

# Begin With the **End** in Mind

Imagine who you are and what you want to be  
in life!

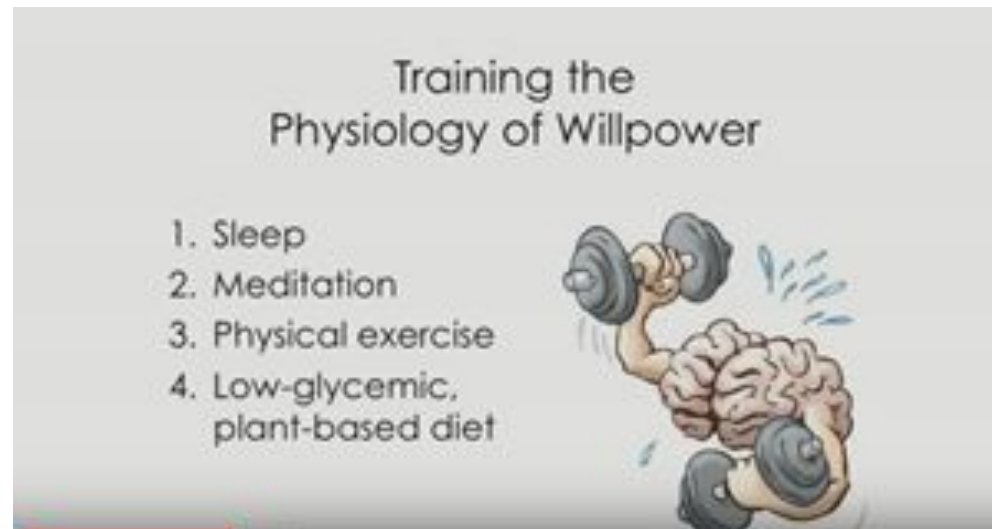
Envision in your mind what you cannot at present see with your eyes. All things are created twice. There is a **mental** (**first**) creation, and a **physical** (**second**) creation. The physical creation follows the mental, just as a building follows a blueprint.

If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default.

# Willpower

## The Single Greatest Correlation to Future Success

- Marshmallow test and studies on willpower have found that **Willpower** (or **self-control**) seems to be the single greatest correlation with future success, more so than high IQ, more so than having rich parents with a lot of resources. Willpower seems to be this thing that prepares people for life.
- You can improve your willpower or change your behavior by changing your **habits**.



# Imagining **Success** is Good, Imagining **Failure** is Better

## The Power of Pessimism

- Most optimistic smokers and dieters more likely to fail.
- Optimism about future behavior licenses self-indulgence today.
- 75% of cases investigated for fraud by the SEC are the result of unrealistically optimistic initial profit projections.

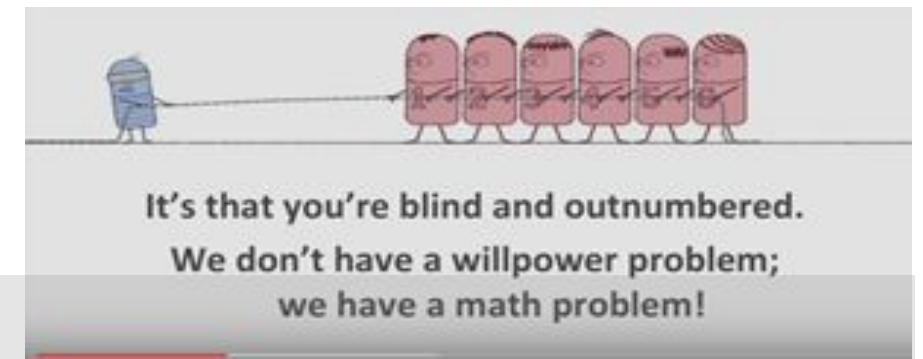
If you are a student, it is good to imagine you graduated from the school and now have a good career, making good money and have a happy life. But it is better to imagine that you dropped out of school and are back to the same old job and problems. Now you may plan better to ensure that it does not happen.

