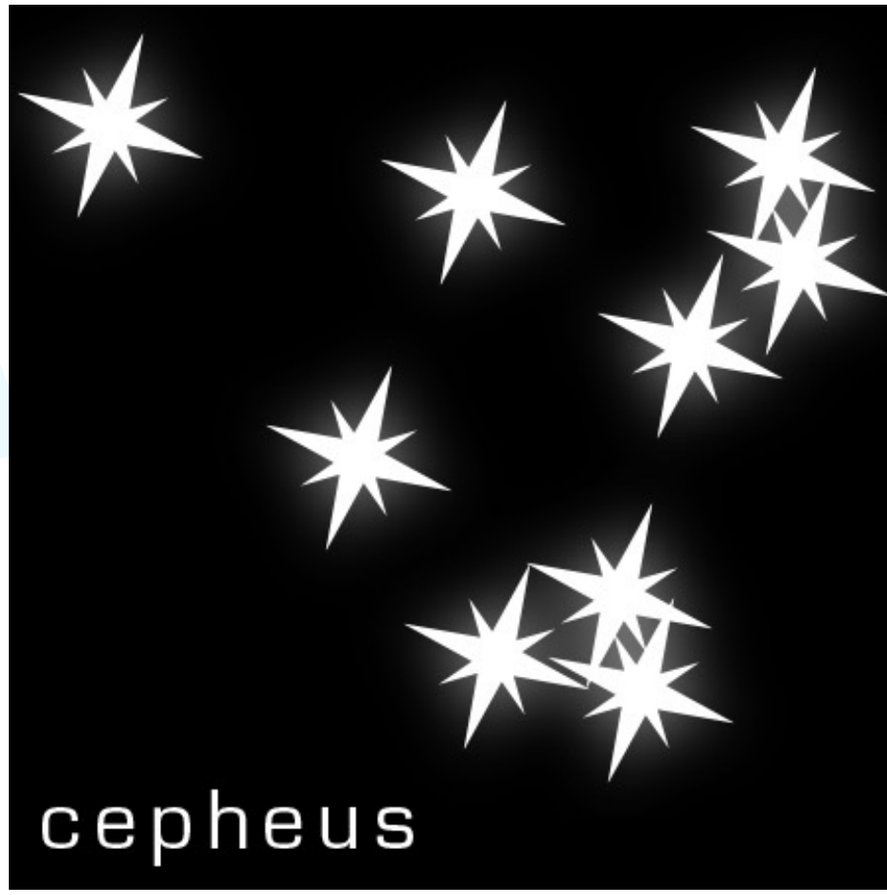
FISH

- Family/friends
- Interests
- Strengths
- Health & fitness
- Not "what do you do"

Cepheus

- Annie
- Jonas
- Maria
- Miriam
- Anwen
- Acb
- Jan (sometimes)







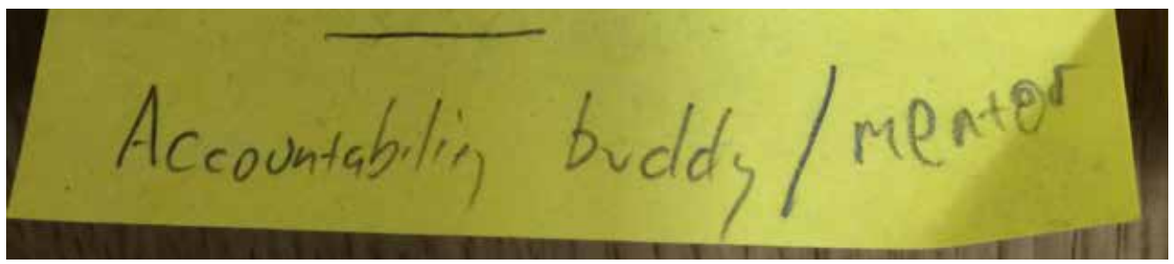












Meet Ups, events, courses

Regular events

- Live Your Legend Local London
- Glug (a TED like event for designers)
- London New Tech
- SWinDig
- London Motion
- Go Club
- Spanish Club
- Geeks
- Meditation
- + 7 other digital/creative meetups that either never meet, or haven't had an interesting event yer

One off event

- London New Business Show

Courses

- Spanish
- Chinese Mandarin
- Javascript
- plus...

