

How to be productive & happy

Qualities of 'successful' people:

- Resilient & Hardworking
- Determined & Directed
- Positive & Hopeful

$$\text{Skill} = \text{Talent} \times \text{Effort}$$

$$\text{Achievement} = \text{Skill} \times \text{Effort}$$

$$\therefore \text{Achievement} = \text{Talent} \times \text{Effort}^2$$

Motivation comes from action: ... not the other way round!



Success comes from happiness & positivity: ... not the other way round!

Passion = Discovery + Development + Deepening

- Cultivate interests
- Engage in challenges
- Seize opportunities
- Define goals
- Have a purpose
- Be intentional & focused
- Focus on the process
- Anticipate & reward yourself
- **Repetition w Reflection & Refinement**

Perseverance = Deliberate Practice & Positive Mindset

Hope = Knowing that we can improve, over time

Intrinsic Motivation = Habits that have become part of your identity

Failure = An opportunity to learn & improve

Happiness = A choice