

# Väitöskirja elämästä

Aineistoa LinkedInistä 2012-2014

Jukka Paakkanen 3.8.2014

Osa 1 / 4 (sivut 1-50)

Elämä on ihanaa, kun sen osaa  
ottaa vastaan - joka hetki

- Jukka Paakkanen 2012

# Alkusanat

Olen koonnut tähän tiedostoon erilaisia mietelausepäivityksiä LinkedInistä vuosilta 2012-2014.

Kokosin esityksen kertyneen materiaalin pohjalta, joten se käsittelee elämää rajoitetusti. Esitys on tarkoitettu herättämään lähimmäisiä ajattelemaan elämäänsä ja pohtimaan mitä voisimme yhdessä tehdä vieläkin paremmin saavuttaaksemme tavoittelemamme. Jokainen haluaa olla onnellinen. Siinä on haastetta jokaiselle.

Etsin sotilasuran taakse jätettyäni töitä - toimittakoon tämä tiedosto samalla avoimen työhakemuksen virkaa. Otan ilolla vastaan jokaisen työtarjouksen. Minusta on moneen työhön niin koulutuksen ja työkokemuksen kuin luonteeni puolesta. Tarjoa töitä tekijälle.

Toivotan sinulle ahaa-elämyksiä osittain valmiiksi pureskeltujen LinkedInin päivitysten seurassa. Valoa ja iloa.

Klaukkalassa 3.8.2014

Jukka Paakkanen

# Minä väitän, että elämä on tässä ja nyt

"To live is the rarest thing in the world. Most people exist, that is all."

- Oscar Wilde

We only have control over two moments in our lives...

Here  
and  
Now

~Randi G Fine~

yesterday is history  
tomorrow is a mystery  
but today is a gift  
that's why it's called the  
present.



# Älä pelkää elämää



# THE 2% MINDSET

2% OF THE POPULATION

GOING FOR  
YOUR DREAMS

EMBRACING THE UNKNOWN

CONFIDENCE

98% OF THE  
POPULATION

EXCITEMENT

BEING LIKE EVERYONE ELSE

LIKING CHANGE

INSECURE

SURVIVING

EXPLORING  
NEW THINGS

**YOUR COMFORT ZONE**

LIVING WITHOUT  
LIMITS

FEAR

JUST GETTING BY

CHOOSING  
HAPPINESS

A DULL LIFE

PLAY IT SAFE

ABUNDANCE

PROCRASTINATION

REGRET

SETTLING FOR LESS

ACT IN SPITE  
OF FEAR

FULFILLMENT

GETTING THE MOST OUT OF LIFE

wholsCHICK.com

# Aseenne ratkaisee — aina



### Coincident or Not?

If,  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Equals,  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then,

$$K + N + O + W + L + E + D + G + E = 96\%$$
$$H + A + R + D + W + O + R + K = 98\%$$

Both are important, but the total falls just short of 100%

But,

$$A + T + T + I + T + U + D + E = 100\%$$


# Tunne itsesi



Tension is  
who you think  
you should be.

Relaxation is  
who you are.

–*Chinese proverb*

## IMPORTANT DAYS

The two most important days in your  
life are the day you are born and the day  
you find out why.

- Mark Twain

# Ole rehellinen - itsellesi ja kaikille lähimmäisillesi

Honesty is the  
first chapter  
in the book of  
wisdom.

Thomas  
jefferson



Strand of Pearls

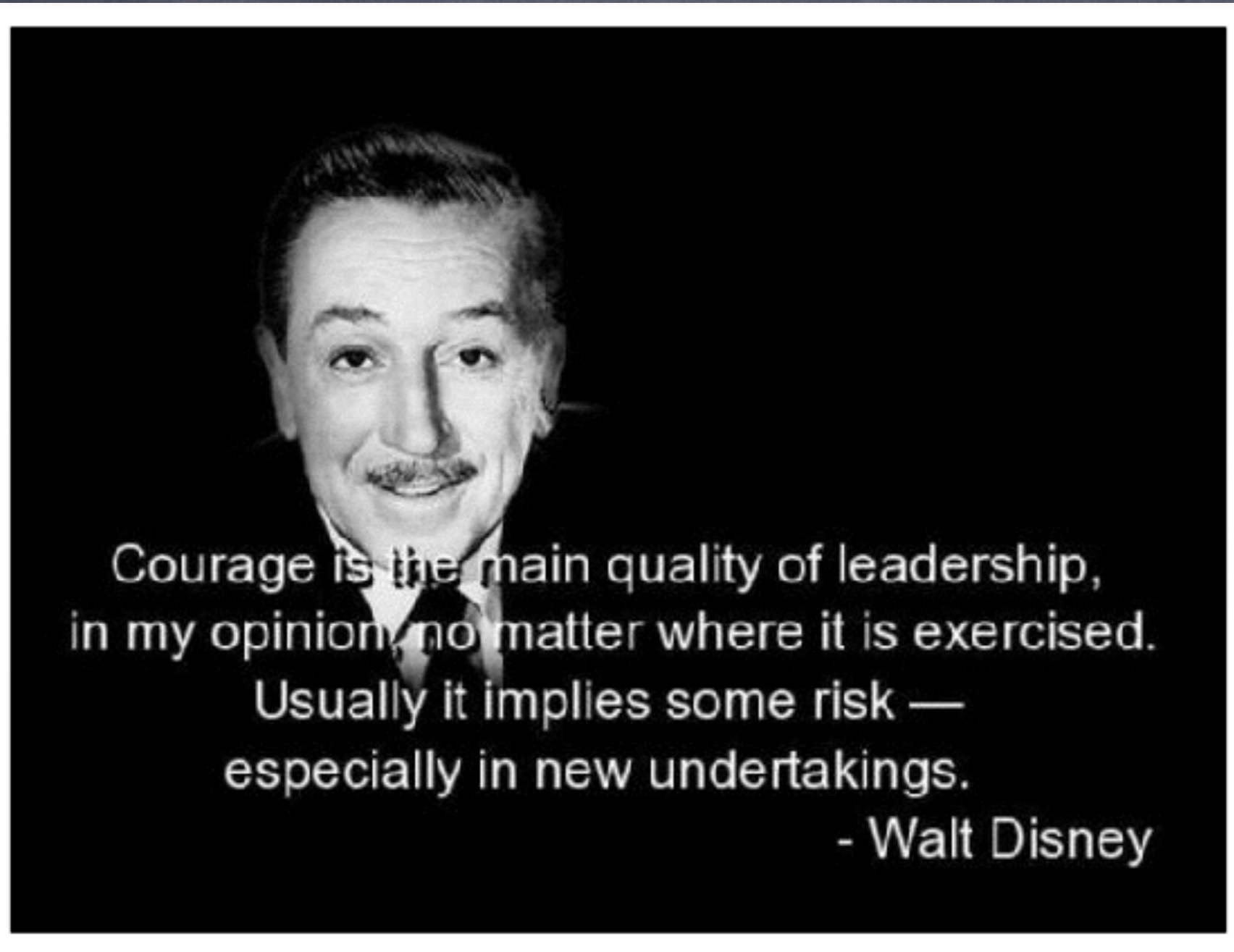
Being Honest  
May Not Get You  
A Lot of Friends  
But  
It'll Always Get  
You The Right Ones.

If you tell  
the truth  
you don't  
have to  
remember  
anything.

