

# My top 5 this week

- How to regain control over bad habits
- Don't sit so close to the TV, you'll hurt your eyes 🙄?
- Everyone is the hero of their own story.
- 90% of talented people lose their direction. Why?
- The Warmest Blanket Is Often The Most Dangerous One



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# How to regain control over bad habits



**Felix Fischer** • 1st

Changing your behavior is a puzzle → I teach you how to solve it  
1d •

And to break the habit

You mess with the process



In other words: Turn your employee's work-life into a complete nightmare



**Felix Fischer**

Teaching you how to change your behavior



# Don't sit so close to the TV, you'll hurt your eyes 🙄?

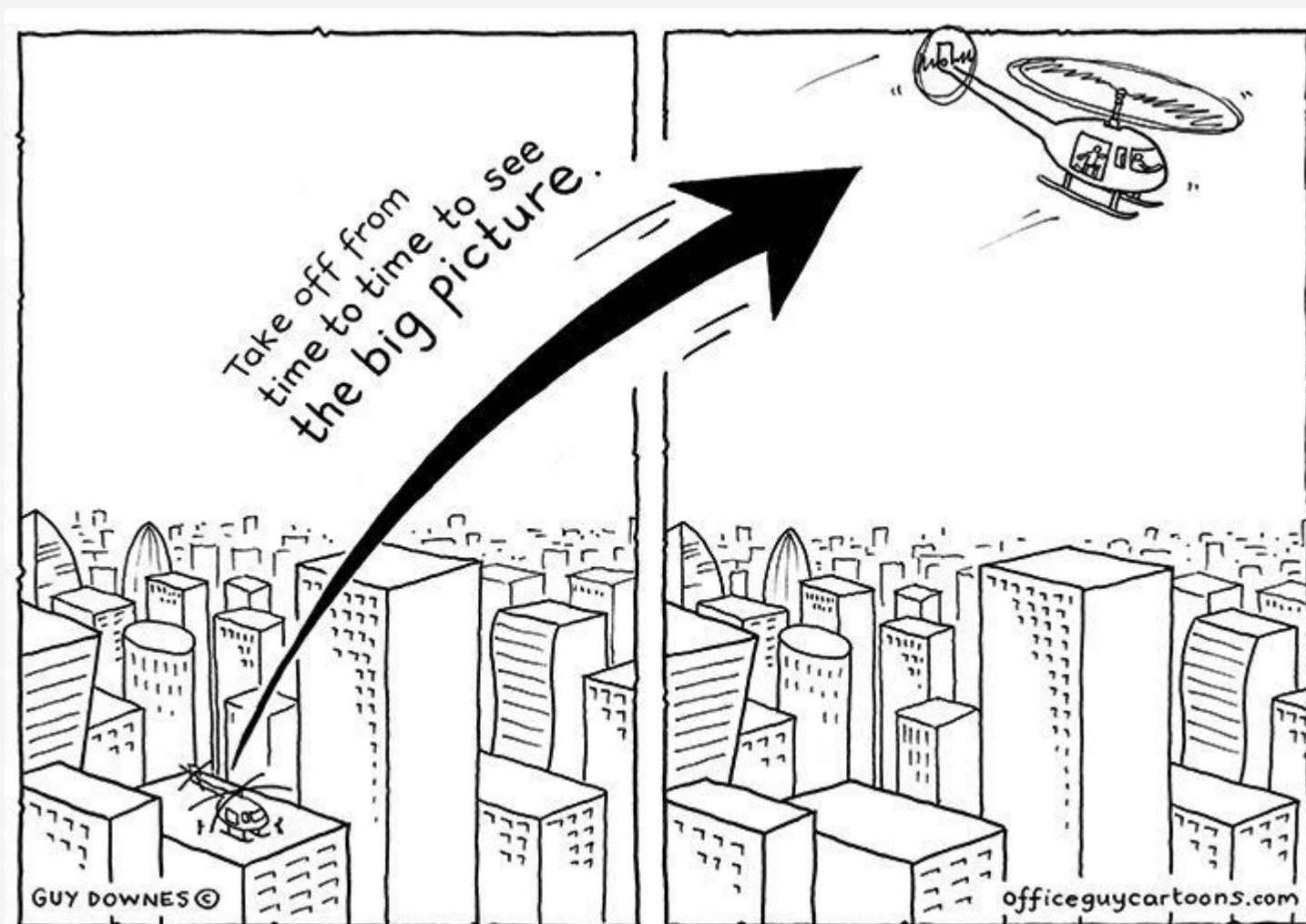


**Richard Galbraith** • 1st

Risk Actuary | Systemic Coach | People Focused | Strategy | Board Advis...

1d • 🔄

What one thing can you do today,  
When you look at that overwhelming to-do list,  
Or in your team meeting,  
**To offer a glimpse of the whole?**



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# Everyone is the hero of their own story.



**Ryan Keeler** • 1st

I write content to help you secure clients, stand out, and...

2d • 

Now, every post I write:

- Makes the reader the hero.
- Addresses their challenges.
- Empowers them to change.

**You're not here to save the day.**

**You're here to help them save their own day.**








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# 90% of talented people lose their direction. Why?

 **Elias Kalyvas** • 1st  
Founder @My Mentor mobile app | Founder @Training Spark | MBA  
[Book an appointment](#)  
6d • 

10 FACTS TO KNOW ABOUT

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**MENTORING™**

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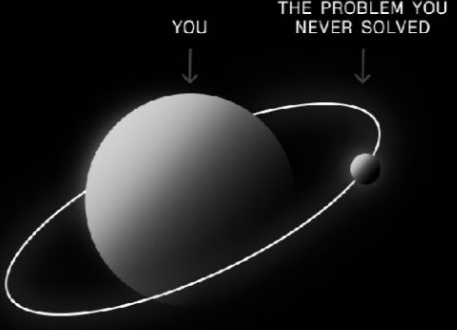
**MENTORING IS:**  
Transfer of knowledge and the gained over time experiences.



