

Dear Friends,

Comparisons in general are a bad thing. Comparisons give you pressure and tend to make you compete with other people rather than collaborate. My tip is to see other people as 'us' rather than 'them' and remember to enjoy your successes.

### YouTube Video of the Month



<https://www.youtube.com/watch?v=Qty6ebhgUMM>

Opted for this one as it was the only full-length video have made in the past month, sorry. Can reassure you have got some more excellent videos in the pipeline (pointless fact in R %>% means pipeline).

It is worth thinking about how much we all use social media. This might feel as if a psychological weight you didn't realize had been dragging them down. Consider only using apps that serve something you deeply value, not just offer some benefit. The small benefits that individual apps might provide can be outweighed by the time spent. Extract value then leave.

## Tweet of the Month

Tom Fardon @DundeeChest · Nov 23  
Quick reminder, everyone. #BTSWinter2022

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graph TD; Q1[Do you want to ask a question after a speaker's presentation?]; Q2[Can you think of a question?]; Q3[Could you write your question on twitter (in 140 characters)?]; Q4[Do you already know the answer to the question you are about to ask?]; Q5[Does the question involve you pointing out the results of your own study?]; Q6[Did you fall asleep or arrive late?]; Q7[Are you about to start the question with 'In my experience...?']; Q8[Are you related to the speaker, specifically are you their spouse?]; Q9[Did the person next to you suggest the question?]; Q10[Are you just filling an embarrassing silence?]; Q11[Do you still want to ask that question?]; Q12[Please put your hand up, wait for the microphone and share the love.]; Q13[Do NOT speak]; Q14[NOT A QUESTION It's a speech. Rephrase and retry.]; Q15[NOT A QUESTION You're just showing off]; Q16[NOT A QUESTION You're just showing off]; Q17[STATISTICALLY there is a 95% probability that you missed the answer to the question when you were asleep/outside]; Q18[SURPRISINGLY no-one came to hear about your experience. They want to hear from the speaker. If they wanted to hear about your experience you would BE the speaker.]; Q19[This is a highly RISKY strategy. The outcome is uncertain and may be painful.]; Q20[If they know that it's too SILLY to ask then so should you.]; Q21[Count to 30, someone else will choose to sound DAFT.]; Q1 --> Q2; Q2 -- No --> Q1; Q2 -- Yes --> Q3; Q3 -- No --> Q14; Q3 -- Yes --> Q4; Q4 -- Yes --> Q15; Q4 -- No --> Q5; Q5 -- Yes --> Q16; Q5 -- No --> Q6; Q6 -- Yes --> Q17; Q6 -- No --> Q7; Q7 -- Yes --> Q18; Q7 -- No --> Q8; Q8 -- Yes --> Q19; Q8 -- No --> Q9; Q9 -- Yes --> Q20; Q9 -- No --> Q10; Q10 -- Yes --> Q21; Q10 -- No --> Q11; Q11 -- Yes --> Q12; Q11 -- No --> Q13;
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In any conference you sometimes hear people asking ridiculous questions. This is a rather elaborate flow chart shared by helps. Previously, whenever I attended a conference I tended to ask a question. It seems with this decision support tool I would usually have still got to a Yes. In part I ask questions because I am inquisitive and eager to learn but also to show that I attended. However, for the last reason Twitter can help by making the whole world know you have attended :)

Enjoying this newsletter? Help me by forwarding this to your friends by [clicking here](#).

## Website of the Month

<https://labs.openai.com/>

So as promised last month I would share how to make artificial intelligence made images. You need to register and get a few free credits.

Below you can enjoy: "Matisse style painting of Chris Weatherburn the improvement guru stood on Carrot hill with the northern lights in the background".



Learning point – I think I need to start wearing hats, have a great Christmas,  
Chris



**CHRIS WEATHERBURN**  
Get the most out of your life!



**Chris Weatherburn**

Get the most out of your life!