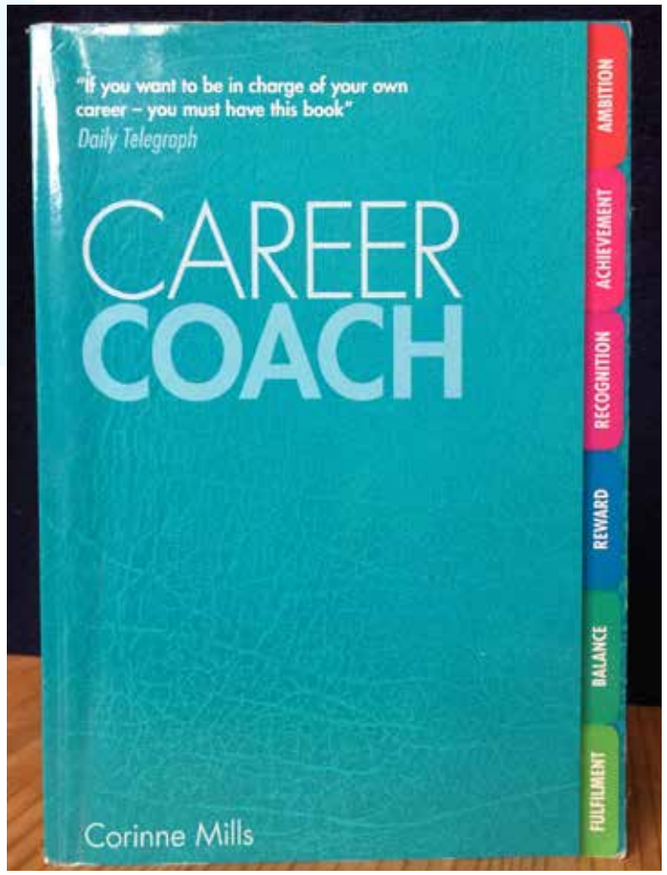
TEDx

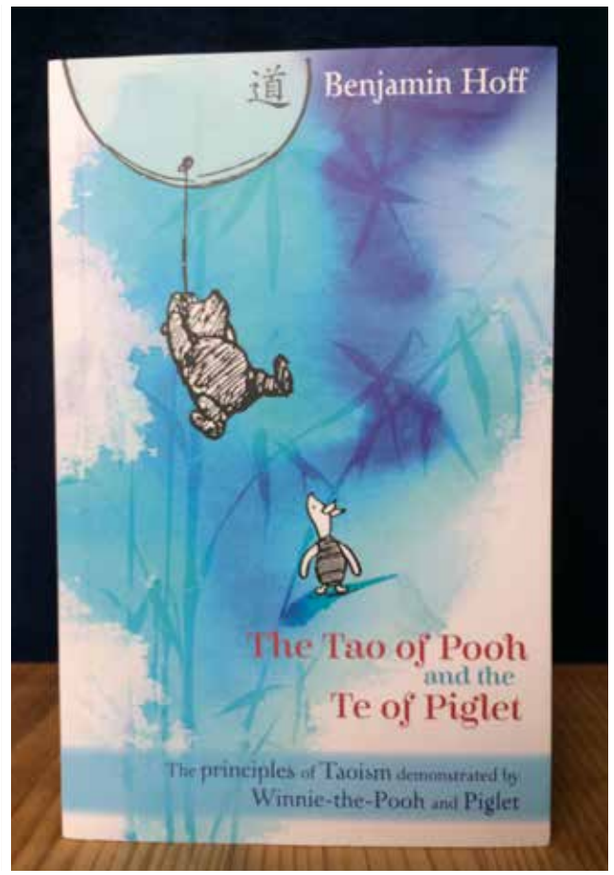
2015	TEDxWandsworth
	TEDxEastEndSalon
2016	TEDxEastEnd
	TEDxSquareMile
	TEDxUCL
	TEDxClapham
	TEDxWandsworth (part of organising team)
2017	TEDxEastEnd