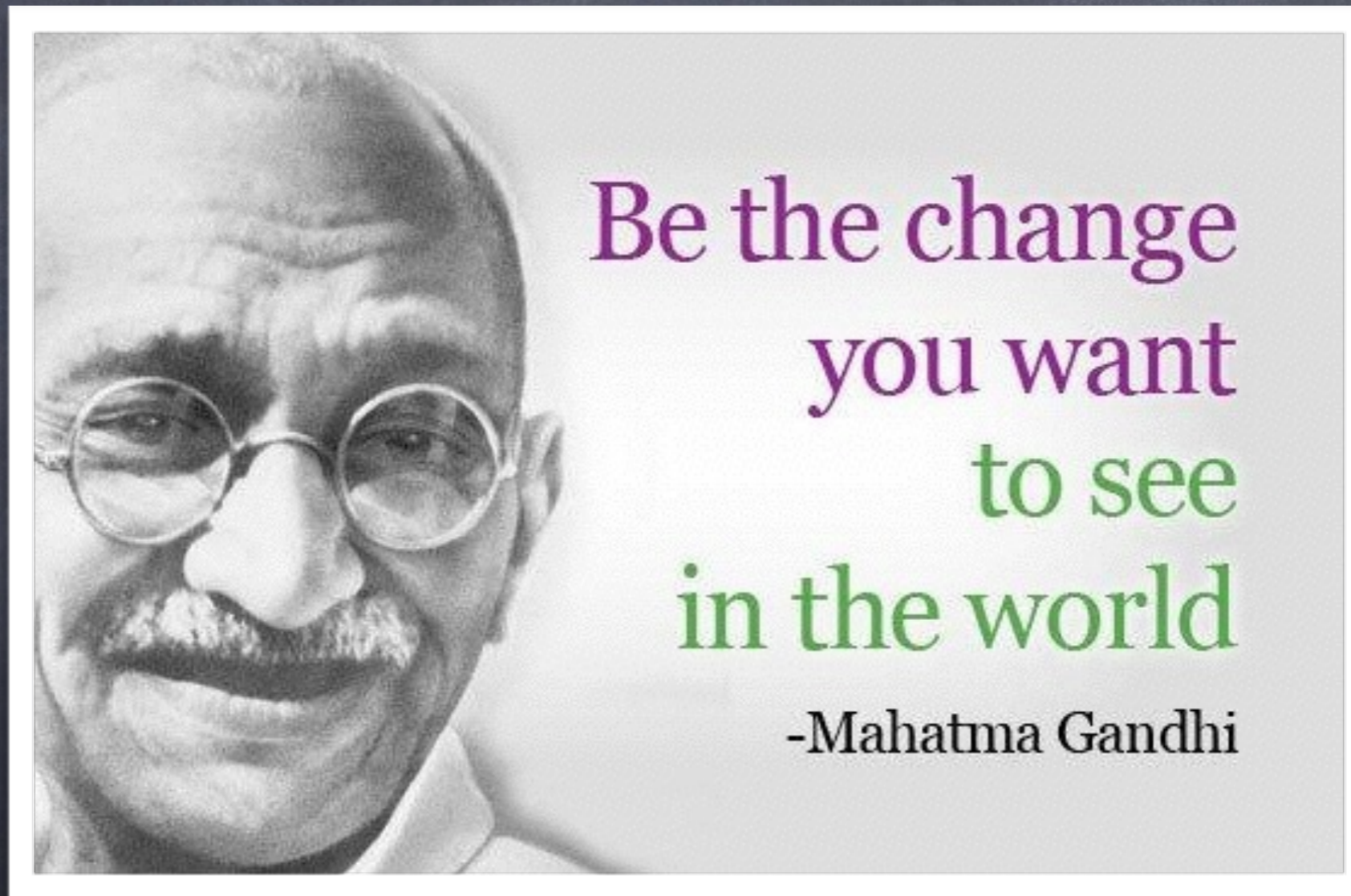
Mark Twain

happytoinspire

# Elä rohkeasti



# Elä esimerkillisesti



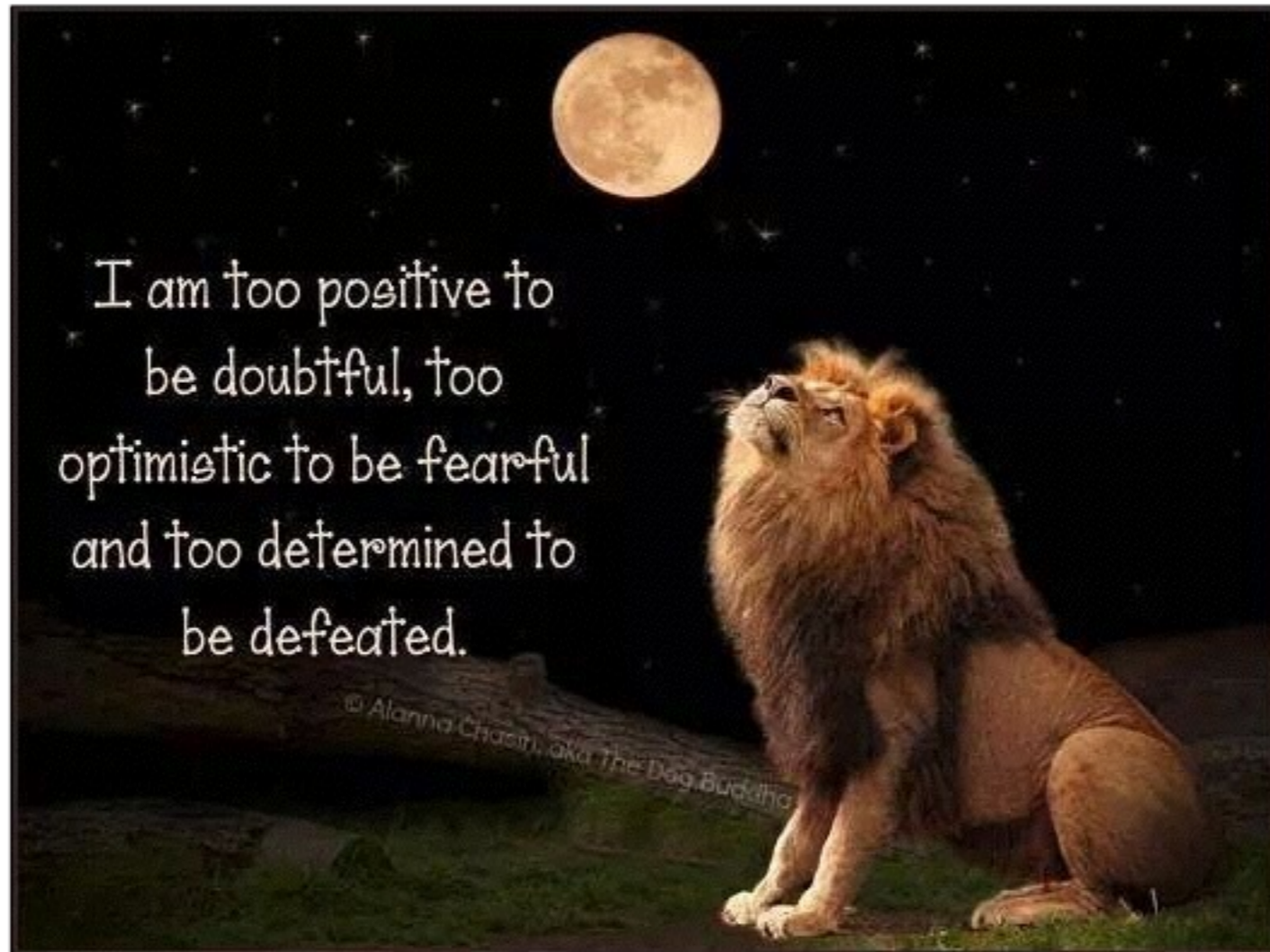
# Muutos on pysyvä olotila

“THE SECRET OF  
CHANGE IS TO FOCUS  
ALL OF YOUR ENERGY,  
NOT ON FIGHTING THE  
OLD, BUT ON BUILDING  
THE NEW.”

— SOCRATES

# Omistä leijonamieli

I am too positive to  
be doubtful, too  
optimistic to be fearful  
and too determined to  
be defeated.



© Alanna Chasiri, aka The Dog Buddha

# Rakasta elämää

Wake up every morning  
with the thought that  
something wonderful is  
about to happen.

# Sinä päätät

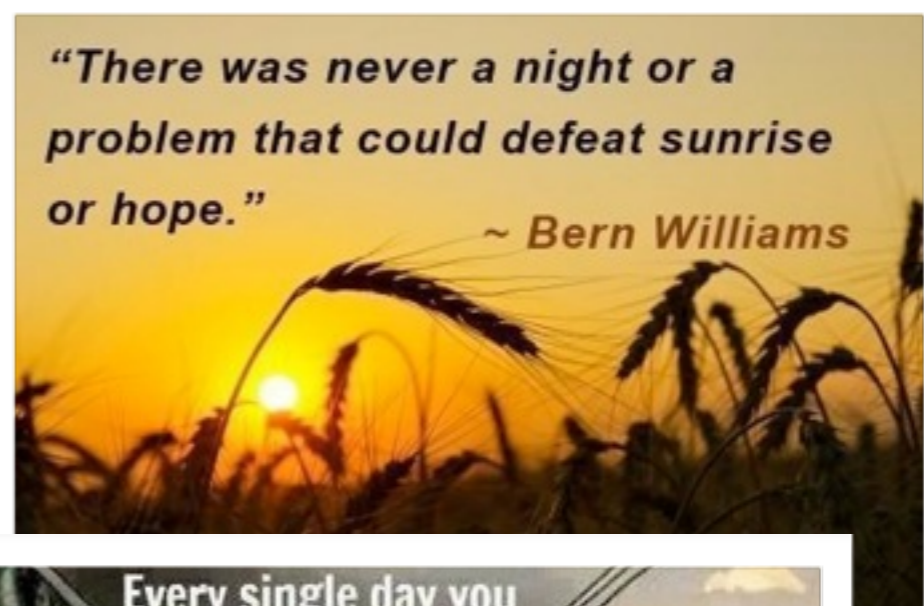
If you don't  
**PRIORITIZE**  
your life,  
*someone else will.*

—Greg McKeown, ESSENTIALISM

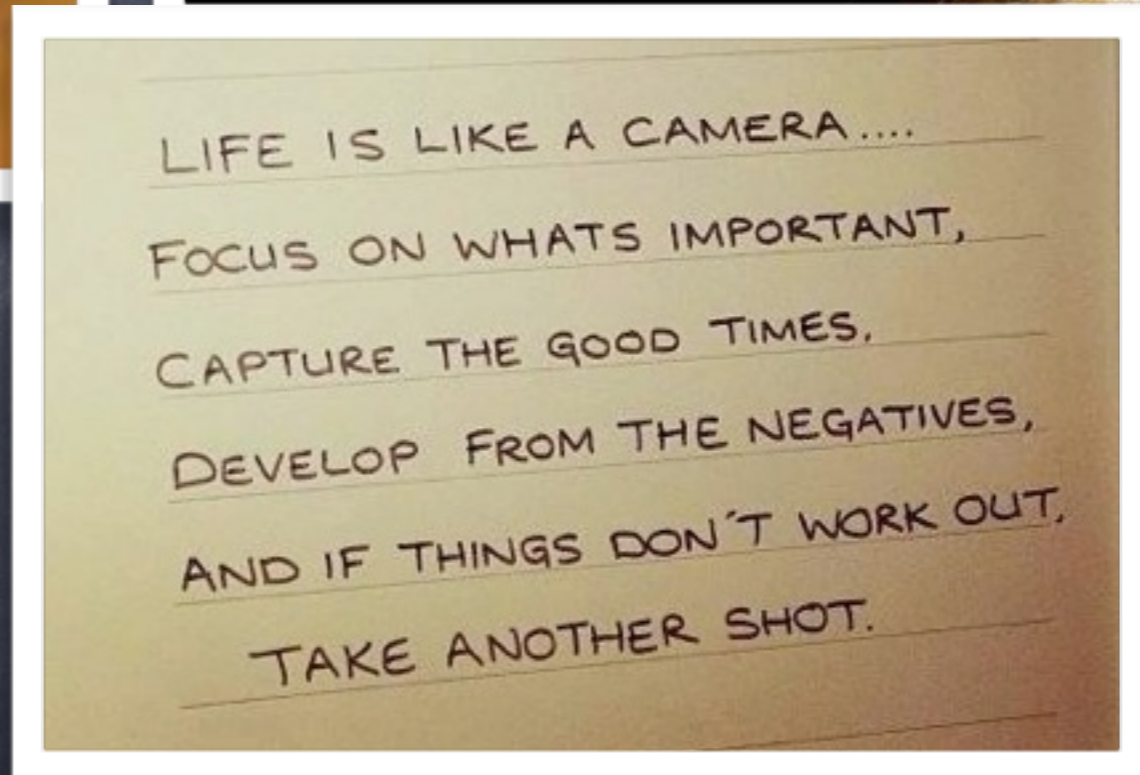
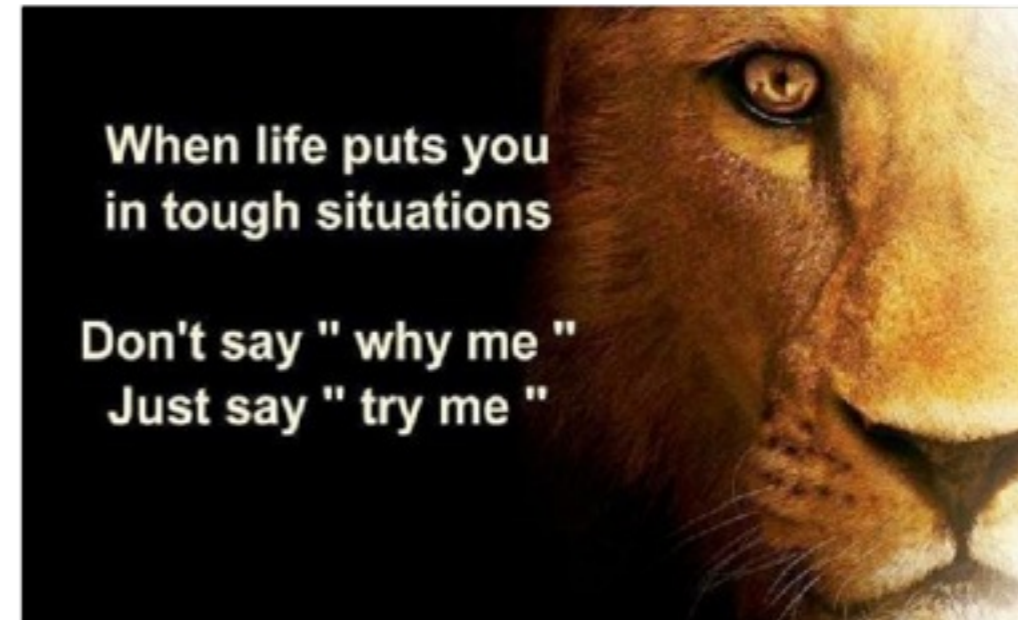
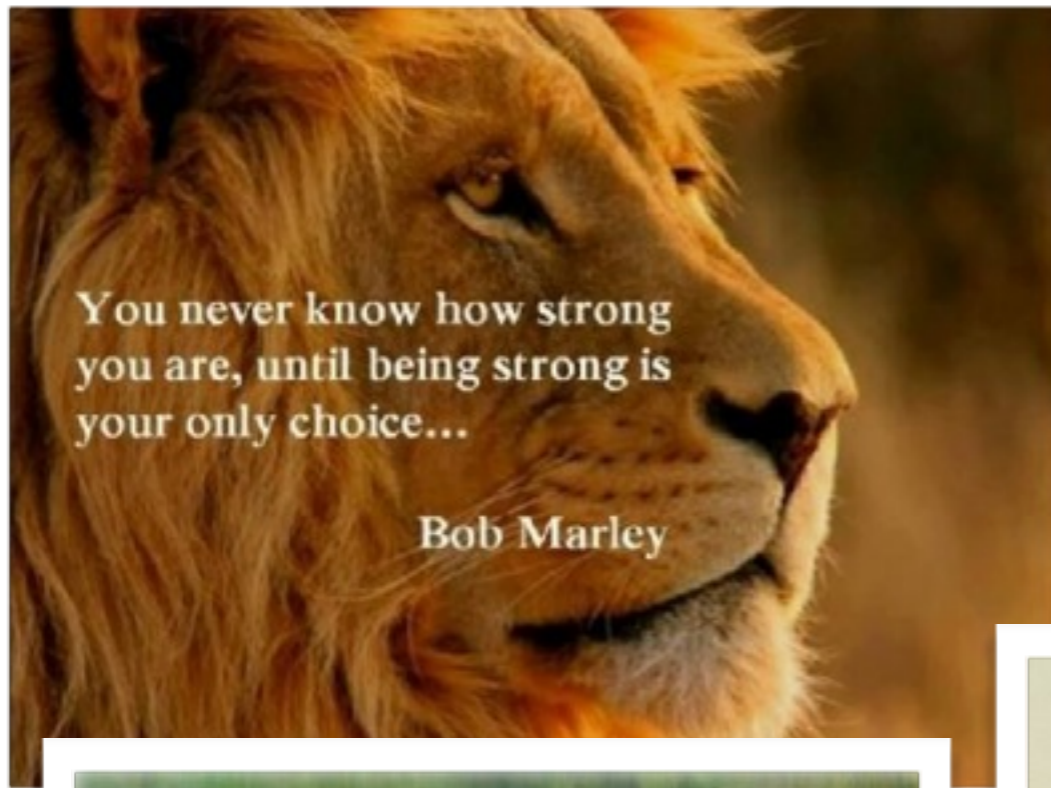


