Two Keys to unlock your Enthusiasm

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May 29, 2019

Are you READY?
How do you feel?

FEELINGS AND EMOTIONS

Angry  Happy  Sad  Depressed  Motivated  Scared
Bored  Anxious  Shocked  Tired  Surprised  Excited
Worried  Hungry  Frightened  Upset  Embarrassed  In love
Nervous  Sick  Hurt  Frustrated  Confused  Shy

What’s your expectation?

First Day of Work

Already Loved by Everyone
OR don’t really have any?

First day at work
Didn't get fired

Something you sure can do with more ...

Nothing great was ever achieved without enthusiasm.
Ralph Waldo Emerson
Success consists of going from failure to failure without loss of enthusiasm.

*Winston Churchill*
Don't let schooling interfere with your education.
Mark Twain

From a finite to an infinite game
Be the No. 1 broadband provider of Hong Kong

Make Hong Kong a better place to live
How to “THRIVE” in an Infinite game?

Which statement you agree most with?

1. You can learn new things, but you can’t really change how intelligent you are.
2. No matter how much intelligence you have, you can always change it quite a bit.
3. You can always substantially change how intelligent you are.
When we learn new things, certain part of our brain will start to change, like muscle being exercised, it will become stronger.

When you learn new things, these tiny connections actually multiply and get stronger. The more you challenge your mind to learn, the more your brain cells grow.
The connection between neurons, from newborn to adult
Warren Buffett Was 'Terrified' of Public Speaking Took 3 Steps to Conquer His Fear
Keys to unlock your Enthusiasm

• Recognize what game you are in
• Adopt a growth mindset:
  ➢ Not comparing with the others, focus on becoming a better version of yourself everyday
  ➢ Mistake, failure, setback are feedback to help us get better, not defining who we are
  ➢ Challenges are to be embraced, not to be viewed as a threat but an opportunity to grow
  ➢ Change the monologue in your head from judging to learning

Live a curious and engaged life...
**POWER OF YET OVER THE TYRANNY OF NOW**

**10 Growth Mindset Statements**

**What can I say to myself?**

**INSTEAD OF:**
- I’m not good at this.
- I give up.
- I can’t make this any better.
- I just can’t do Math.
- She’s so smart. I will never be that smart.

**TRY THINKING:**
- What am I missing?
- I’m on the right track.
- This is too hard. I’ll use some of the strategies we’ve learned.
- I can always improve so I’ll keep trying.
- I’m going to train my brain in Math.
- Mistakes help me to learn better.
- I’m going to figure out how she does it.
- Is it really my best work?
- Good thing the alphabet has 25 more letters!

**Based on the research of Carol Dweck**

http://mindsetonline.com/

Original source unknown


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**STAY HUNGRY | STAY FOOLISH**
The people who are **crazy enough** to think they can change the world, are the ones **who do**.

*Steve Jobs*

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**Spiderman**

**With great power, comes great responsibility.**

*Spiderman*