

KEVIN HART

LIFE LESSONS FROM
A COMEDIC
POWERHOUSE

THE TIM FERRISS SHOW



YOU CAN'T BE THE
BEST VERSION OF
YOURSELF, IF YOU
DON'T TAKE CARE
OF YOURSELF



sophiacolombo.com
@colombodoodles

- BE SOMEONE WHO ALWAYS WANTS TO IMPROVE
 - IF YOU SAY YOU WILL DO SOMETHING, DO IT!
 - WE ALL KNOW IF WE'RE GIVING 100% OR NOT
 - THE ABILITY TO SHRUG YOUR SHOULDERS IS ALSO THE ABILITY TO MOVE ON
 - YOU'RE ALLOWED TO SAY "NO"
- MEANINGFUL

YOU'RE IN SO MUCH CONTROL OF YOURSELF

- LIFE IS LIKE A PACK OF CARDS. THERE ARE 52 CARDS IN THE DECK BUT ONLY 4 OF THEM ARE ACES.

THE GOAL OF LIFE IS TO MAKE YOUR WAY THROUGH A CROWDED DECK WHERE THE ODDS ARE STACKED AGAINST YOU

DRAW AN ACE

8 QUALITIES TO HELP YOU DRAW AN ACE IF COMBINED IN THE RIGHT AMOUNT:

- ♥ PERSISTENCE
- ♦ PATIENCE
- ♦ CLASS
- ♦ COMMITMENT
- ♥ LEARNING
- ♦ PASSION CENTERED COMPETITIVENESS
- ♦ POSITIVITY
- ♦ DISCOMFORT

THE THINGS THAT ARE SUPPOSED TO ACT AS TRIGGERS / BE LIFE CHANGING / THREATENING ARE JUST

LESSONS

LIFE IS ABOUT RELATIONSHIPS

- A CAR ACCIDENT IS A REASON TO SIT DOWN & PROCESS WHAT'S AROUND YOU
- YOU PUT THE THINGS THAT COME WITH SUCCESS ON A PEDESTAL, BUT WHEN LIFE HITS YOU WITH A CURVEBALL NONE OF THAT STUFF MATTERS

"MY JOY COMES FROM SEEING THE BENEFITS OF MY WORK & BEING ABLE TO CREATE A STORY THAT CAN POSSIBLY BE TALKED ABOUT YEARS AFTER I'M HERE."

IT'S SELFISH TO NOT SHARE INFORMATION

JUST STORIES

- YOU'VE GOT AN AMAZING STORY UNDER YOUR BELT
- YOU CAN CHOOSE NOT TO STAY IN ONE PARTICULAR PARAGRAPH OF YOUR STORY



WHY WOULD YOU STAY ANGRY?

- IT WON'T CHANGE WHAT HAPPENED
- THAT ANGER IS ENERGY THAT YOU CAN PUT INTO SOMETHING ELSE
- YOU CAN USE THAT ENERGY TO FORGIVE & LIFE MIGHT GET BETTER FOR BOTH OF YOU
- DON'T PUT YOURSELF IN A POSITION WHERE YOU CAN EASILY BE AFFECTED

LIFE IS TOO SHORT TO BE AFFECTED ALL THE TIME

? IF YOU'RE ALWAYS BOTHERED, HOW PLEASANT ARE YOU TO BE AROUND?

HOW TO CREATE OPPORTUNITIES?

- YOU NEED A VISION OF WHERE YOU'RE TRYING TO GET → SET GOALS
- ONCE YOU GET THERE, YOU CAN REASSESS

"I COME FROM NOTHING, I GOT SOMETHING"



- BE APPRECIATIVE OF WHAT YOU GOT
- DON'T LOOK AT IT AS IF YOU WERE SUPPOSED TO HAVE IT
- IT COULD ALL GO AWAY & IF IT DID AND YOU WOULD HAVE TO START OVER AGAIN → THAT'S LIFE
- DON'T COMPLAIN ABOUT THE THINGS THAT YOU CAN'T CHANGE
- IF YOU CAN CHANGE SOMETHING, WHY COMPLAIN ABOUT IT?