



## Thirty Day Challenge 2009 – Mindset – Day 23

### 2009KM11: What Would THEY Think?

Running Time: 3mins



Hello, this is Karl Moore and welcome to another video on the human mindset as part of the Thirty Day Challenge.

Now today I'd like to chat with you about **what other people think and why you shouldn't care.**

Now we're all aware of what other people think. We're concerned about what our parents think, what our partner thinks, what our friends think, what our boss thinks.

We're worried about how our parents may view us when they see us on a website trying to sell an ebook, or how our partner might be disappointed by us when we go all gung-ho into a project, but it falls flat on it's face and that's understandable, but I'd like to suggest to you that you really shouldn't care what other people think when you're following your own bliss.

Now I'd like to take you back, maybe twelve years or so and I'm in a car journey, travelling throughout the UK, discussing with my then-boss, Mark Davis, about a computer system I was trying to build and I'd got all these different requirements from different departments and I was trying to ensure that everyone was happy and it just didn't work, it couldn't work and I was going on and on

# 30 Day Challenge

there is no charge for awesomeness



about it, and really trying and eventually Mark, out of sheer desperation, I fear, turned to me, pointed to me and just said, "Karl, shut up and get a grip. You're never going to please everyone." and that's a very common phrase, but it really stuck with me because it made me realise that you're never going to please everyone. It's your life, you're never going to make everyone happy and it's pointless even trying.

And so today, as an actionable step, I'd like to suggest that you take out 10-15 minutes and find out what your true happiness is, where you want to be. I want you to discover your own bliss. In the words of Joseph Campbell, the famous American mythologist, I'd like you to follow your bliss.

Remember, it's your life and nobody else's. Only you can find your own happiness, so stop caring what other people may or may not think and just get on with it. Follow your bliss and find your own happiness.

Well, that's it for this video. That's what I want you to take away with you.

Thanks so much for watching. I'll see you again, on another one of these videos, very soon. Enjoy the Thirty Day Challenge in the meantime.

This is Karl Moore. Bye for now.

## Links:

Karl's Blog: <http://karlblog.com/>