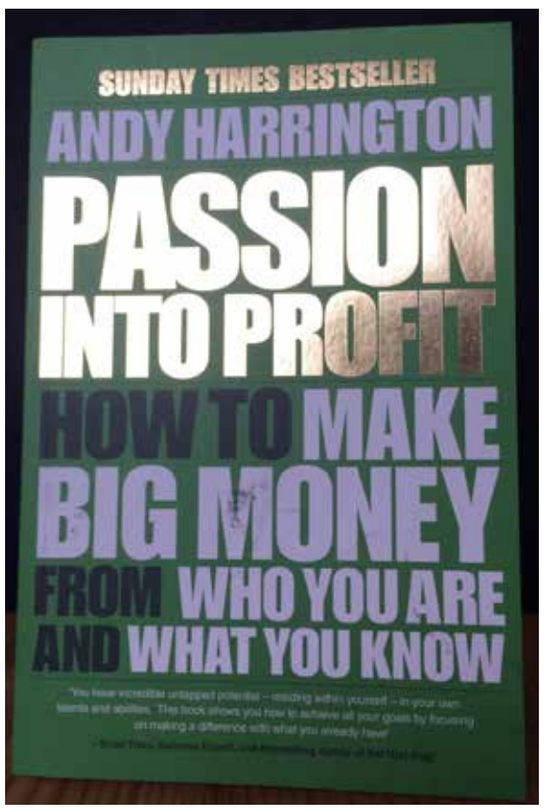


Books

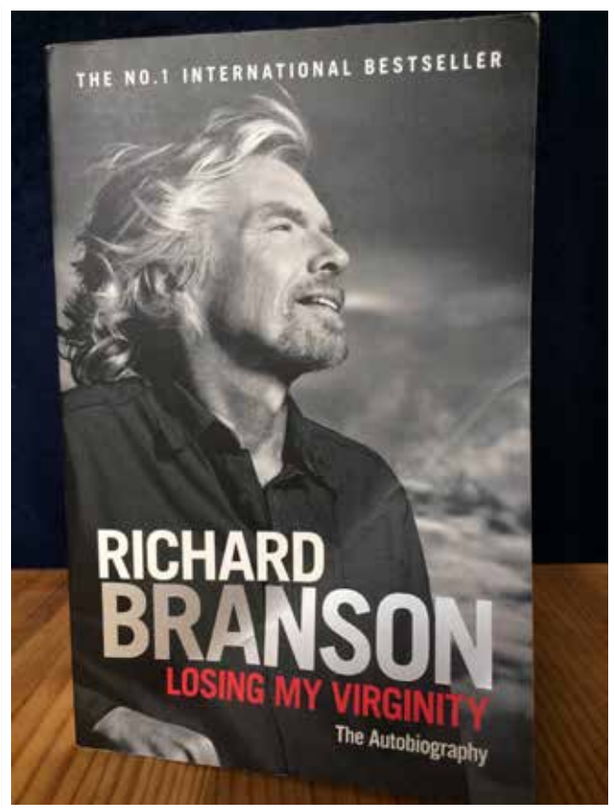
- Find "the way"
- Sell your story
- Disrupt











