

BOOK SUMMARY

THE ELEMENT

How finding your passion changes everything

Ken Robinson, Ph. D.

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1. The place where the things we love to do and the things we are good at come together.
2. Focus on your potential for renewal
3. The element is the meeting point between natural aptitude and personal passion.
4. Being in your own element means being connected with other people who share the same passions and have a common sense of commitment.
5. Actively seek opportunities to explore your aptitude in different fields.
6. How are you intelligent and creative?
7. Intelligence and creativity are interlinked.
8. The definition of creativity:
 - The process of having original ideas that have value.
 - Creativity is applied imagination
 - Imagination may only be in the mind, creativity is the action phase.

9. The creative process starts with:

- A thought and the development of the thought
- Brainstorming, mind mapping, scenarios
- The selection process
- Tapping into your various talents, experiences
- Make it fun – we are more creative when its fun, positive
- Experimentation – failing

William James – “The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind.....If you change your mind, you can change your life”

Creating the environment:

- Find a place where everybody else likes the same thing that you do, let the fun begin.

THE ZONE:

When we are doing something that we love and are good at, we are much more likely to be centered in our time self – to be who we feel we truly are. Being in the zone gives, not takes energy from you.

- Activities we don't like drain us. Being in the Zone plugs you into a power pack.
- Being in your element is empowering.
- It can release endorphins in the brain and adrenaline through the body – it is addictive, in spiritual to others.