**MENTORING IS:**  
A self-sustaining professional relationship.

- ✓ Is grounded in mutual trust and respect.
- ✓ It follows a structured action plan focused solely on the mentee's goals.
- ✓ This relationship evolves over a period of 3 to 12 months.

The investment in a mentoring program is your future value.





# The Warmest Blanket Is Often The Most Dangerous One (peek under yours?)

**We're facing the most disruptive technology advancement in history.**

→ AGI this year. "It" gets on par with us.

→ ASI this decade. "It" surpasses us.

I observe **INERTIA** everywhere.

With sit and wait they will heavily end up becoming replaced.

**Instead:**

**You can upgrade today.**

**Learn AI, and best, learn with a system.**



**Post statistics**

- 829 impressions
- 68 comments
- 88 likes



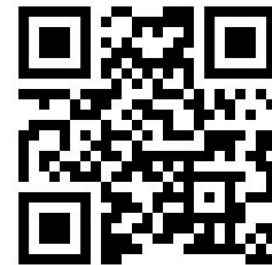
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## The Friday Brain Upgrade

Learn how to learn, retain and recall with ease



Welcome to my weekly newsletter where I write about how to unlock the art of effective learning, replace frustrating and outdated approaches, and finally achieve meaningful results while enjoying the process.

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**Join my deeper thoughts**

*What you missed so far...*

009 - ❁ Lost my corporate job. Found my true calling. Here's the tool that made it possible

008 - ❁ From 450 comments to 2 conversions: A LinkedIn reality check

007 - The Unexpected Link Between Furniture Assembly and **Learning Mastery**

006 - The Specific Event that Changed My Life

005 - **Learn a little more**—then you can reach more

004 - **The AI wake-up call** that changed how I learn forever

003 - The power of **Compounding Knowledge**

002 - **The Second Brain** approach

001 - **The Lip-Cut**



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