**YOU**  
ARE  
**CONFINED**  
*only*  
BY THE  
**WALLS**  
YOU BUILD  
**YOURSELF**

# Sinä valitset



# Sinä selviät



# Katso eteenpäin

IF YOU WANT  
SOMETHING YOU'VE  
NEVER HAD,  
THEN YOU'VE  
GOT TO DO  
SOMETHING YOU'VE  
NEVER DONE.

If you  
wait for  
perfect  
conditions,  
you'll never  
get anything  
done.



"CREATE THE HIGHEST,  
GRANDEST VISION  
POSSIBLE FOR YOUR LIFE  
BECAUSE YOU BECOME  
WHAT YOU BELIEVE."

OPRAH WINFREY

IF YOUR DREAMS  
DON'T SCARE YOU  
THEY AREN'T  
**BIG** enough

# Hymyile elämälle

"People who shine from within don't need the spotlight."


**BE HAPPY.  
BE BRIGHT.  
BE YOU.**

THE HAPPIEST PEOPLE DON'T HAVE THE BEST OF EVERYTHING, THEY JUST MAKE THE BEST OF EVERYTHING.

WE TEND TO FORGET THAT HAPPINESS DOESN'T COME AS A RESULT OF GETTING SOMETHING WE DON'T HAVE, BUT RATHER OF RECOGNIZING & APPRECIATING WHAT WE DO HAVE.

# Omista hyvä itseunto

IF YOU DON'T  
SEE YOURSELF  
AS A WINNER,  
THEN YOU  
CANNOT  
PERFORM  
AS A WINNER.

A close-up photograph of a lion's head, looking slightly to the right. The lion's mane is rendered with a vibrant rainbow color gradient, transitioning from red and orange at the top to green and blue at the bottom. The background is dark and out of focus.

IF YOU BELIEVE  
IN YOURSELF  
ANYTHING  
IS POSSIBLE.

RISE UP  
AND BE THE BEST  
YOU CAN BE  
BECAUSE  
YOUR  
WORLD IS  
WAITING FOR YOU.

# Opettele soveltamaan opittua



A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on it's own wings. Always believe in yourself.

# Muutos on tehtävä

powerofpositivity.com

The 3 C's of Life:


---

Choices

Chances

Changes

You must make a choice to take a chance to change your life.



"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward.

— Martin Luther King Jr.

What is the one specific action that would have the greatest impact on you achieving your goal?

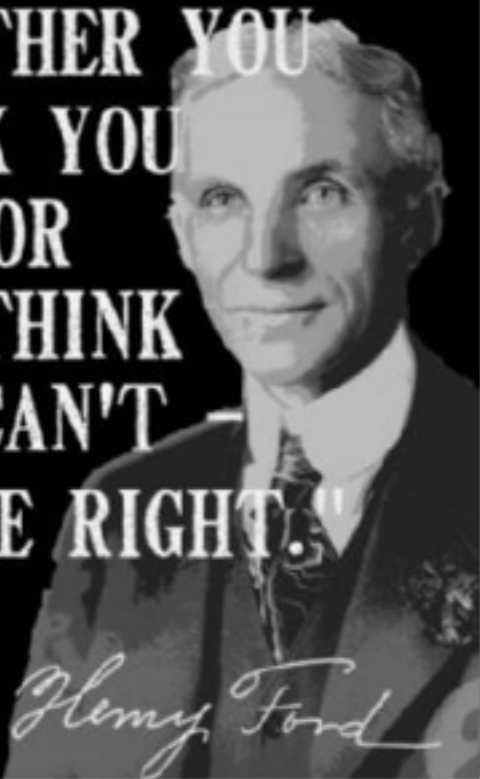


Whispers by Emma Smith

#NDF

"WHETHER YOU THINK YOU CAN, OR YOU THINK YOU CAN'T YOU'RE RIGHT."

HENRY FORD



Henry Ford

# Tunnista elämäsi kasvupaikat

*Your life does not get better by chance,  
it gets better by change.*

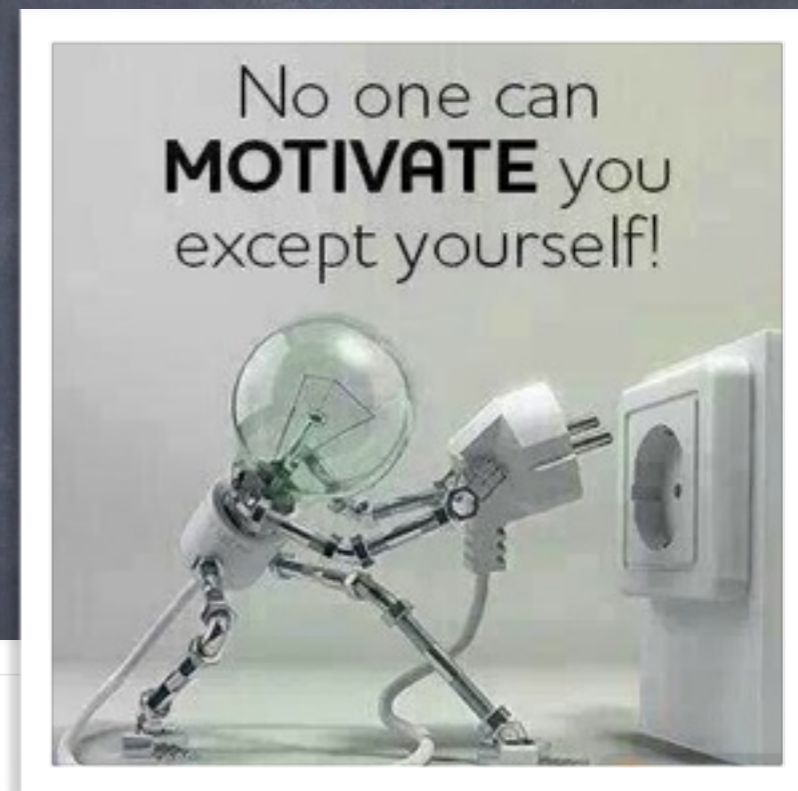
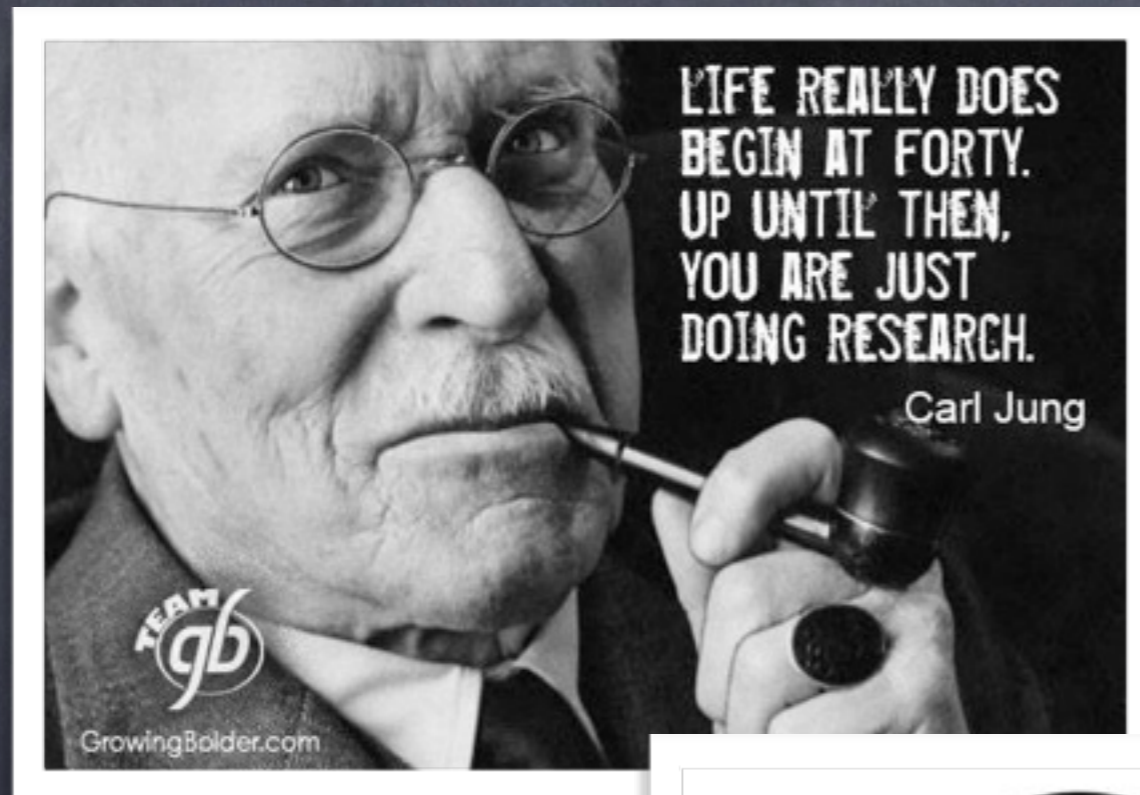
*- Jim Rohn*



Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keeps you very busy doing nothing.



