

Begin With Why – Movie Technique B

Hi, this is AJ and welcome to the movie B lesson. This is an audio only, but it's some more practice with the vocabulary we learned in the first movie lesson.

Now, Joe Rogan says that a lot of people don't want to be alone with their thoughts or that you need to be alone with your thoughts.

So do you need to be alone with your thoughts or do you need to ignore your thoughts?

Joe says you need to be alone with your thoughts.

Is being alone with your thoughts good or bad, according to Joe Rogan?

It's good. According to Joe Rogan, to be alone with your thoughts, to be aware of your thoughts is good.

He says you must be careful, don't constantly act on the momentum of other people's expectations.

So should you follow what other people want you to do?

No, according to Joe Rogan, you should not. You should not act constantly on the momentum, the energy of other people's expectations; other people's opinions of what you should do.

If you do that, if you act constantly on the momentum of other people's expectations, you can run into a trap.

So if you do that can you run into a trap?

Yes, you can run into a trap. You can get stuck in your life.

You can set up a life where you are fucked.

You can create a life where you're what?

Where you're fucked.

Now, this is a bit of a rude word as you might guess and this word fuck can have a lot of different uses in casual English. Mostly it shows strong emotion, so it can be a positive word. It can be a negative word. You must be very careful how it's used. My advice, do not use it yourself, just understand the meaning in different situations, but don't try to use it because it's difficult to use correctly. So you're fucked.

If you're fucked are you in a good situation or in a bad situation?

Well, if you're fucked you're in a very bad situation. If you're fucked you're in a terrible situation.

Are you losing or are you winning if you're fucked?

You're losing. If you're fucked you're in a losing situation.

He says there are a lot of traps in life. For example, a mortgage can be a trap.

What is a mortgage?

A mortgage is a house loan payment, a house loan payment.

So what is a house loan payment called?

A mortgage, a mortgage. A mortgage can be a trap, according to Joe Rogan.

And you can have a bunch of shit going on, here's another rude word (shit) and again this word can be used in many different ways. In this phrase it means stuff, sometimes shit means stuff, thing. You can have a bunch of shit going on. You can have a bunch of stuff going on, a bunch of things going on. So shit means situations, stuff, things in this example. It has other meanings in other situations. So he says you can have a bunch of shit going on, a bunch of things going on that you have to continue to feed.

If you get trapped, do you have to continue to feed the traps?

Yes, you have to continue to feed the traps. You have to continue to give money or time or energy to the traps.

For example, if you have a mortgage you have to continue to give money to the bank for your mortgage. You have to continue to feed it.

And he says oh my goodness, what does that mean?

It means oh my God or oh no. It just shows shock.

He says you're fully locked in if you get stuck, you're fully locked in. It means to get stuck. To be completely stuck.

So, if you're fully locked in are you a little stuck or are you completely stuck?

You're fully stuck. If you are full locked in you are fully stuck.

He says you should think of this as a tactical mistake.

What kind of mistake?

A tactical mistake. It's like a strategic mistake, it's just a mistake of method. It's a mistake of your method or your action plan.

What is a mistake of your method or your action plan? What kind of mistake?

A tactical mistake, a tactical mistake.

He says life is, in a way, a sort of a journey. Life is like a journey. Life is like a trip.

Is life like a bank or is life like a journey?

Life is like a journey. It's like a long trip.

And sometimes on a journey, if you get lost, you have to back up. You have to go back a little bit and then try again. You have to try something different. He says you must be careful, because the system will set out honey pots.

What will the system set out?

Honey pots. The system will set out honey pots.

What is a honey pot?

A honey pot is a trap. It's a trap that looks good.

Is it a trap that looks terrible or a trap that looks good, that looks desirable?

It's a trap that looks good. A honey pot is a trap that looks desirable. It looks good, but then it traps you.

What's that called again, one more time?

A honey pot. A honey pot.

Examples of honey pots, from Joe Rogan, are: Retirement...

What is retirement?

It's the time after you stop working. When you're older you're getting maybe some money, a little money but you're not working anymore.

That's called what?

Retirement.

And usually retirement is in our golden years. The golden years that's the last years of our life. Supposedly those are the best years, for some people maybe for some people not.

When are the last years of your life when you're oldest called?

The golden years.

Another honey pot example, job benefits, providing you benefits. This means job benefits.

What kind of benefits is Joe talking about?

Benefits such as health insurance, that's an extra job benefit. It's not part of your salary it's something extra.

Or vacation, free vacation days, those are benefits. Paid sick days, those are also benefits. These are all benefits. It means job benefits.