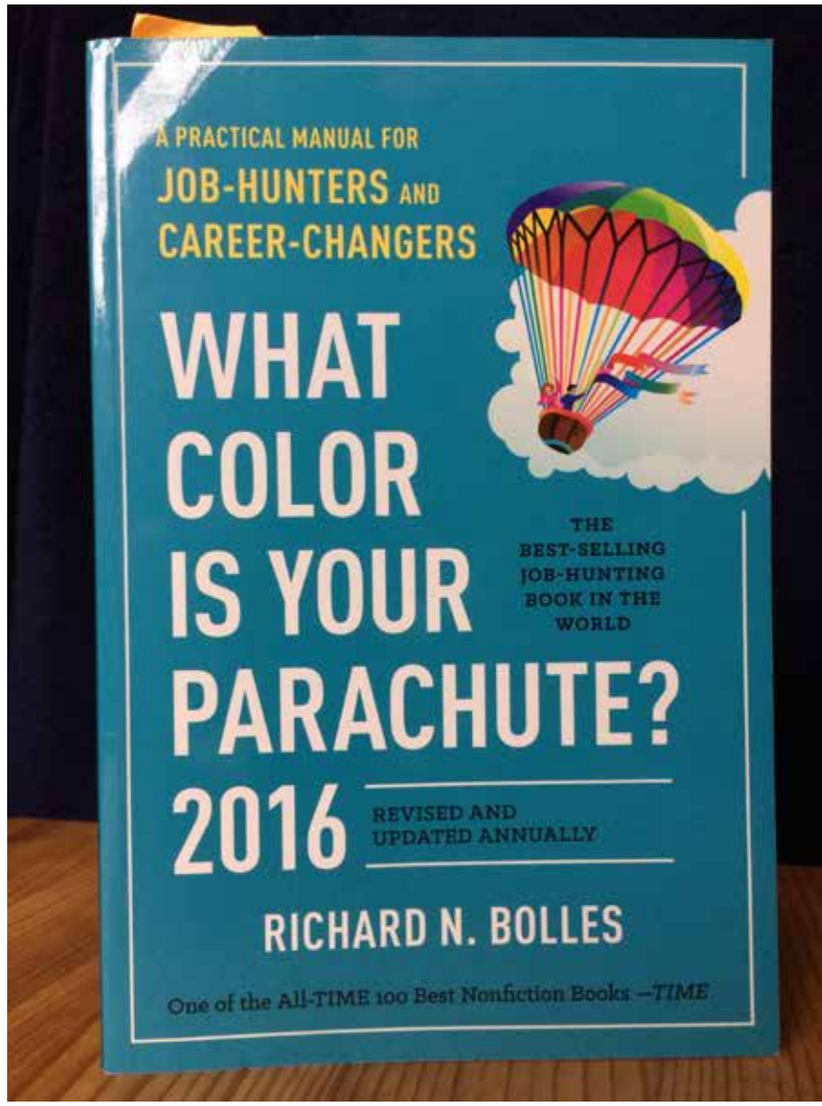
What colour is your parachute?

- My Favourite Knowledges or Fields of Interest
- My Preferred Kinds of People to Work With
- What I Can Do and Love to Do
- My Favourite Working Conditions
- Level of Responsibility I'd Like
- My Preferred Place to Live
- My Goal, Purpose or Mission in Life

When you read these eight, what jobs or work they suggest to you?

- Desktop publishing, picture editing
- Animation, motion graphics
- Active learning
- Problem solving
- Working with numbers
- Visualising data into graphics
- Programming
- Imagining new ways or improved ways of doing things