# Elämänkokemus luo itsevarmuutta

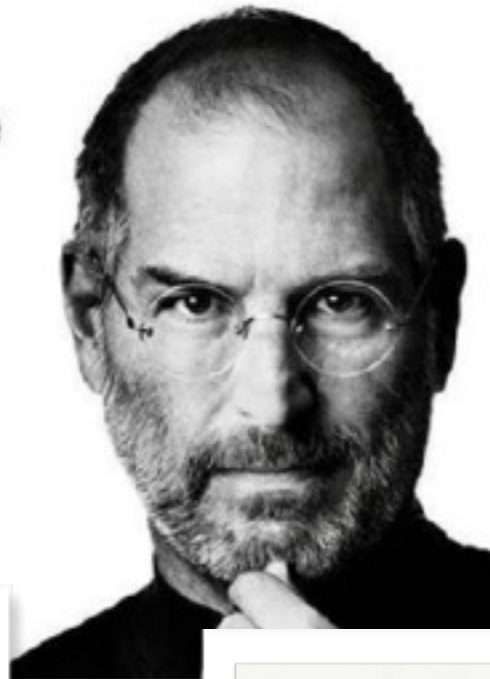




# Luota itseesi

**"The only way to do great work is to love what you do. If you haven't found it, keep looking. Don't settle."**

- Steve Jobs



**DECIDE WHAT IT IS YOU WANT.  
WRITE THAT SHIT DOWN.  
MAKE A FUCKING PLAN.  
AND...  
WORK ON IT.  
EVERY.  
SINGLE.  
DAY.**

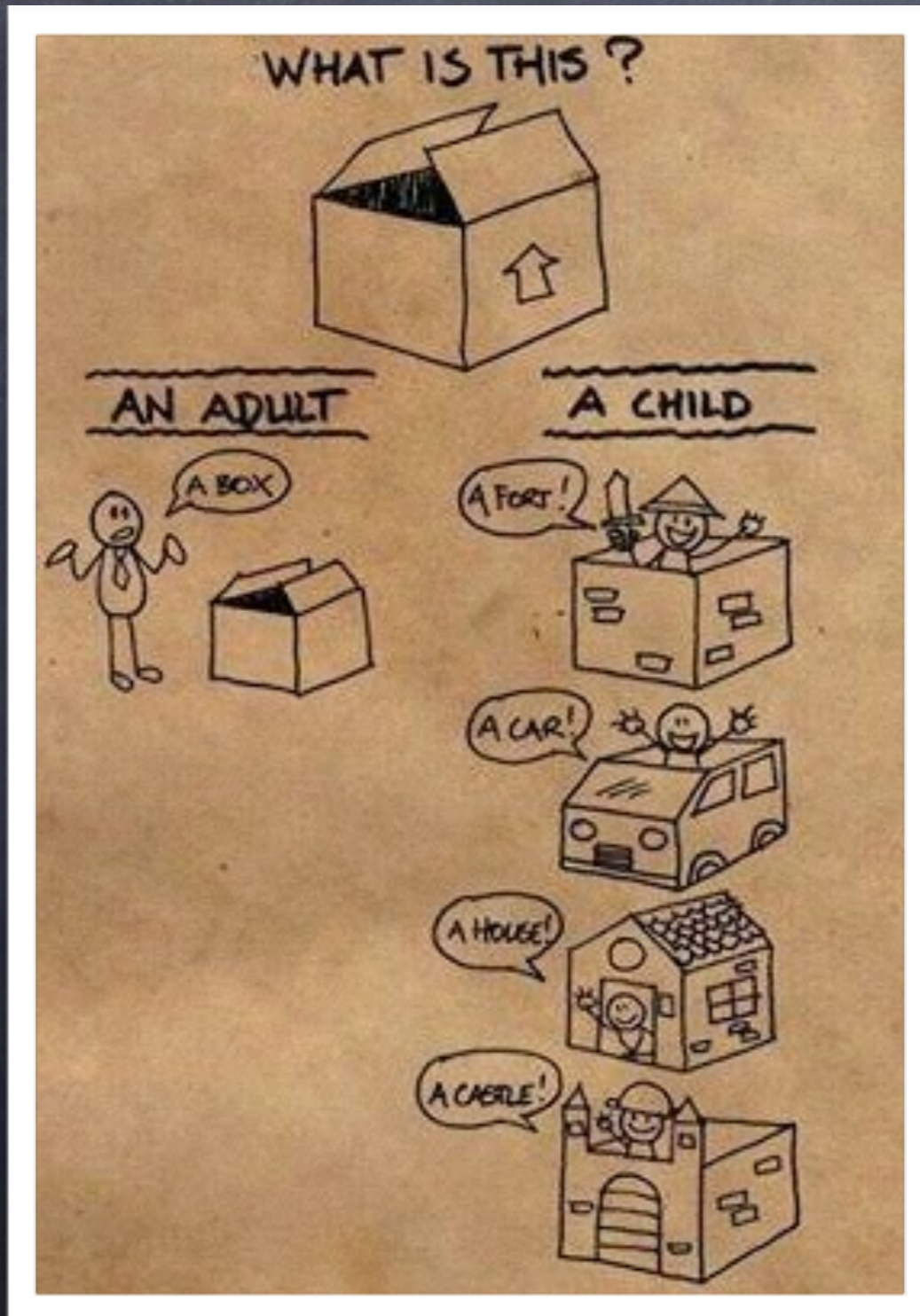
Work Hard in Silence,  
Let Success make the  
Noise!



**"IF YOU'RE THE SMARTEST ONE IN THE ROOM,  
YOU'RE IN THE WRONG ROOM."**

-RICHARD TIRENDI

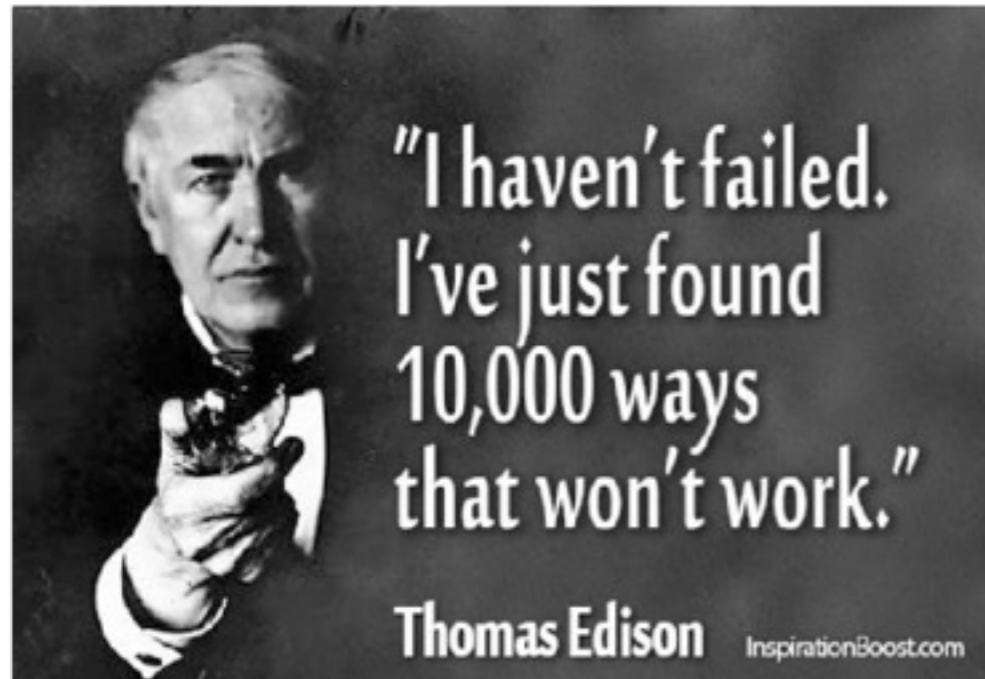
# Ajattele luovasti



## 29 WAYS TO STAY CREATIVE

- 1 MAKE LISTS
- 2 CARRY A PORTFOLIO EVERYWHERE
- 3 TRY FREE WRITING
- 4 GET AWAY FROM THE COMPUTER
- 5 QUIT BEATING YOURSELF UP
- 6 TAKE BREAKS
- 7 SING IN THE SHOWER
- 8 DRINK COFFEE
- 9 LISTEN TO NEW MUSIC
- 10 BE OPEN
- 11 SURROUND YOURSELF WITH CREATIVE PEOPLE
- 12 GET FEEDBACK
- 13 COLLABORATE
- 14 DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP
- 15 PRACTICE PRACTICE PRACTICE
- 16 ALLOW YOURSELF TO MAKE MISTAKES
- 17 NEW
- 18 COUNT YOUR BLESSINGS
- 19 GET LOTS OF REST
- 20 TAKE RISKS
- 21 BREAK THE RULES
- 22 DON'T FORCE IT
- 23 READ A PAGE OF THE DICTIONARY
- 24 CREATE
- 25 STOP TRYING TO BE SOMEONE ELSE'S PERFECT
- 26 GOT AN IDEA? WRITE IT DOWN
- 27 CLEAN YOUR WORK PLACE
- 28 HAVE FUN
- 29 FINISH SOMETHING

# Tavoittele unelmaasi

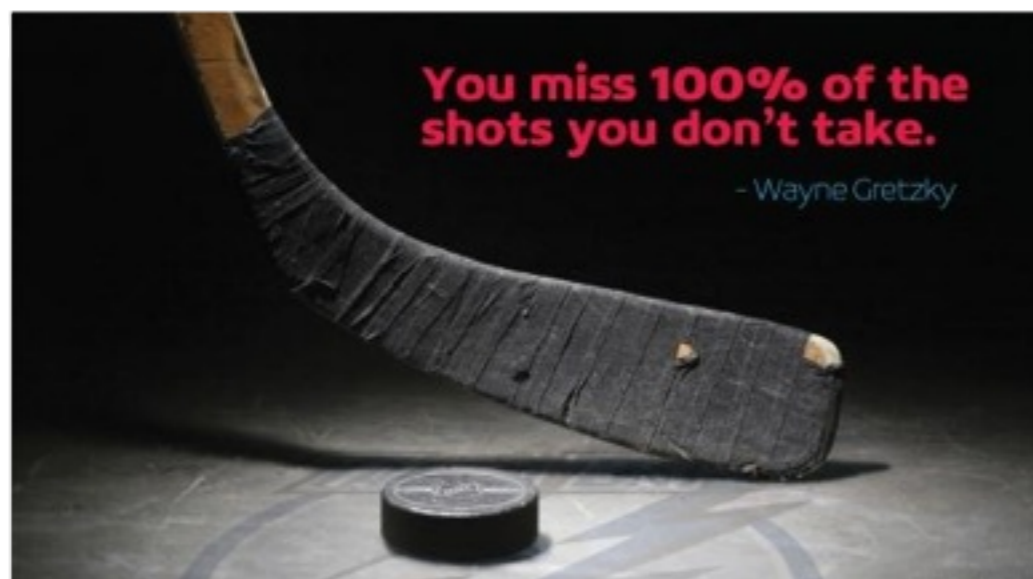


"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become."

—Steve Jobs



You do not like  
where you are?  
  
Move.  
You are not a tree.



# Arvioi markkinat

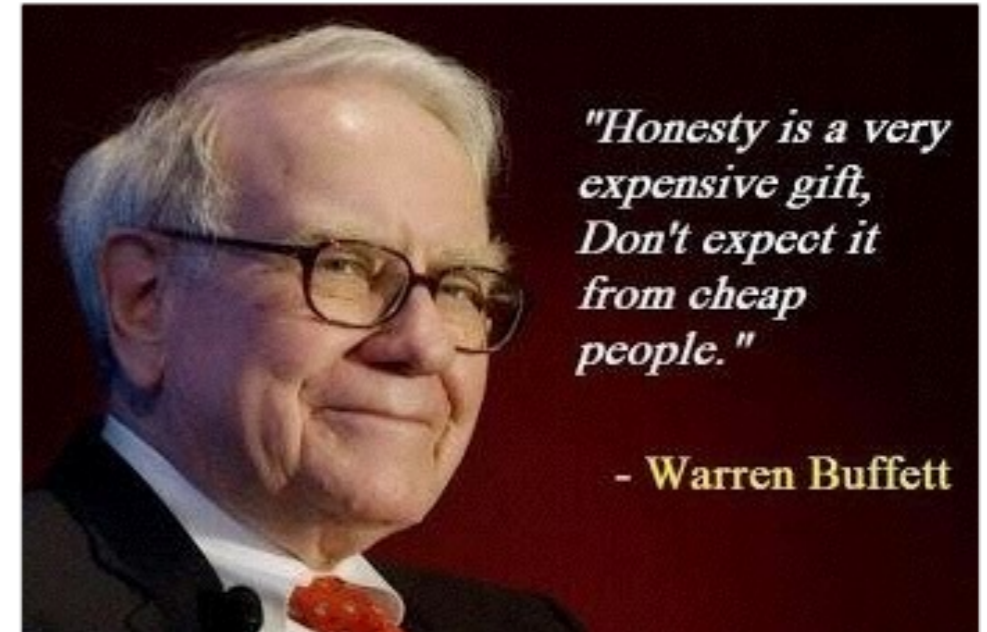
THE DIFFERENCE BETWEEN  
WHO YOU ARE AND  
WHO YOU WANT TO BE  
IS **WHAT YOU DO.**

1. IF YOU DO NOT GO  
AFTER WHAT YOU WANT,  
YOU'LL NEVER HAVE IT.

2. IF YOU DO NOT ASK,  
THE ANSWER WILL  
ALWAYS BE NO.

3. IF YOU DO NOT STEP  
FORWARD, YOU  
WILL ALWAYS BE IN  
THE SAME PLACE.

There's a perfect job for everyone.



