

Dear Friends,

Life is a journey filled with ups and downs, and we all encounter our fair share of challenges along the way. However, it's important to remember that how we react and interpret these obstacles ultimately shapes our experience. Drawing inspiration from Seneca, the Stoic philosopher of Ancient Rome, we are encouraged to focus on what lies within our control and gracefully accept what does not. By doing so, we can cultivate resilience, inner peace, and wisdom.

Embracing this philosophy allows us to nurture our inner strength, turning setbacks and adversities into opportunities for personal growth and self-improvement. Rather than being hindered by the trials we face, let us welcome them as stepping stones on our path to becoming the best versions of ourselves.

YouTube Video of the Month



I had to select this video as it is completely unlike my usual videos. The title gives it away "Holiday Gone Wrong #Marseille #Uprising #vlog #2023 #émeutes #pillages #bonne_chance #France". Don't worry - the holiday was great fun - after the tanks arrived the situation calmed down a bit. [If you want to see a never released before video of an ad hoc, unregulated fireworks display in a riot click here.](#)

Tweet of the Month



PJ Milani | Visual Teacher 🧠 @milanicreative · Jul 8
Power of notemaking.

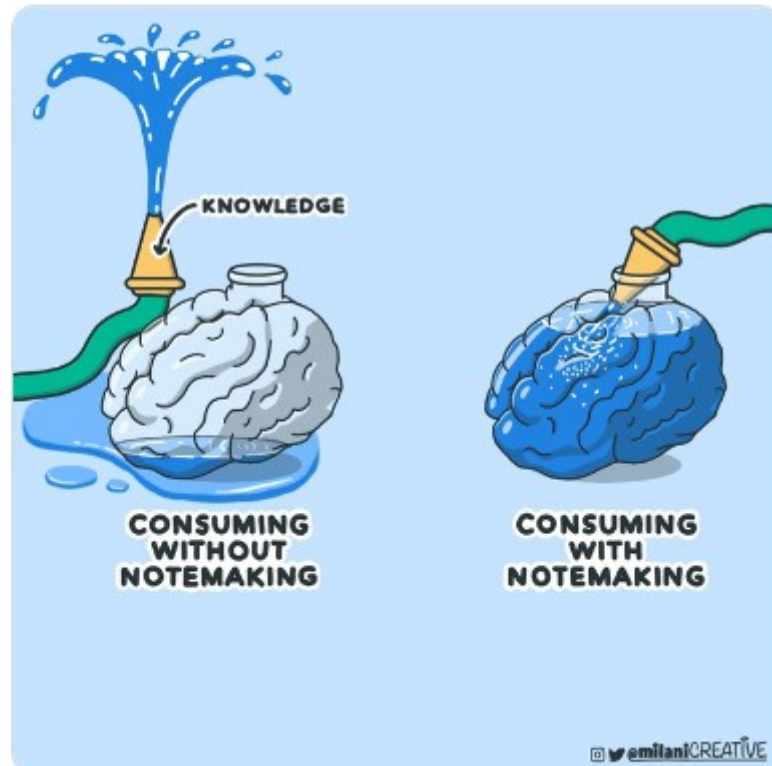
...

I get asked a lot how I come up with ideas for visuals.

One method I use is "notemaking." It's pretty much notetaking on steroids.

Or another way to look at it:
journaling on the ideas you consume.

The biggest difference:
you don't just copy & paste.... [Show more](#)



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I like to learn and find summarising the key points helps me retain the key facts – it also helps me share these with others. This Tweet by [@milanicreative](#) is a great visualisation as it requires no explanation. Just be sure to fill your brain with the good stuff!

Please consider helping me by forwarding this newsletter to your friends.

Or feel free to check out my latest YouTube video about [The Power of Now](#) that I am very pleased with as it has myself in as part of the stock footage.

Website of the Month

<https://www.laughfactory.com/jokes>

“My grandfather has the heart of a lion and a lifetime ban at the zoo.” Includes jokes that if you told at work, you would be unlikely to get reprimanded.

Have a fantastic month,

Chris

PS – Happy Birthday Eva :)

PPS - Today, I'm delighted to share some wonderful news—I have become an Uncle to a baby boy yesterday who is eagerly awaiting his name. 😊



CHRIS WEATHERBURN

Get the most out of your life!



Chris Weatherburn

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