The Power of Habit: Charles Duhigg at TEDxTeachersCollege and "Change Anything! Use Skillpower over Willpower by AI Switzler at TEDxFremont)

A good dose of pessimism may actually motivate us in our attempts to address the problems we face. Pessimism could console and even free us. When mixed with some optimism, pessimism may help us to think more soberly and realistically about challenges that we face. Although being pessimistic is painful, it is certainly better than harbouring delusional fantasies about sunny uplands of the future.

guardian.com

# Six Sources of Influences



1. **Personal Motivation**- Do I want to? Am I motivated? (How much do I want to change and why?)
2. **Personal Ability**- Can I do it? If not, can I learn a skill to achieve it?
3. **Social Motivation**- Do I have encouragement and support? Someone who keeps me on track? (Identify friends from accomplices. If you can't turn accomplices to friends, i.e. they are not serious in helping you, stay away from them!)
4. **Social Ability**- Do I have someone to coach me, give me feedback to improve?
5. **Structural Motivation**- Do I have any rewards or incentives to keep me going?
6. **Structural Ability**- Am I in an environment which helps to control my space? Is it possible to make my good behavior easy and my bad behavior hard? (e.g. if you cannot study at home, go to a library or come to school to study; get rid of junk food in the house. Make healthy food easily available and junk food out of reach.)

#1 and #2 derive from yourself. #3 and #4 derive from external help.  
For #5 and #6, you need to make plans in advance to create the environment.

# Setting Goals

(The Key to a Very Satisfied Life!)

## Weekly Schedule Planner for Studying How to Get Things Done

Our **well-being** or **life satisfaction** depends on **what we desire** and **set goals for**. Based on a large-scale study on higher education, there is striking evidence of the lifelong effects of **goal setting**. Many young students who desired a high income and set goals for it, had subsequently achieved it and were very satisfied with their lives.

(7 Step Goal-Setting Sheet)

(Weekly Schedule/Planner for Studying)

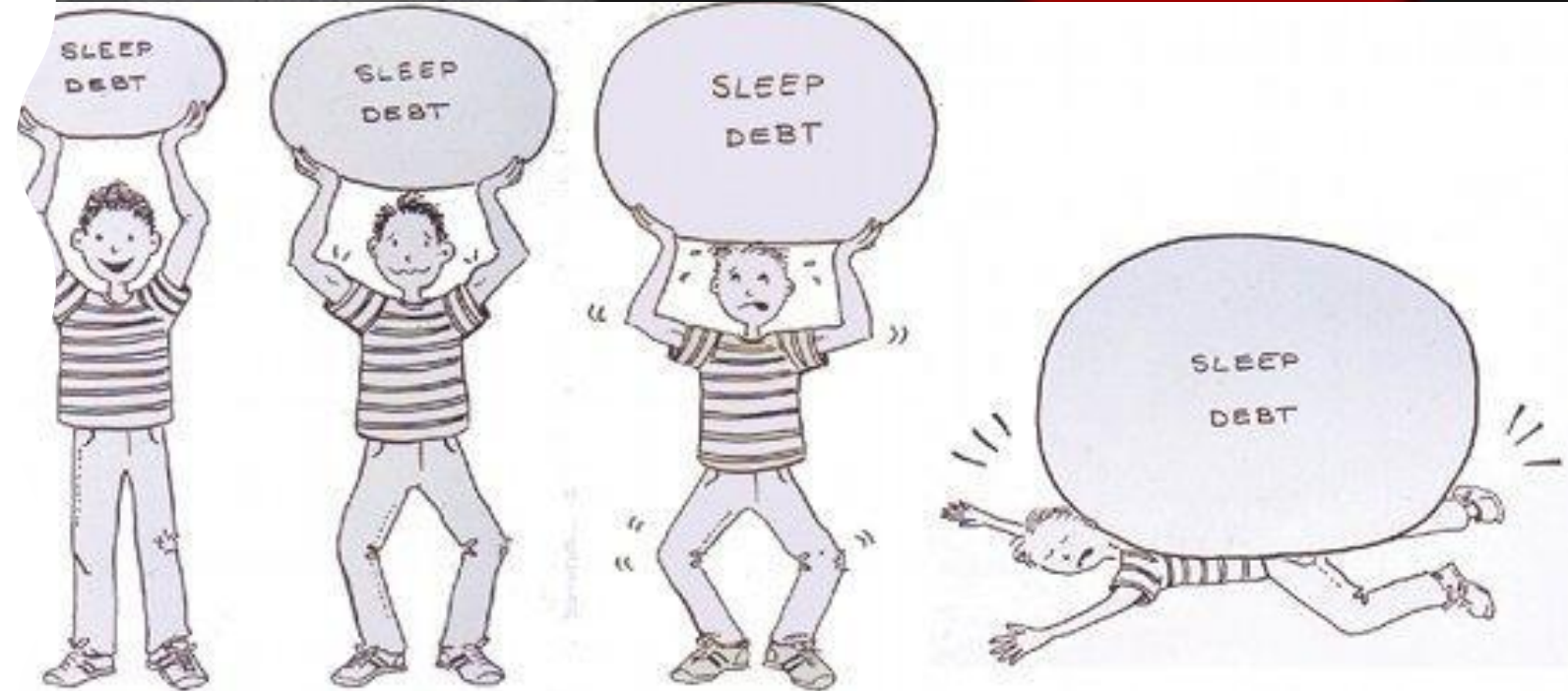
(How to Get Things Done)