# Ryhdy tekemään

If you want to be successful,  
it's just this simple.

Know what you are doing.  
Love what you are doing.  
And believe in what you are doing.

Will Rogers



**The distance  
between your  
dream and reality  
is called action!**



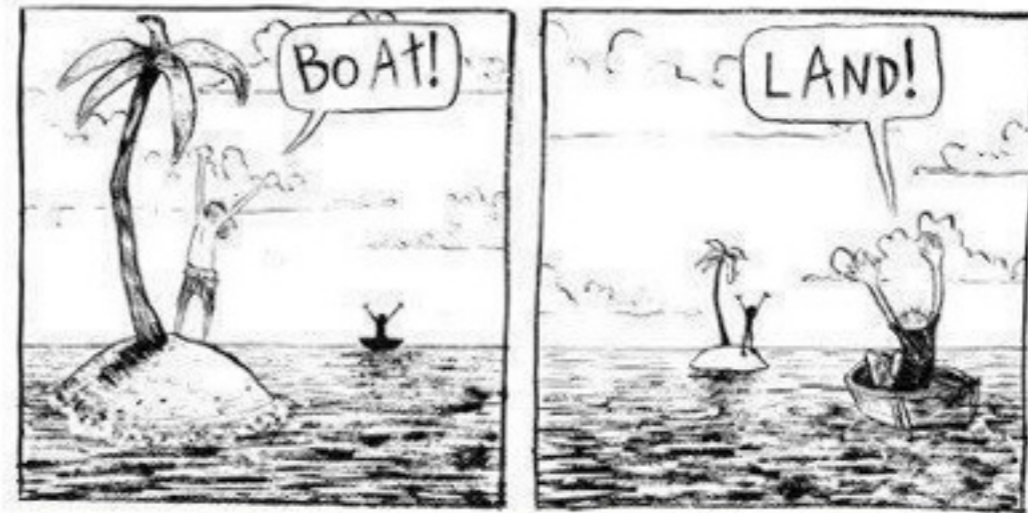
The way to  
get started  
is to quit  
talking and  
begin doing  
Walt Disney

via NaomiSimson.com

# Työ tekijäänsä opettaa



It never gets easier.  
You just get better.



*Never compare yourself with others, you never know what they are going through. □*

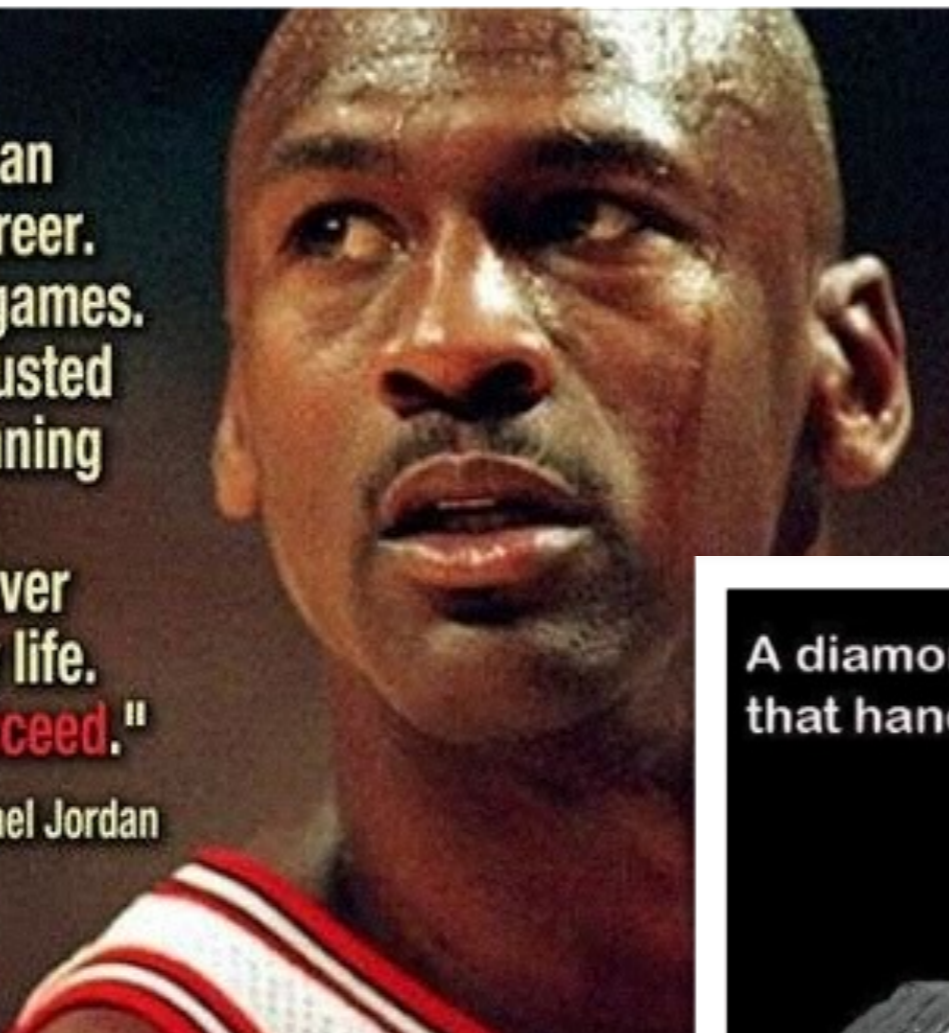
**IGNORE  
THE NOISE**  
AND  
FOLLOW YOUR  
Own choice

**IT'S NOT HOW  
GOOD YOU ARE,  
IT'S HOW GOOD  
YOU WANT TO BE**

# Elämä kasvattaa koetellen

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. **And that is why I succeed.**"

~ Michael Jordan



"Winners never quit. Quitters never win."



A diamond is just a piece of charcoal that handled stress exceptionally well.



# FAMOUS FAILURES

## MICHAEL JORDAN

*After being cut from his high school basketball team, he went home, locked himself in his room, & cried.*

## WALT DISNEY

*He was fired from a newspaper for "lacking imagination" and "having no original ideas."*

## STEVE JOBS

*At 30 years old, he was left devastated & decompressed after being unceremoniously removed from the company he started.*

## THE BEATLES

*Rejected by Decca Recording studios, who said "We don't like their sound" & "They have no future in show business."*

## OPRAH WINFREY

*She was demoted from her job as a news anchor because she "wasn't fit for television."*

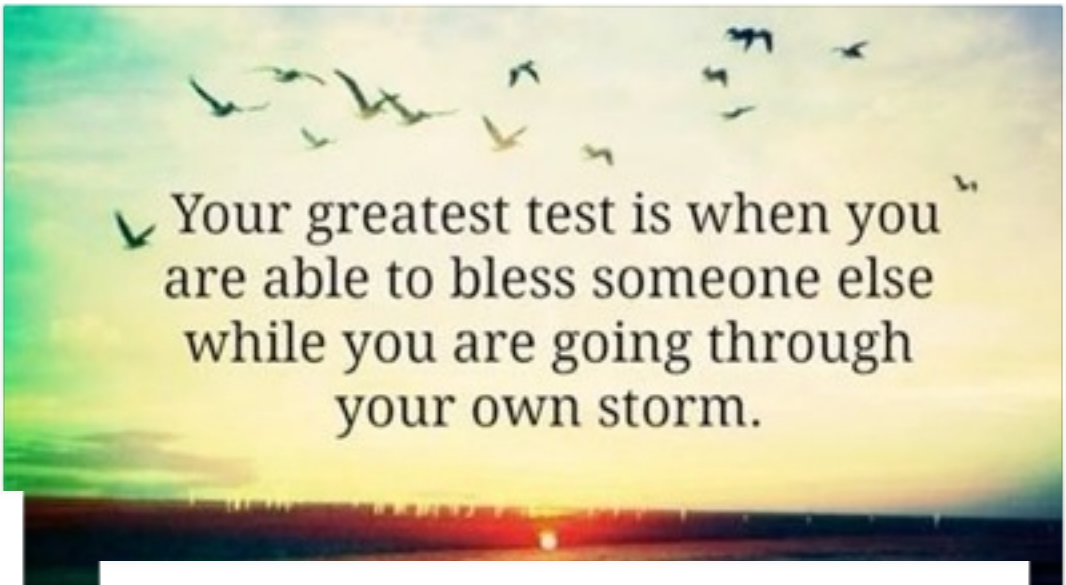
## ALBERT EINSTEIN

*He wasn't able to speak until he was almost 4 years old, and his teachers said he'd "never amount to much."*

**"IF YOU'VE NEVER FAILED, YOU'VE NEVER TRIED ANYTHING NEW."**

# Elämä haastaa sinut kasvamaan

Love me or hate me are both in my favor. If you love me, I'll always be in your heart. If you hate me, I'll always be in your mind. - William Shakespeare