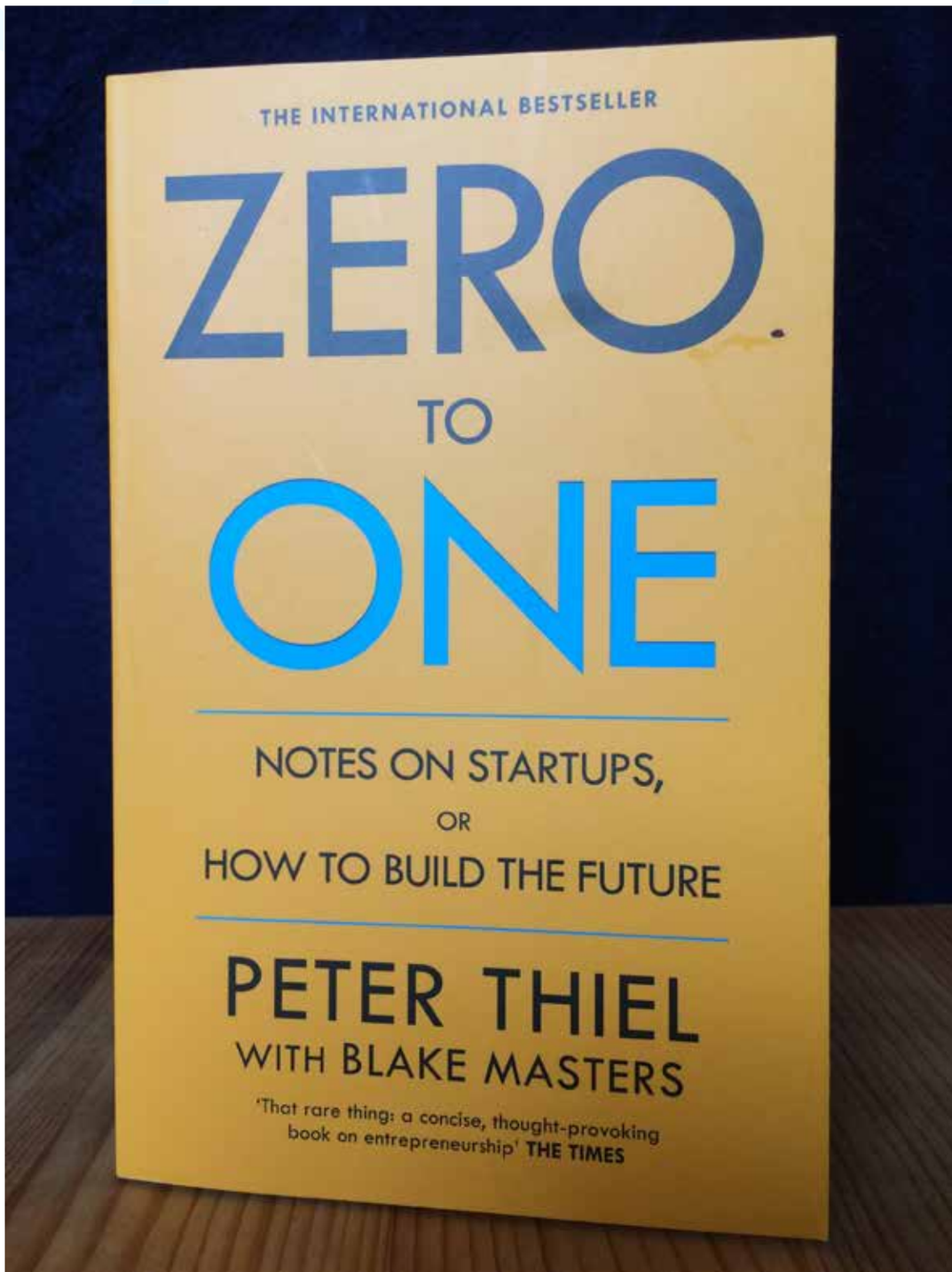
Take some wild guesses. The answers don't have to cover every point. There are no wrong answers.



Books

Zero to one

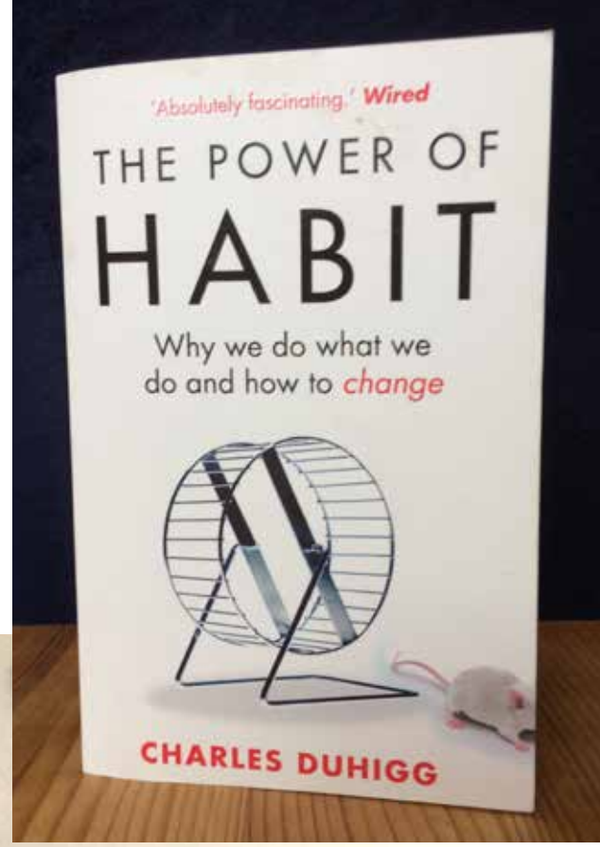
- It all about the people
  - Partners to do business with
  - Sales – the customer matters
- Monopoly not competition
- Start small
- Have a plan
- Executives manage, directors govern
- Have people that gel
- Tech and man work together

