



SAMPLE Q&A SHEET

LIFEUPEDUCATIONTV

What is momentum in life?

Recognizing, or even raising momentum is a powerful tool for making the first step of mental transformation. In order for us to create a change in life, first, we must recognize our frustration in life. People raise momentum and decisiveness in life when this frustration exceeds fear. Creating a momentum takes the right balance in having the quality of pain which triggers one's exceeded frustration, higher standard, willingness, courage, and risk-taking behavior, and dream that triggers one's inspiration to believe in possibility, and ability to dream. The book 'The Game Of Self Domination' break down the process of achieving a dream into three phases. In the first phase, we will break down what it means to raise momentum in life by exploring both the theoretical approach and practical exercises including 70 life up quotes and finding your 'identity circle'.

What is 'identity circle' according to an Ancient Philosopher.

Identity circle is the framework developed with #LifeUpMethod taking inspiration from the famous Ancient Greek Philosopher. This is the framework anybody can use to truly understand and meet with their expectation of who they are to themselves.

How do confident people behave mentally and physically?

Confidence is what people are hired for in a leader's role. Someone's confidence level directly relates to the ability of one letting go of their own flaws as an "imperfect leader". Confidence can be demonstrated from inside or out because we have mind and body connections. In the book, *The Game of Self Domination* even demonstrates the way our mind and body produce confidence mechanically.

What are the fundamental mental habits difference between people who gain tremendous motivation at the beginning and lose all motivation completely vs. people who sustain the motivation for the long term success?

The difference in a short answer is one living in a story of resilience by consciously having productive self-talk regardless of adversities and another living in a story of scarcity that depends on resources to succeed. It is not easy but anyone can change their narrative in their story to gain resilience in life by constant mental training. This book provides this training.

How do you use economics and business strategies into the life strategy to increase efficiency?

I discuss several corporate and theological strategies from various multinational companies and famous Economists in the book to discuss how we are able to apply the sample principles into a life strategy to increase the effectiveness and efficiency of our actions. The practices of these strategies clearly lay out how we can incorporate more organization, effective resource allocation, efficient and lean practice in life.

What is perception and reality in the context of pursuing your dream?

Not everything we perceive as a reality is actually truth. This is why we have the perception of reality on top of the actual reality. What we tend to live on is the perception of the reality according to us rather than in the actual truth. We all act according to our perceptions and this has an effect on our belief in which creates a certain pattern in our attitude and behavior that produces even more consequences from this pattern of attitude and behavior. In the book, *The Game Of Self Domination*, we broke down the difference between reality and perception from the brain and psychology perspective.

Other Sample Questions Include...

- **What creates resilience in life?**
- **How do resilient leaders handle rejections in life?**
- **What is the difference between success and happiness, and why success can never be achieved?**
- **What is the power dynamic of dominance in multicultural and gender teams and how to navigate through the differences in the power dynamic**