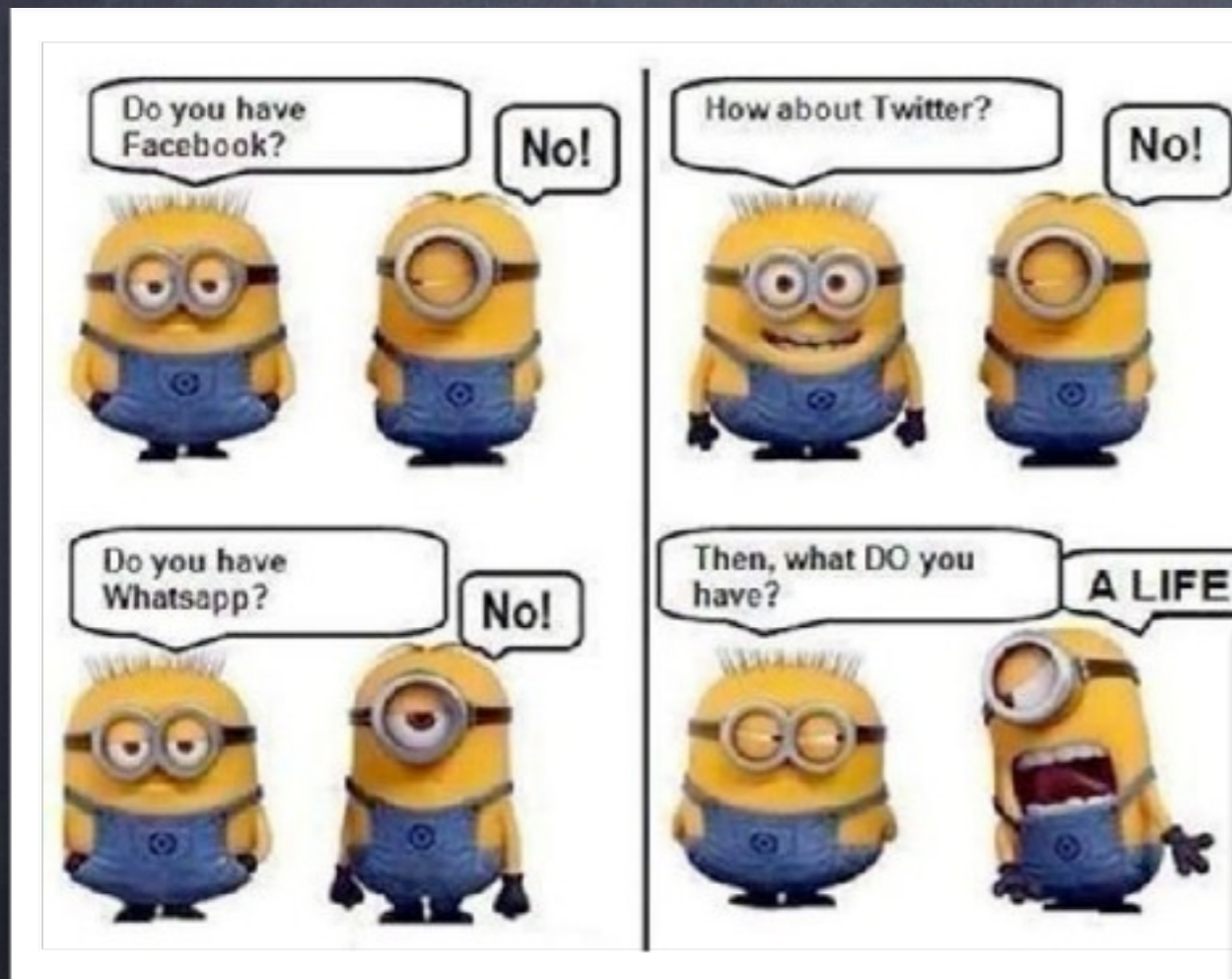
Your greatest test is when you are able to bless someone else while you are going through your own storm.

In our daily lives we must see that it is not happiness that makes us grateful but the gratefulness that makes us happy.

-Albert Clarke

A Bad Attitude  
Is Like A Flat Tire.  
You Can't Go Anywhere  
Till You Change It.

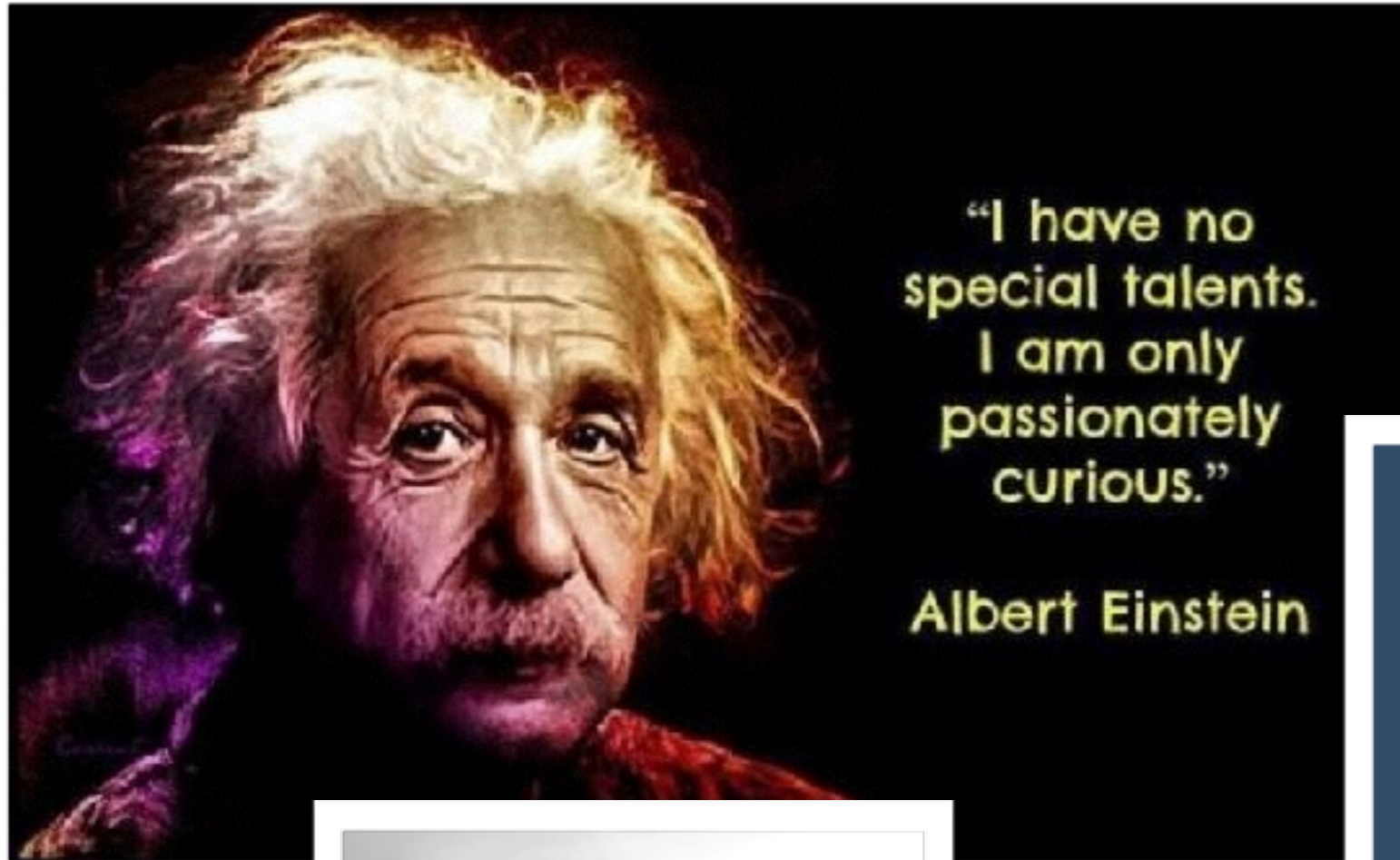
# Älä suositu elämääsi elämääsi verkossa



## SOCIAL MEDIA EXPLAINED

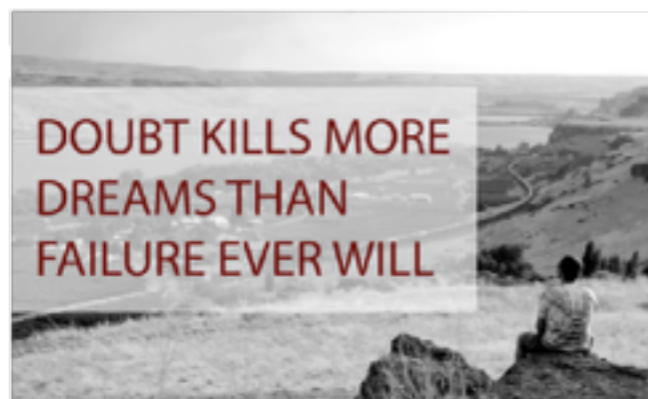
- 🐦 Twitter – I am eating a cake
- 📘 Face Book – I like eating a cake
- 📺 You Tube – This is how I eat my cake
- 🌐 Linked in – My skills include eating a cake
- 📷 Instagram – Here's a classic pic of the cake I eat
- 🗨️ Blog – Here's my cake eating experience
- 📌 Pinterest – Here's my recipe for the cake
- 📍 Four Square – This is where I am eating the cake

# Ole utelias elämälle



"I have no special talents. I am only passionately curious."

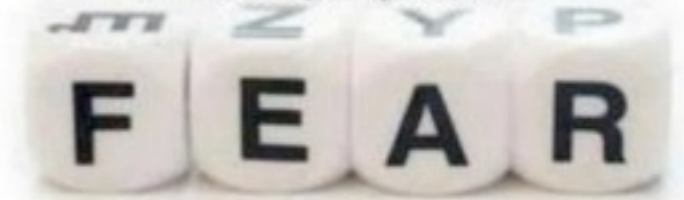
Albert Einstein



DOUBT KILLS MORE DREAMS THAN FAILURE EVER WILL

**F-E-A-R: has two meanings:**

1. Forget Everything And Run  
or
2. Face Everything And Rise



The Choice is Yours!

"Never fear your doubts, Always doubt your fears."

- J Woods (@pfgregg)

# Saavutat tavoittelemasi tekemällä asian kerrallaan

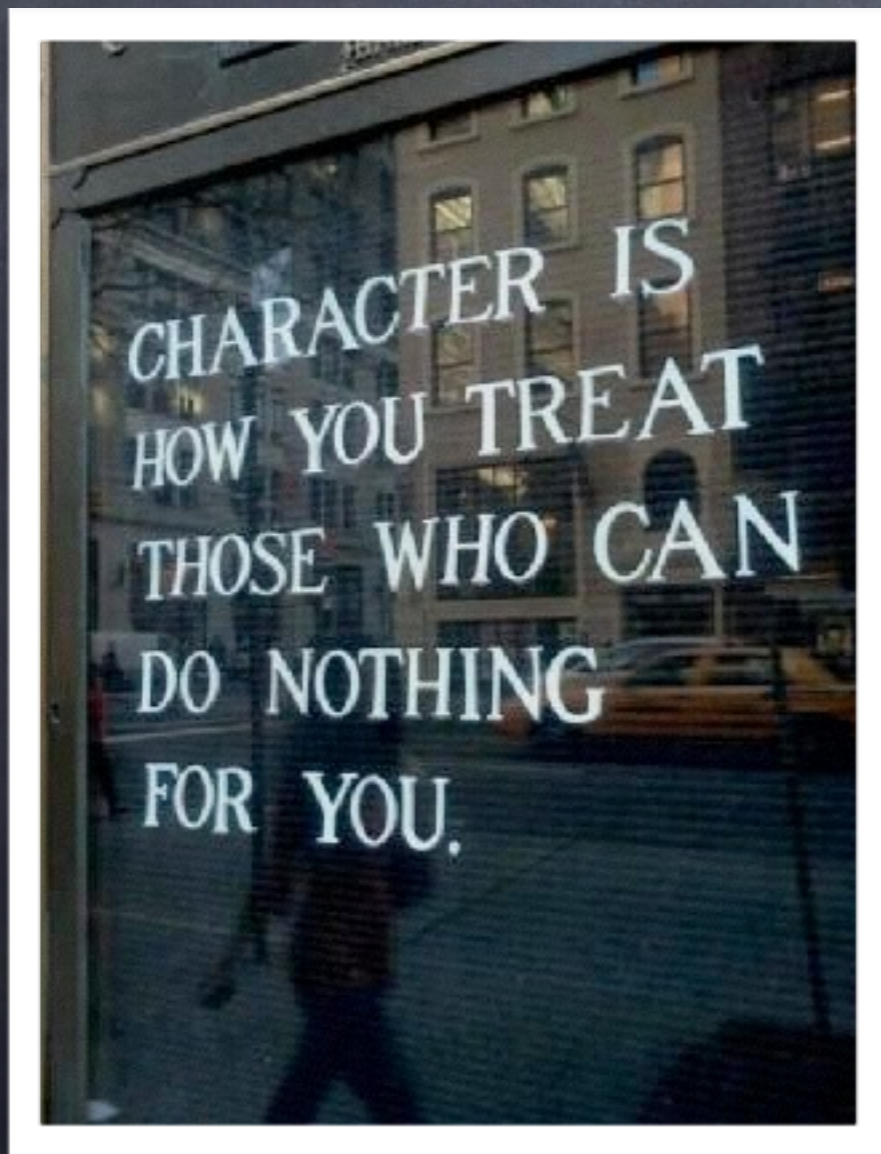
Life is like riding a bicycle.  
To keep your balance, you must  
**keep moving.**  
— Albert Einstein



**NEVER GIVE UP**



# Tee toisille hyviä tekoja pyyteettömästi



"Two things define you.  
Your patience when you  
have nothing, and your  
attitude when you have  
everything."