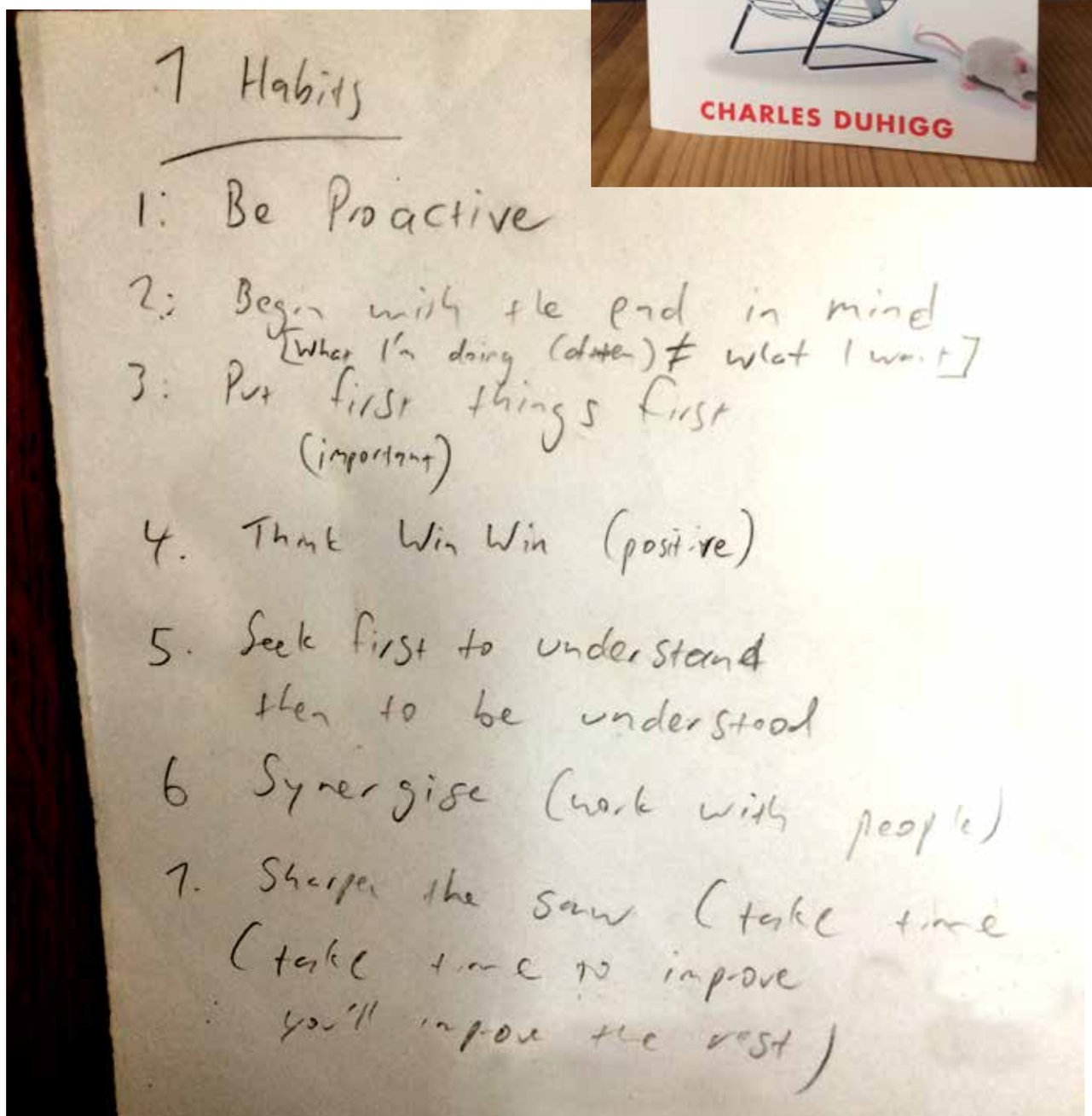


Habits and happiness

- The cycle:

Cue – Routine – Reward





- We do what we do because we are rewarded.

- This extends to the workplace. If you do do work that you enjoy, it is because it gives you a sense of reward. Whether that been a feeling of satisfaction or the praise of your boss, client, whoever.

But did it help?

and if all else fails...

Five steps to happiness

- Go play
- Have an ice lolly
- Make friends
- Love everything
- Get a dog

