Corey Andrew Powell ([00:01](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hello everyone. I'm Corey Andrew Powell. And I am thrilled today to be joined by Maria Baltazzi, a true happiness explorer. Now Maria is here to share her wealth of knowledge on living a happier, more conscious life. Her journey from Emmy winning television producer to wellbeing teacher and luxury travel designer has equipped her with unique insights into what it means to thrive. Her latest book is entitled, take a Shot at Happiness, how to Write Direct and Produce the Life You Want. Maria, welcome to Motivational Mondays.

Maria Baltazzi ([00:33](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Thank you so much. I'm so excited to be here. I was so looking forward to our, our conversation, Corey.

Corey Andrew Powell ([00:39](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Oh, wonderful. Me too. So I'm really happy you're here as well. So thank you for your time. And I wanna just begin by, you know, we say television producer, but specifically you were one of the original producers of the show Survivor. Is that accurate?

Maria Baltazzi ([00:53](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yes. I was one of four, uh, original supervising producers on CBS's Survivor, which is now going almost 25 years.

Corey Andrew Powell ([01:06](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Oh, yeah.

Maria Baltazzi ([01:06](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

We started in 2000, so 24 and a half years. And the show is still growing strong.

Corey Andrew Powell ([01:14](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([01:14](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And it was quite, um, quite something to be part of the early days when you were trying to figure out what the show was gonna be about, what the series was going going to be about. And at the time we were making the show, you didn't know what it was going to be.

Maria Baltazzi ([01:32](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([01:33](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, you never know for any show that you're producing, you know, you just make your show and, and hope when it's sent out into the world that people are going to react well and nobody, nobody could have predicted, you know, the outcome of Survivor and it's legacy now.

Corey Andrew Powell ([01:52](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah. And it's an, uh, like an interesting show too, because when it first came out, it was like, as you mentioned, very different. No one knew what it was, but there are so many implications when you watch the show that reflect society. You know, the idea of collaboration or betrayal or, uh, comradery. It's just, there's so many things. It's like a microcosm of, of real life. So it's amazing that you guys, you know, ended up doing a show that sort of reflects back onto society and in a strange way, but that's what I think about it. Did you, do you see that correlation?

Maria Baltazzi ([02:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

It was very intentional in, in the design of the show and the creation of the show. It, it was meant to be reflective of society. It was meant to be a microcosm of the world in which we live in.

Corey Andrew Powell ([02:43](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([02:44](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Which why, which is why there is such a, a cross section of, of people. And it's also, its success. I mean, the very first season you had, you had somebody who was a, a truck driver. You had somebody who was a river guide, you had a corporate trainer, you had a land developer, you had a biochemist. You, you had such a cross section of, of people, and that's what it was meant to do is can you take 16 people, put them on a, a remote island and see if they can get along in the world that they create for themselves.

Corey Andrew Powell ([03:25](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([03:25](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So it was very intentional to, to have what you so correctly observed.

Corey Andrew Powell ([03:31](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Oh, wonderful. Okay. 'cause I was like, good, I'm spot on with that observation. You know, when it comes to the actual, uh, I guess the correlation, I wonder about, is there a correlation between your experiences in create or, or producing that show, being a part of the production team of that show, that experience in relation to maybe your approach to the creation of this book? Like how does, how do you get from that point A to point B? Like, what happens in between that leads you there?

Maria Baltazzi ([04:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Well, doing Survivor was, uh, a catalyst. So I did seven seasons, and I always did the very last episode. So I was always with the contestants until the very end. And so often I would be sitting in an interview with a, a, a contestant and they would be saying, oh, this isn't me. This is me just playing a game. And I would always think, of course, it's you. Those were your words and actions. And what it started me thinking is that we all have untapped potential, whether good or bad, and whether we realize it, we all have untapped potential that we don't fully understand.

Corey Andrew Powell ([04:51](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([04:52](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Until we either test it like the survivor contestants, where you're on a remote island away from your creature comforts away from your familiar support system of family and friends where you don't have the food that you you want, and you're now buying for life changing money.