# Anna, pyydä ja saa anteeksi

“Some people can be mean  
and treat you poorly.

*Don't take it personally.*

It says nothing about you but  
a lot about them.”

Often people who  
criticize your life  
are usually the same  
people that don't know  
the price you paid  
to get where you are  
today.

Having a soft heart  
in a cruel world  
is courage,  
not weakness.

Katherine Henson

Dr. A Hedgeh

51

WARNING:  
To whoever keeps adding  
“og” to my doorsign,  
if I catch you,  
you are dead.

Dr. A Hedgeh

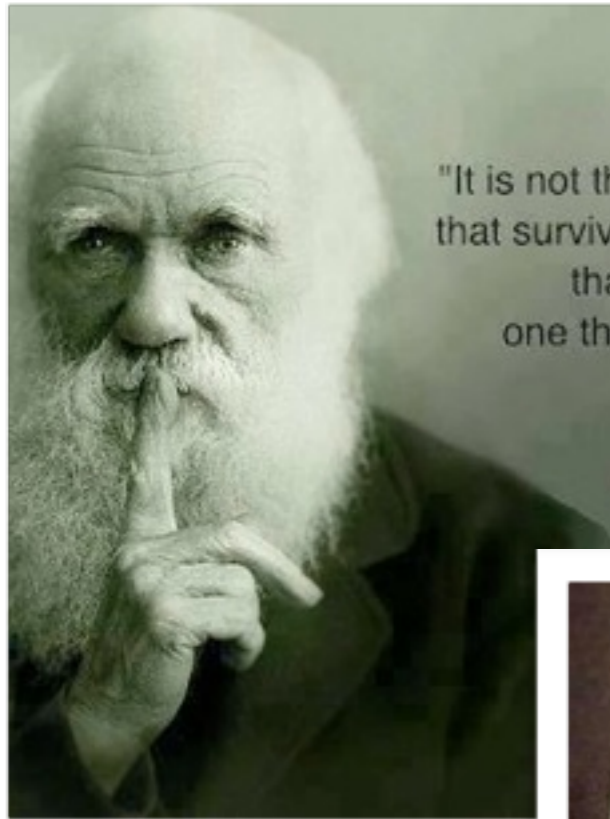


**Perfect maturity**  
is when a person hurts  
you, and you try to  
understand their  
situation and don't  
hurt them back.

~Unknown

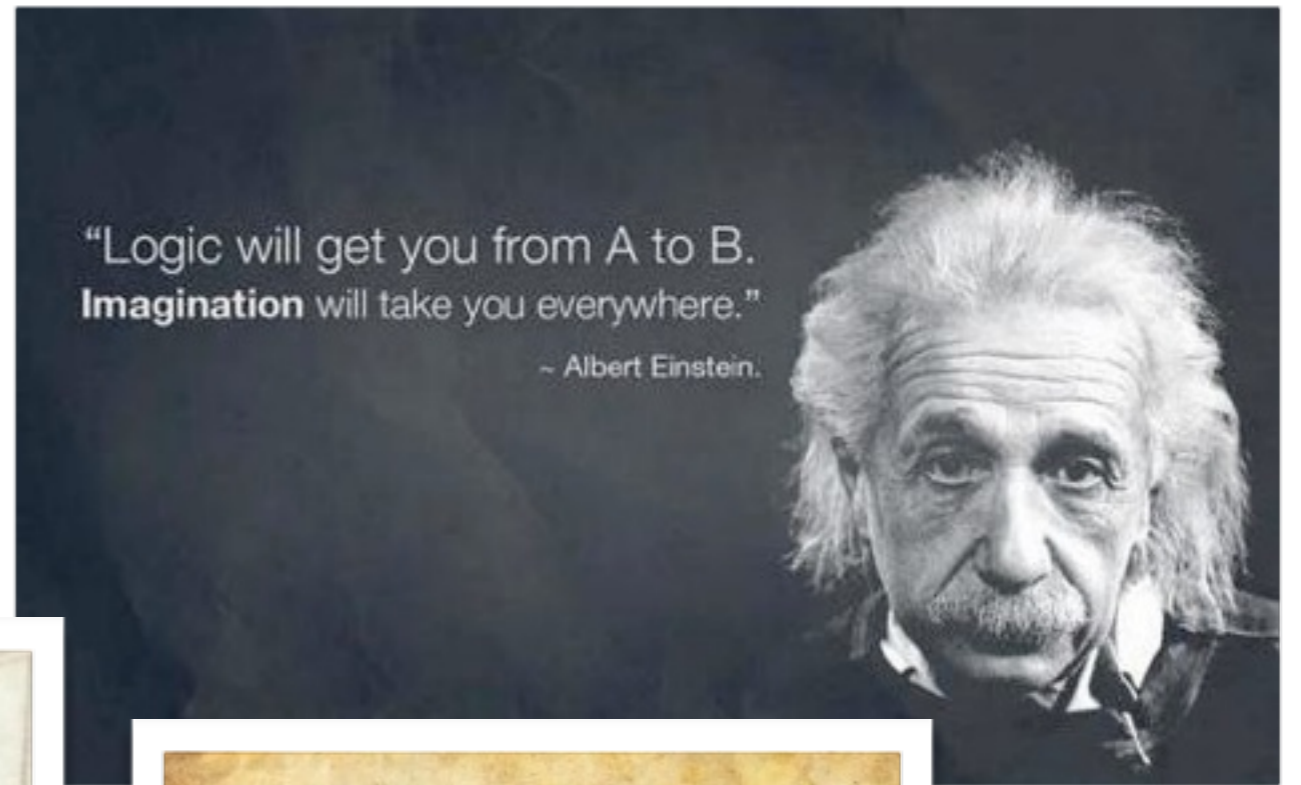
16quotes.com

# Ajattele omilla aivoilla – käytä päätäsi oikein



"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change".

Charles Darwin



"Logic will get you from A to B.  
**Imagination** will take you everywhere."

~ Albert Einstein.



Great minds discuss ideas.  
Average minds discuss events.  
Small minds discuss people.

– Eleanor Roosevelt



Strong minds discuss  
ideas, average minds  
discuss events, weak  
minds discuss  
people.

Socrates

we are humanity

# Älä suktaudu lähimmäisiin välinpitämättömästi

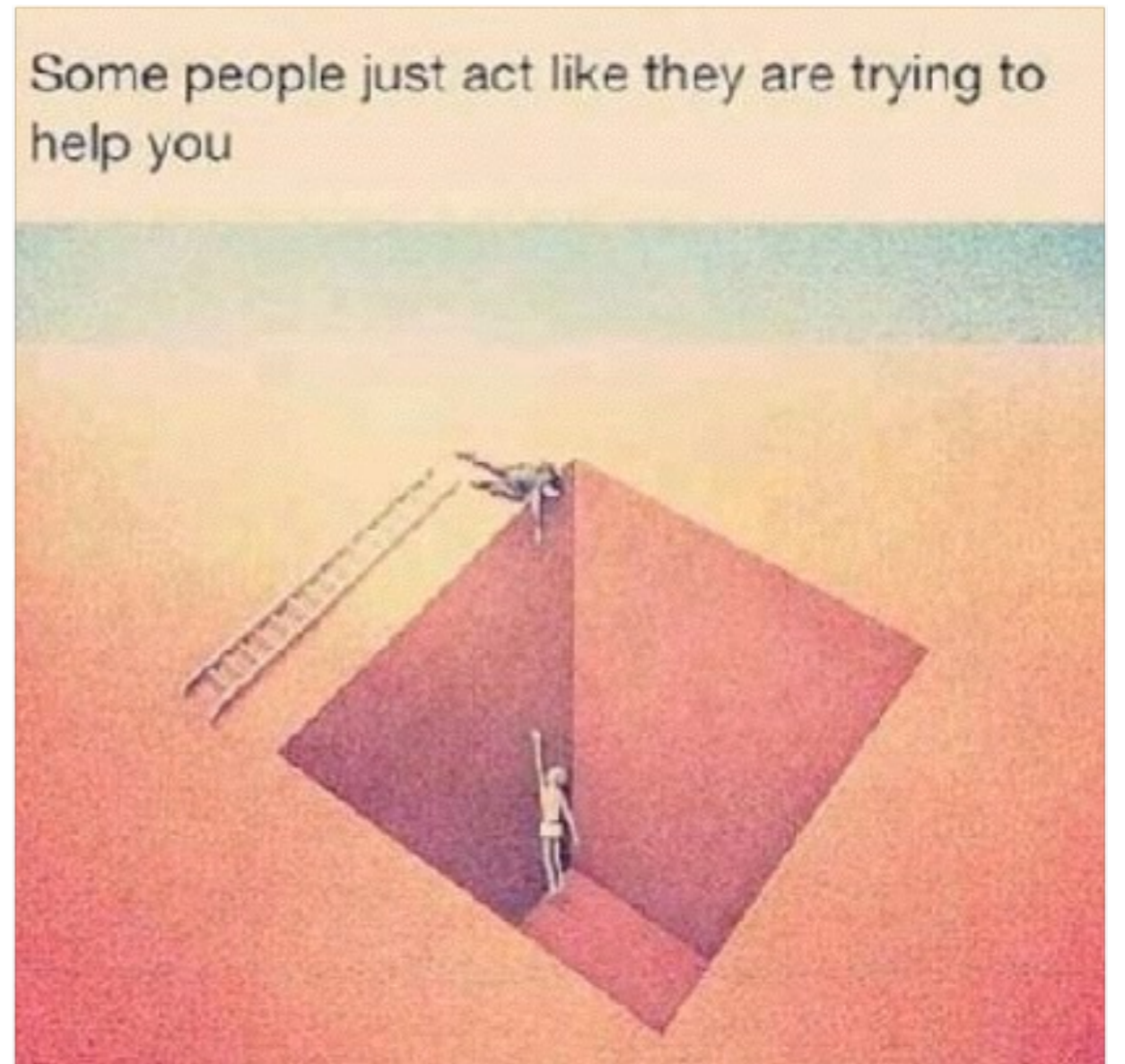
There are some people who could hear you speak a thousand words and still not understand you.

And there are others who will understand without you even speaking a word.

Don't be disappointed if people refuse to help you. Remember the words of Einstein:

" I am thankful to all those who said NO. Because of them, I did it myself. "

Some people just act like they are trying to help you



# Arvosta ystäväyyttä

"The best thing about the worst time of your life is that you get to see the true colours of everyone."

A friend who stands with you in *pressure* is more valuable than a hundred ones who stand with you in *pleasure*.

YOU CANNOT HANG OUT WITH NEGATIVE PEOPLE AND EXPECT TO LIVE A POSITIVE LIFE.

Be very careful who you allow to get close to you!



Most people do not listen with the intent to understand. They listen with the intent to reply.



If you are always trying to be normal, you will never know how *amazing* you can be.



- Maya Angelou

# Tavoittele onnellista elämää

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up, I wrote down 'happy! They told me I didn't understand the assignment, and I told them they didn't understand life.

John Lennon



One day you will wake up and there won't be any more time to do the things you've always wanted.

Do it now.

Paul Coelho

Elise Fitzmaurice, Author  
www.elisefitzmaurice.com

YOUR GREATNESS  
IS NOT WHAT YOU HAVE,  
IT'S WHAT YOU GIVE.

# Rahan tehtävä on kiertää taloudessa - kuluta ja anna lahjaksi

You have to get up  
every morning  
& tell yourself  
"I CAN do this."

