

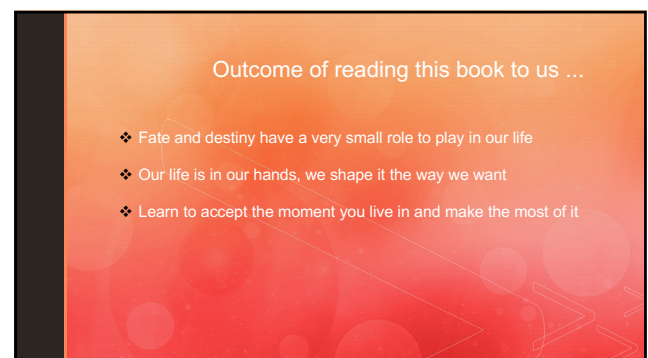
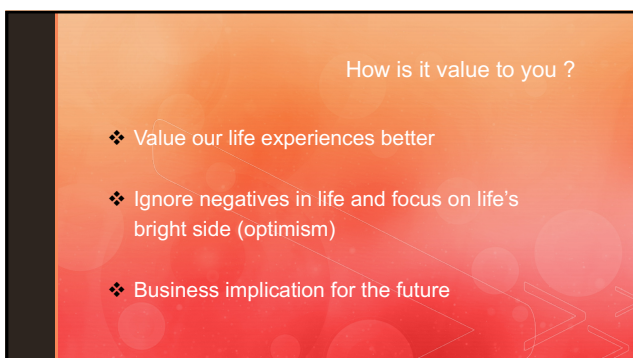
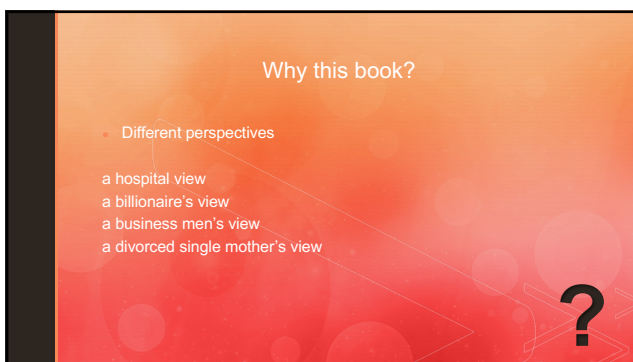


ABOUT THE BOOK

Most memorable positive moments → dominated by elevation, insight, pride and connection.

- ❖ What if a teacher could design a lesson that he knew his students would remember twenty years later?
- ❖ Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest?
- ❖ Why "we feel most comfortable when things are certain, but we feel most alive when they're not." And why our most cherished memories are clustered into a brief period during our youth?

Many of the defining moments in our lives are the result of accident or luck



Ideas or lessons you learnt (3 marks)

- ❖ Defining moments are created
- ❖ Moments matter and can be shaped- each moment is important
- ❖ There are common traits in defining moments.
- ❖ We can intentionally enhance our own lives and the lives of those around us

Inspiration the book provides

- ❖ Believe in yourself and your capabilities
- ❖ Use your skills to transform any moment into a peak

"Destiny is not a matter of chance, it is a matter of choice. It is not the thing to be waited for but a thing to be achieved."

Existing ideas Vs. Ideas in the book

This book challenges:

- ❖ Concept of optimism
- ❖ Concept of locus of control

Every pit in our life can be turned into a peak

Ideas to critique (2 marks)

- ❖ Book says- Normal day-to-day life's happenings are not defined

We say- Not everyone's life is undefined, it depends on each person's role

- ❖ Moving from one story to another is engaging

Disturb the flow of connection between the reader and the text

Pieces of Advice to you!

1. Make moments memorable/defined (elevation, insight, pride, connection)
2. Celebrate milestones (apps and tracking devices)
3. Have landmarks, fresh starts to help in transitions

"You can't appreciate the solution until you appreciate the problem. So when we talk about "tripping over the truth", we mean the truth about a problem or harm. That's what sparks sudden insight."

- Chip Heath, *The Power of Moments: Why Certain Moments Have Extraordinary Impact*

