

NEW YORK TIMES BESTSELLER

KEN ROBINSON

AUTHOR OF THE ELEMENT  
with LOU ARONICA

FINDING  
YOUR  
ELEMENT

How to Discover  
Your Talents and Passions  
and Transform Your Life



Sir Ken Robinson PhD and

## Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life



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The New York Times bestselling writer of *The Element* gives readers an inspirational and practical guide to self-improvement, happiness, creativity, and personal transformation. • s TED chat video and groundbreaking publication, *The Element*, introduced readers to a new idea of self-fulfillment through the convergence of normal talents and personal passions. The *Component* has inspired readers all over the world and has generated for Robinson an intensely devoted following. Now comes the long-awaited companion, the practical guideline that helps people find their personal Element. Among the questions that this new book answers are: • • Sir Ken Robinson' *You, YOUR SON OR DAUGHTER*, and *School* is forthcoming from Viking. • What if I really like something I'm bad at? How do you discover what my talents and passions are? t earn a living from my Element? m proficient at something We don't love? Imagine if I can' • Acquiring Your *Component* comes at a crucial time as worries about the economy, education and the environment continue to grow. Imagine if I' The need to hook up to our personal talents and passions hasn't been greater. How do you do help my children find their Element? re searching for your *Component*, this publication is for you. As Robinson writes in his introduction, wherever you are, whatever you do, and no matter your age, if you'



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Par for the course I go through an excerpt or an interview approximately Finding Your Element somewhere and somehow I acquired hooked into the proven fact that this publication contained some revolutionary wisdom on discovering your true calling in life. For me, this wasn't the case. The Top Five Regrets of the Dying: A Lifestyle Transformed by the Dearly Departing, because a large amount of his action steps by the end of the book have to do with mitigating risks. "I'm not saying that is bad tips, or that the commonsense wisdom, spoken through the silver-tongued mouth of Sir Ken Robinson, won't inspire some to log off their butts and do something. You do a number of exercises where you consider deep questions. Well, nowadays of neoliberal domination, options are becoming narrower and narrower for almost all the population. Some items of wisdom that genuinely resonated: • Finding your element is about discovering what lies within you and, in doing this, transforming what lies before you." This book will empower the reader to come out of the conformities which have become entrenched in our educational institutions of learning. It can work for you, as well! • For me, the book never digs deep enough in to the gritty, challenging regions of helping people transition to a meaningful career. He takes a 360 view you will ever have and walks you through it all. "You always have choices," Sir Ken features confidently. • It proved helpful for Sally-Jo. The book feels somewhat out of touch with the struggles of people. It's very genial throughout, and the tone is normally avuncular, as if a rich old uncle is talking to his young wealthy nephew about whether he should be a equine jockey or continue in the family members silver business. As a nearly seventy year aged, I reflected with each question Sir Ken encouraged someone to ponder, "Am I enduring my life? I was an instructor of mathematics, music and physical education for forty plus years. He asks you what types of hurdles or duties you have and what sorts of risks that you could take.. • Being in your element gives you energy. Not really being in it takes it from you. • Most of the opportunities you possess in your daily life are generated by the energy you create around you. • The seek out your element is a two-way journey: an inward trip to explore what lies within you and an outward journey to explore opportunities in the world around you. He also talks about Bonnie Ware He differentiates between your physical and spiritual well-being. You may underestimate your skill because you arranged unreasonably high criteria for yourself. • Connecting with individuals who share your Element can possess tremendous benefits for you personally and them. Having high specifications is good, provided you are not immobilized by self-criticism. • The most common regret: Not having the courage to live a lifestyle true to yourself. Element = Aptitude and Passion Ken Robinson wrote this book as a follow-up to his other book He discusses Gretchen Rubin Rarely if, for example, does the text address the truth that we reside in a techno-industrial civilization that is specifically made to prevent most people from fulfilling their specific creative potential, and to enslave us in a monolithic, hierarchical corporate economy. However the majority of the publication contains disappointingly obvious cliches backed up by real-existence accounts of people who've followed this obvious guidance, and, unsurprisingly, had positive results. He asks you who you intend to end up being, but in a more specific way. I found it interesting that the majority of the recommendations that he had were in line with issues that Barry Schwartz said by the end of While he does talk about them, he encourages the reader to engage in a lot of introspection through a variety of exercises; We're all a mix of nature and nurture. Principle #2: You create your own life. You mold your character to conform with what people tell you your personality incorporates." Theory #3: Existence is Organic We all transformation. We don't have a linear path. Where do I begin! Vivek Wadhwa, famous for his work on immigrants employed in the technology field in the usa, realized that "there is no link between everything you study in university and how successful or otherwise you