# How Sleep Affects Your Waking Life - What Every Student Should Know

- The average sleep requirement for college students is well over 8 hours, If this amount is not obtained, a **sleep debt** is created.
- If you feel **drowsy**, e.g. in a lecture, you have sleep debt
- Lost sleep accumulates progressively



Sleep debt is the easiest debt to pay that can save  
your life!  
(Get at least 8 hours of sleep everyday.)



Falling asleep at the wheel and in other hazardous situations is a leading cause of death and disability.

Sources:  
Stanford University Center of Excellence for the Diagnosis and Treatment of Sleep Disorders  
Perchance to Dream, The Economist July 11, 2020

# What takes you to the top **1%** Elite Professionals? **Confidence and Persistence**

To be among the top 1% elite,  
the most prized possession is not brainpower, but  
self-confidence.

The “cognitive elite” is really just a “confidence elite”.  
The persistence of elites is a guide for getting a good job.



**Set a goal of passing 4 certifications by the time you graduate.**



# Knowledge is Shared

Everything great we do as human beings depends on our ability to **share** knowledge and to collaborate.

People believe or feel they know something themselves if they know other people (that is their community) who actually know.



Our teachers' collective credentials include MS in IT, MBA, Novell Engineer, CISSP, CEH, CCNA, MCT, MCSA, CompTIA, Linux, CySA+, CASP, VmWare, and AWS.

## PC AGE's Community

**Advisory Committee** of distinguished IT vanguards comprising of PhD and Master's degree holders in IT

**Faculty** comprising of senior, experienced, and certified professionals

**Student Mentors** - PC AGE graduates who are trailblazers in the IT field

**Staff and support services** - who care about you and will go the extra mile to help

PC AGE's shared knowledge increases **CONFIDENCE** of our students, and it is reflected in their IT career success.

PC AGE grads have gone onto rewarding careers in IT, some starting at 60K and others in lucrative managerial roles with certifications and a few years' experience under their belt.



There are only two burdens in life.

One is the burden of **discipline** that weighs in ounces, and the other is the burden of **regret** that weighs in tons.

“ It is time for man to mark his goal. It is time for man to plant the germ of his highest hope. How little you know of human happiness - you comfortable people. The secret of a fulfilled life is: Live Dangerously!

- Friedrich Nietzsche

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