"SUCCESSFUL PEOPLE ARE ALWAYS LOOKING  
FOR OPPORTUNITIES TO HELP OTHERS.  
UNSUCCESSFUL PEOPLE ARE ALWAYS ASKING,  
'WHAT'S IN IT FOR ME?'"

BRIAN TRACY

© Lifehack Quotes



# Laadusta ei kannata tinkiä - Laadukas työnjälki maksaa enemmän

THE BITTERNESS OF POOR QUALITY  
REMAINS LONG AFTER THE SWEETNESS  
OF LOW PRICE IS FORGOTTEN.

If you think  
it's expensive  
to hire a  
professional,  
wait until  
you hire  
an amateur.

THERE IS ALWAYS SOMEONE...



... WHO WILL DO IT CHEAPER!

We offer three kinds of service:

**GOOD - CHEAP - FAST**

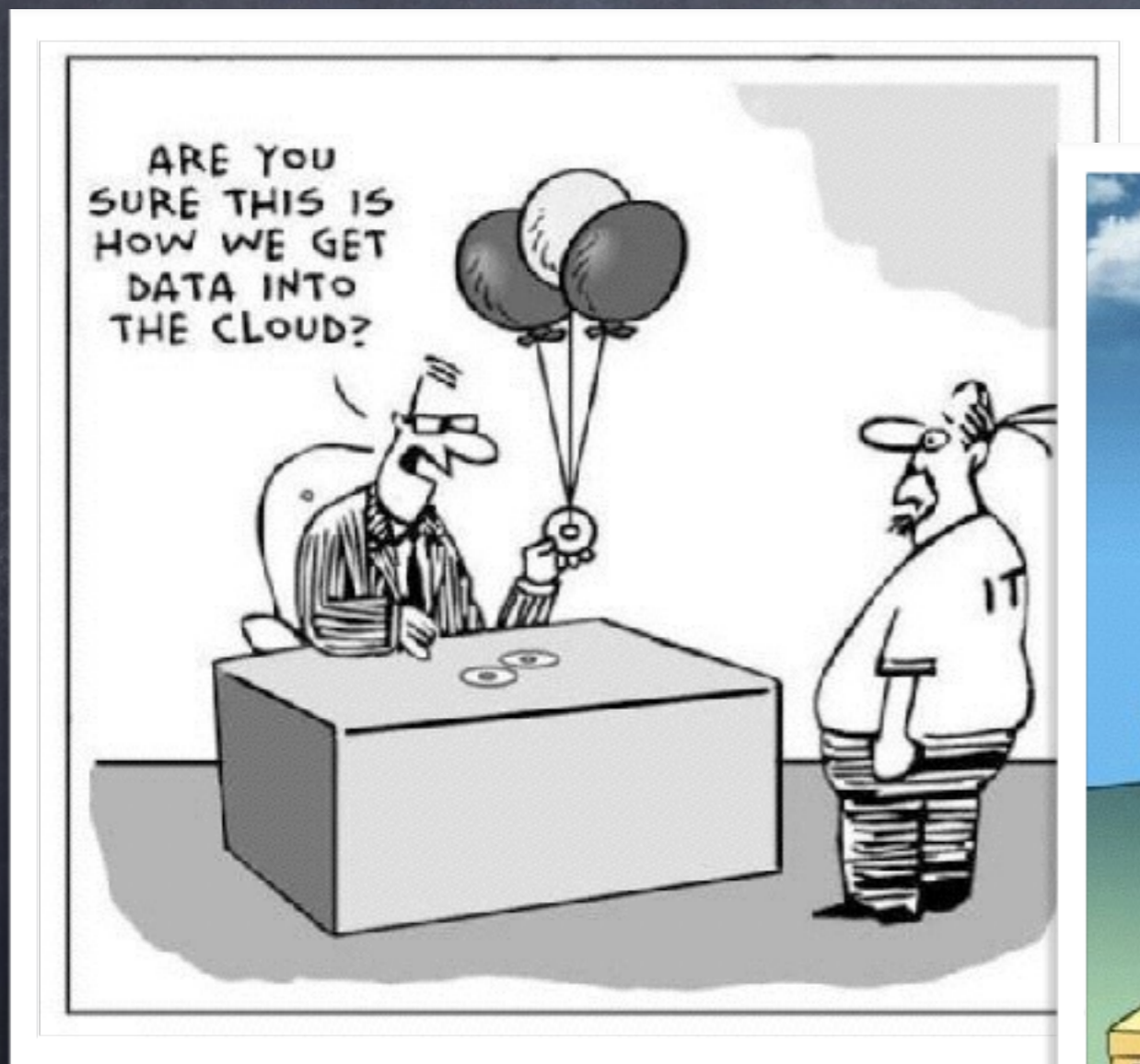
You can pick any two

GOOD service CHEAP won't be FAST

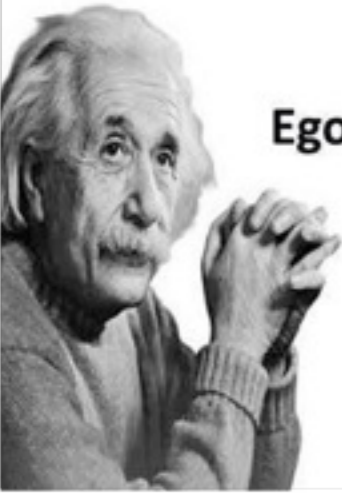
GOOD service FAST won't be CHEAP

FAST service CHEAP won't be GOOD

Ammattitaidosta ja osaamisesta kuuluu maksaa tekijälle kohtuullinen palkka - vakinainen työsuhde takaa katkeamattoman vastuunkannon ketjun työtehtävissä



# Hyväksy lähimmäisten erilaisuus - näe se voimavarana



**Ego =  $\frac{1}{\text{Knowledge}}$**

*"More the Knowledge  
Lesser the Ego,  
Lesser the Knowledge  
More the Ego..."*

-Albert Einstein.





A PESSIMIST sees the DIFFICULTY in every OPPORTUNITY.

An OPTIMIST sees the OPPORTUNITY in every DIFFICULTY.


Winston Churchill

During an interview a half glass of water was set in front of me. I was asked if I was an optimist or a pessimist... I drank the water and said I was a problem solver.

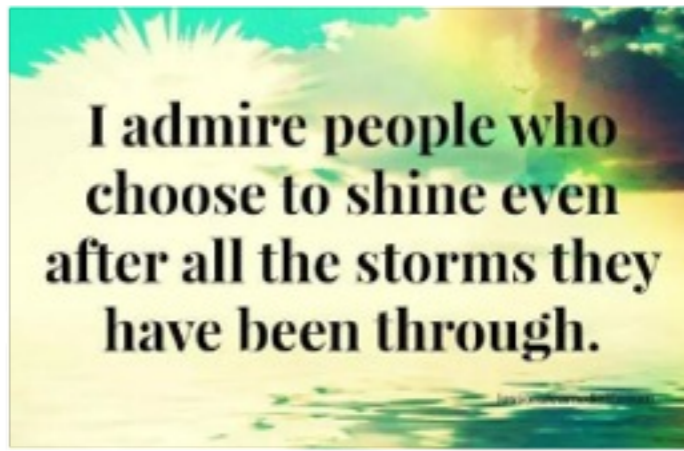


Love those problem solvers!

Graphics by Dot



Everyone you meet is fighting a battle you know nothing about. Be kind. ALWAYS



I admire people who choose to shine even after all the storms they have been through.

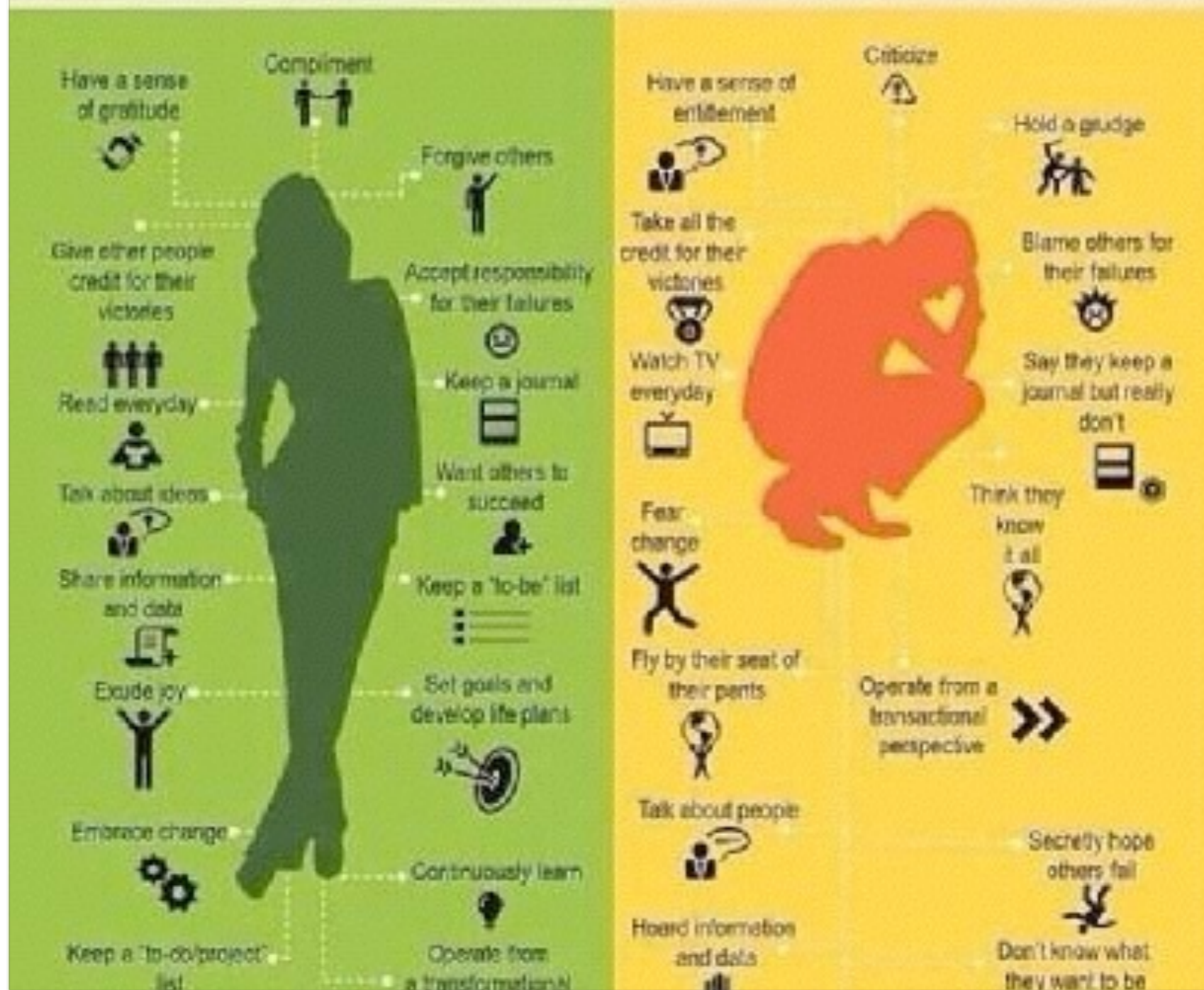
# THE 5 STAGES OF TRIBAL CULTURE



from Tribal Leadership, Logan, King & Palcoer-Wright, 2008, HarperCollins

# SUCCESSFUL PEOPLE

# UNSUCCESSFUL PEOPLE



# The Four Agreements

## 1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

## 2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

## 3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

## 4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

# Väitöskirja elämästä

Jatkuu osassa 2 / 4 (sivut 51-100)

- Jukka