



Dear Friends,

Hope that 2021 is going as well as it can for you all.

At the moment in the United Kingdom there is a national lockdown so it is extremely important that we look after ourselves and find useful things to occupy our minds with. As I mentioned in my last newsletter, am planning on making 50 videos on YouTube this year summarising books. If you have any books that you recommend would love to hear from you, please get in touch!

This challenge provides me with the opportunity to learn more about video editing and have found that OpenShot is an excellent bit of open-source software, simple and powerful, it is free to download. In the past I played a DJ game in which you constructed your own music moving blocks around, never would have predicted that almost two decades later those skills are coming in handy. To me, this is an example that if you always take opportunities to learn over time you never know when the skills you have learnt may help. There is always a chance they will compound into greatness.

Tweet of the Month



Chris Weatherburn @ChrisWeatherbu1 · Jan 17

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Is this a #photo of a #SilverLining ?Practice #dailygratitude & encourage #others to do the same

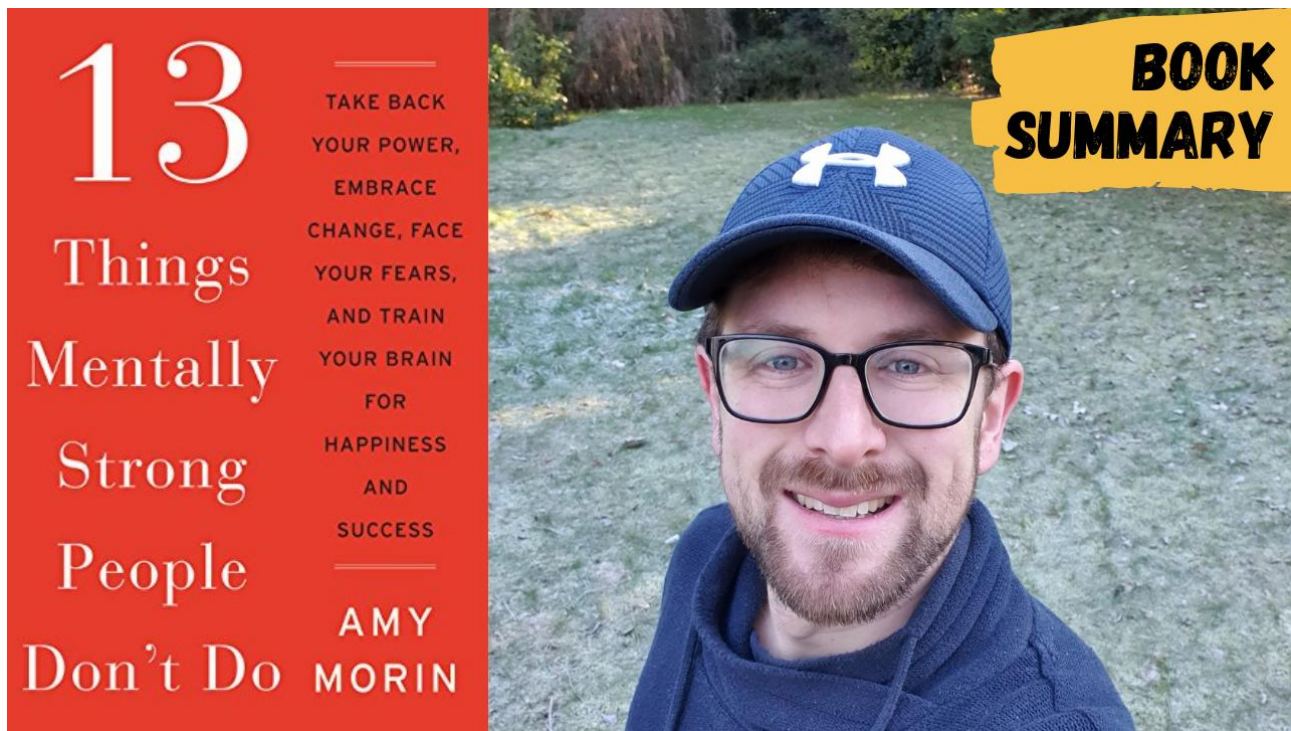


An

interesting study I read about was titled Envy on Facebook: A Hidden Threat to Users' Life Satisfaction, this shows that 'passive following (on Facebook) exacerbates envy feelings, which decrease life satisfaction. This is challenging as many of us are looking to social media to cope with lockdown life.

One of the challenges of starting up a YouTube channel and a mailing list is that inevitably you then comparing to more successful people which can be demoralising. However it is important to have metrics to determine if you are being successful and certainly you can learn from others. Equally being aware that we are all unique is important to remember when comparing metrics to others, the VLOG below highlights this.

My VLOG of the month



Thought provokingly would like to introduce the concept of types of thinking from Neuro Linguistic Profiling (NLP). If you think in first person you may appear self-centred, second person too accommodating, third person at times too cold. Being aware of this empowers you to be able to alter your thinking pattern to help analyse a situation from a variety of viewpoints.

Will leave you with this one challenge, try to think ‘behind every behaviour is a positive intention toward you.’ this will help you practice gratitude.

Until next time, take care,

Chris

Please click on this link to: [forward this newsletter to a friend](#) so they can sign up!



Chris Weatherburn

Get the most out of your life!

