



CHRIS WEATHERBURN

Get the most out of your life!

Dear Friends,

It has been a surprisingly warm summer and has been great to catch up with friends and family. I truly hope you are all having some fun!

In life it is worth taking a few minutes to reflect about the impact your day-to-day decisions have on you. Specifically, what you do and who you do it with. The late motivational speaker Jim Rohn (1930 - 2009), said that you become the average of your five closest friends. Therefore, it is very important to choose them wisely! This idea reminds me of the statistical concept [regression to the mean](#).

When it comes to selecting hobbies, another great speaker, the late Zig Ziglar (1926 – 2012) jokingly said he couldn't take up photography as there would be too many negatives to deal with!

YouTube Video of the Month



In my last newsletter I mentioned that I was spending more time on editing videos. I have enjoyed learning about this over the years but decided to try hiring someone to do this. This is my first attempt hiring a video editor – to be honest the video is much more enjoyable to watch as a consequence.

If you are looking to hire a freelancer, feel free to click [here to use my referral link for Fiverr](#), you would get a discount on your first gig.

Tweet of the Month

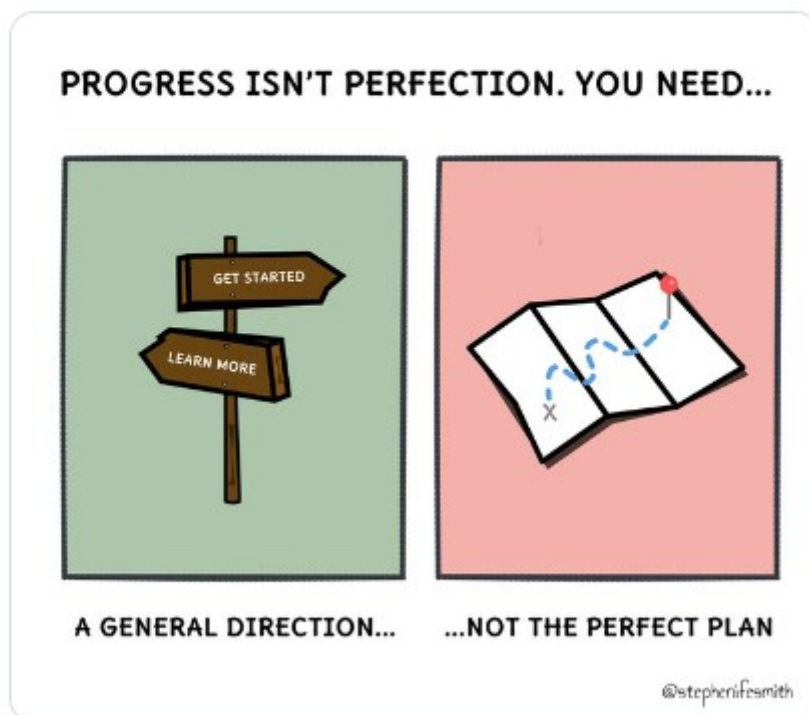


Stephen Ifeoluwa 🎨🧠📢 @stephenifsmith · Jul 7

You don't need the perfect plan to get started.

Just settle on the direction you want to head in and get moving.

Have a bias for action.



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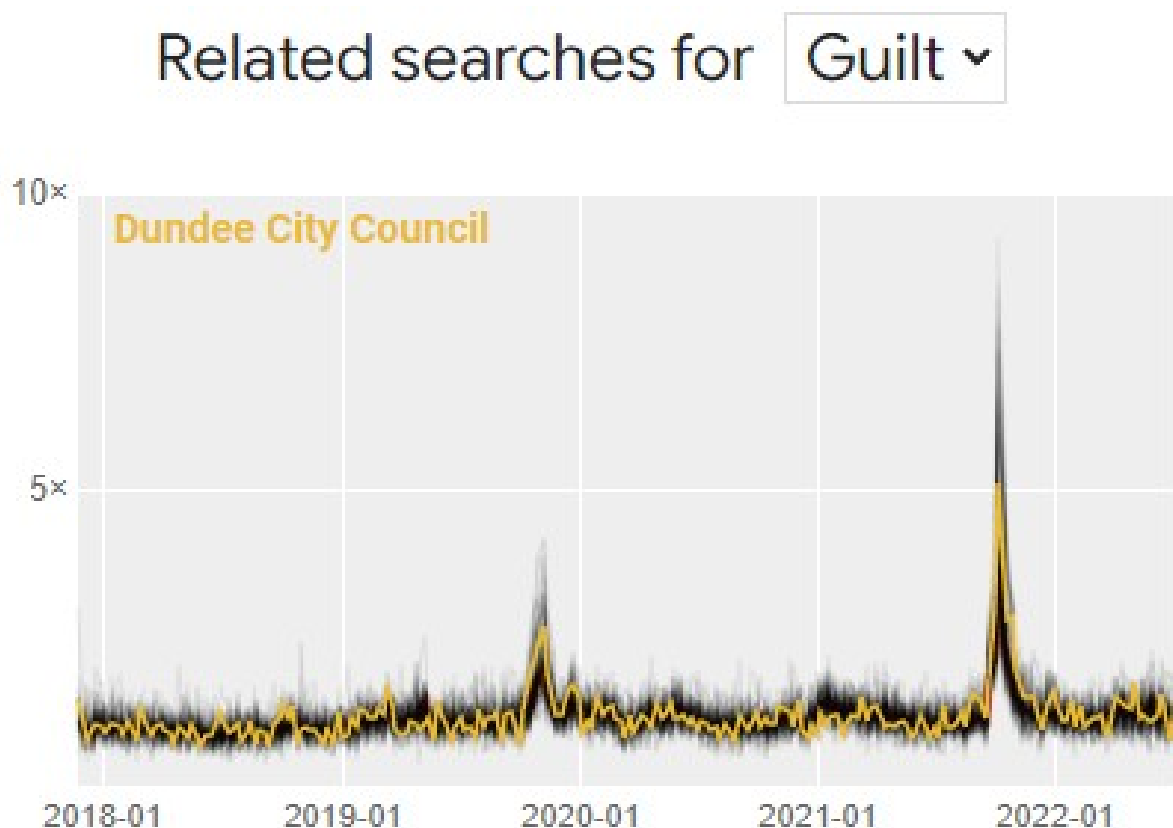
Great illustration by [@stephenifsmith](#) – it is important to have a bias for action. On that note why not forward this newsletter for one of your friends to sign up **by clicking [here](#)**? The newsletter isn't perfect but hopefully moving in the right general direction.

Website of the Month

[Google Trends COVID-19 Symptoms Search Trends](#)

An easy to explore dataset that contains time series data of searches in relation to some very unusual COVID-19 symptoms across six regions of the world. Google Trends data about any search term can be imported into R to make comparisons and cool graphs about the relative popularity of something over time.

The symptom 'Guilt' surprised me with these double spikes, as shown in United Kingdom data below:



Then I found out that a BBC series called 'Guilt' had been released, season 1 October 2019 and season 2 October 2021 which explained the increases in searches :) Have any of you watched 'Guilt'?

Until next time,

Chris