are later in your life." Ken Robinson talks about a lot of the existing literature and methods for finding out what your enthusiasm is and he's fairly critical of them. He discusses what's called the Forer Effect, also known as the Barnum Effect. Carl Jung: "I am not what has happened certainly to me, I am what I choose to become. Robinson is in favor of using character types to spell it out yourself, but he says never to let the personality definitions (MBTI for instance) limit you. He also takes a lot of time to talk about happiness and positive psychology. • You might be better than you imagine at what you love. When I was in the Andes and acquiring an anthropology class, I discovered that the indigenous tradition believes in two types of lifestyle drive. Gnawing at your perhaps "less than you got wished for" life. The Push of Spirit. The Element: How Finding Your Enthusiasm Changes Everything by Ken Robinson, Lou Aronica (Reprint Edition) [Paperback(2009)]. The Joy Project: Or, Why We Spent a Yr Trying to Sing each morning, Clean My Closets, Battle Right, Browse Aristotle, and Generally HAVE SIGNIFICANTLY MORE Fun. As I was reading and rereading Sir Ken's thoughts, I imagined every educator implementing actually one or two of them throughout her/his lessons. . I used Pinterest to create them and I really loved having a cement, pictorial representation of even more abstract concepts, like the activities that I do in daily life. Criticisms aside, if you're looking for a basic book to give you some ideas about how to expand your world, you could do worse. You discover your component when you find the intersection in the middle of your passions and aptitudes. • Carry out all you may to explore brand-new avenues of possibilities in yourself and in the world around you. The publication is stuffed with a great many exhausted platitudes, and its own "revolutionary insight" fundamentally boils down to the obvious idea of "do what you appreciate. He has three major principles: Principle #1: YOUR DAILY LIFE is Unique. Does give some insight into Pay attention to your little voice when things feel poor, but doesn't at all tell that there will be good and bad atlanta divorce attorneys "element" goal is more good than poor. I've seen Robinson's TED talk and anticipated more of the reserve to end up being about the training system and creativity. We're all different. each chapter ends with a few questions about you and your life. The best exercises revolved around vision boards. Robinson continues on to speak about the 5 different types of well-being: career, public, financial, physical, and community. Robinson also says that it is all an iterative process and we grow organically (Principle #3), so nobody should expect his / her desires at a single point to be the same as at another stage in his / her life. This book gives you a guideline to find the "element". Imagine today you receive the wheel of your future tomorrows. This would become my bible. He includes a lot of types of successful individuals who had a completely nonlinear path to success. Inspiring. Probative. One is the breath of lifestyle and the other I would call the pressure of spirit, just like Scott Russell Sanders' Sir Ken shares the procedure to releasing the joyful existence that you are meant to live. Without the "only if", "I'm too old" "I possibly could never" "my parents will be disappointed" restraints, become familiar with step by step how to make your tomorrow reveal the unique you. It's not easy to find my element when I can barely stay afloat in the economy, and it's really a tragedy that Obtaining Your Element is such a luxury in contemporary culture, where there's plenty of wealth for everyone to talk about, were it more equally distributed." "If so, let's begin to turn that around..I'm fighting desperately to find my element, but sometimes I feel it's a losing fight due to the intense pressure the machine puts on my back to conform and become a wage slave so I can survive. His definition of happiness originates from Sonja Lyubomirsky: Pleasure is the experience of joy, contentment, and well-being combined with a feeling that life is good and worthwhile. From the initial page to the last, you will travel a trip of personal enlightenment. In case you are one of the precious few who has been true to herself

living the life of joyous fulfillment, you will celebrate your uniqueness with each page you turn. And, then, give this reserve to those you understand and love who could be struggling with "where do I move from right here?" This book is definitely a gift everyone must provide her/himself, most especially if you are a professional educator. Food Good book Got me to thinking . . I felt like that was a really comprehensive yet concise summary and I believe that the happiness section was the very best part of the book. This is helpful in discovering one's strengths. Rudimentay For those who have spend any moment ever setting goals or brainstorming this book is rudimentary at best. The Paradox of preference: Why Even more Is Less. Will order from their website Great product ITorres Great nothing really new a lot of anecdotal reviews of cases where someone took a risk, changed their lives then reported they liked it. Techniques to discovering your talents like how exactly to vision board? Nothing transformative in my opinion. Book on finding yourself In depth I saw the Ted talk he made and liked it very much I saw the Ted talk he made and liked it quite definitely. I know that it is valuable for me to read this as a recent college graduate and that I'll read it again, further down the line. Plenty of examples and enjoyable reading.



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