He says the companies, the big companies they want to keep you stuck, they do not want you to follow your dreams. They do not want you to leave and follow your dreams, they want you to stay with them, because if you leave, especially if a lot of people leave that's a fucking pain in the ass for the companies. A fucking pain in the ass... now here the word fuck is used differently, it just shows emotion that's all. A fucking pain in the ass... that word fucking just makes the whole meaning sound more emotion, more strong. It means it's a very pain in the ass in this situation.

What's a pain in the ass?

A pain in the ass is an annoying problem, an annoying situation.

So is a pain in the ass enjoyable?

No, no, a pain in the ass is not enjoyable. A pain in the ass is a situation that's frustrating or annoying.

So what kind of situation is a pain in the ass?

It's an annoying or frustrating situation.

We can also use this phrase to describe people. We can say, oh man, she's a real pain in the ass. It means she's very frustrating, she's a very frustrating and annoying person. She's a pain in the ass. So he said it's a pain in the ass for the companies to replace people. They don't want to constantly replace employees and train them that's a pain in the ass. That's a frustrating and annoying situation for the companies. So they set it up so that you stick around. Set it up means to create a situation, make a system or make a situation so that you stick around.

What does stick around mean?

It means to stay, to stay in one place, to stick around.

Does to stick around mean to leave?

No, to stick around does not mean to leave.

To stick around means what?

To stay.

So do the companies want you to stick around?

Yes, the companies want you to stick around. They want you to stay.

Joe says, it's up to you to see the problem. Up to you means your decision or your responsibility. If you say it's up to you it means it's your decision, your choice, your responsibility.

So is it my responsibility to help you?

No, it's not up to me it's up to you to see this problem in life. It's your responsibility to see this problem.

You can also use this phrase in other situations. For example, if you and your friend want to go to a restaurant, you're trying to decide where to go and you ask your friend, where do you want to go? And your friend says, it's up to you. It means it's your decision, you decide where we go.

Joe says that you must calculate your future. The direct meaning of calculate means it's more connected to math, it means like to add numbers or to do a math problem. But it also, in general, means to plan. You must plan your future. So you must calculate your future.

Will someone else calculate your future?

They might, but that's not good.

Joe says you must calculate your own future.

Must you calculate your past or your future?

You must plan your future. You must calculate your future.

He says look around at other people. Look at the misery that they are in, that they are in. Misery means super unhappiness, terrible unhappiness.

So, are a lot of people in misery, according to Joe?

Yes, a lot of people are in misery.

In misery means to be super unhappy. So a lot of people are in misery.

Are a lot of people happy or are a lot of people in misery?

A lot of people are in misery.

He made that grammar mistake, he said a lot of people have taken chances, look at the other people, look at people who have taken chances and that's a grammar mistake, a common one, but the correct way to say it would be, a lot of people have taken chances. Look at the

people who have taken chances, who have tried something different. And those people have navigated their way to a different life, to a happier life.

To navigate means to plan a path. It means to find a way, to find a path, to find a road, to navigate.

So he says, what kind of people have navigated their way to a better life?

Successful people, happy people have navigated their way to a successful, happy life.

Should you study people who have navigated their way to a successful life?

Yes, you should study those people and try to see what objectivity do they have that maybe you lack.

Should you see what emotion they have?

No, not what emotion, what objectivity. What clear rational thought do they have, the successful people, that maybe you lack, that maybe you don't have?

What insight into their mistakes are they willing to delve into?

Successful people have understanding, they have insight. Insight means understanding. They have understanding about their own mistakes.

Do they have insight into their own mistakes?

Yes they do, they have insight into their own mistakes, understanding about their own mistakes.

And they're willing to delve into their own mistakes. To delve into means to search deeply, to examine deeply.

So, do successful people delve into their own mistakes or do they avoid thinking about their own mistakes?

Successful people delve into their own mistakes. They look deeply. They examine deeply their own mistakes that's why they get more rational results.

According to Joe Rogan, do successful people get more emotional results or more rational results?

They get more rational results, more clear factual results, more clear factual rational information.

Are successful people rational?

Yes, according to Joe Rogan, successful people are more rational, more clear minded, more factual.

Then the other guy says, ah, that's well put. Well put means well said. It means you said that well. Well put...

Were Joe Rogan's comments well put?

Yes, they were well put.

What were well put?

His comments. His comments were well put.

And the man says, because you are your own architect. An architect is someone who designs a building. This means you are the person who designs your life, no one else.

So, is someone else your architect, your life architect?

No, someone else is not your life designer.

Whom is the architect of your life?

You are. You are the architect of your own life.

All right, that is the end of our movie B lesson. Listen to all of the audios in this month's VIP lessons. Repeat them every day for at least 10-14 days. Repetition... deep learning is very important that's how you master listening and speaking, that's why you must do this again and again each day.

See you next time. Bye for now.