Corey Andrew Powell ([05:13](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm. Yeah.

Maria Baltazzi ([05:14](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You don't really know how you're going to be because you've never been in that situation. Mm. You know, so either you test it or you do what my book is encouraging readers to do, which is explore it.

Corey Andrew Powell ([05:29](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm. Yeah.

Maria Baltazzi ([05:29](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You explore happiness. And my book guides readers in how to explore having hap happiness through understanding, um, the values of happy people, the virtues, the qualities and the habits of happy people. And then I have, uh, exercises throughout the book that, that, that, and I also have a companion app that goes with the book, might take a shot at Happiness that helps readers really explore what does, what does happiness really mean to you.

Corey Andrew Powell ([06:06](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([06:06](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, and, and I think that that exploration, especially for this community is so important. You know, the community of our future leaders, the ones who will be running successful, the, you know, fortune 500 companies.

Corey Andrew Powell ([06:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah.

Maria Baltazzi ([06:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

That they really have their internal world together because it's when you have your internal world together that you can be a better, more effective leader. So this conversation is hugely important.

Corey Andrew Powell ([06:47](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm. Well, I think you've tapped into a really important point there when it comes to the generation that we're speaking to, typically our community audience as far as being members of the NSLS who are leadership Honor Society members, they are that sort of typical college age. But what's interesting is there's a significant demographic too, in this, uh, in our community that's also, uh, the non-traditional students. They're older. I've just discovered a really nice population of our members that's baby boomer age, which is amazing. And they are reinventing themselves now at this time, and don't know how to adapt in a world that's different. And so they're trying to find their way. So, you know, the, the conversation about sort of finding yourself first really is important because no matter where you are in the stages of life, that's the key. You gotta first know who you are to know where you're going. And that's what I take a lot from your journey. You sort of kind of removed yourself from one situation, and you went out and saw the world and did other things. And you talk about happiness essentials as well in your book. So what are the happiness essentials?

Maria Baltazzi ([07:55](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Well, I just wanna go back for a, um, a moment and, and talk about the, the baby boomer generation. And, and it's actually that, that, uh, generation who seeks me out quite often because they are at that, that transitional stage in their life they've been very successful in, in whatever their industry is. And now they're trying to work out, well, what is that next chapter of my life?

Corey Andrew Powell ([08:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Maria Baltazzi ([08:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And, and they're looking for guidance. And so, you know, my, my teachings, you know, offer that, uh, I didn't specifically set out for baby boomers to, to come to, to my work. It, it, it just naturally happened because I think I present, um, the material in a, in a, in a accessible and very practical and, and, you know, fun way.

Corey Andrew Powell ([08:56](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([08:56](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, and here's the thing is that, that whether you are a baby boomer in transition to your next chapter, or whether you are just beginning, you know, the first chapter of your career, you know, we go to school to learn to be doctors, lawyers, teachers, filmmakers, journalists, but we're not really taught how to manage our wellbeing, which is so hugely, hugely important.

Corey Andrew Powell ([09:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([09:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And, uh, Harvard and Yale, their, some of their most popular classes are their, their courses on, on on happiness.

Corey Andrew Powell ([09:41](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([09:42](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

A former Harvard lecturer and professor, uh, Dr. Tal Ben-Shahar has gone on to create this beautiful community under his Happiness Studies Academy. So hugely, hugely important no matter where you are in life.

Corey Andrew Powell ([10:01](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. Yeah. Well, I find that it's kind of difficult too. So I'm glad that there's resources out there because what we have to acknowledge is the world now for all of us, is probably one of the most divisive times we've ever experienced. It's very, uh, there's a lot of turmoil. It's hard to wake up every day and make that choice to be happy. Do you regard happiness as a choice?

Maria Baltazzi ([10:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

100%. Happiness is a choice. And when people ask me, well, what is the key to happiness? Because you've spent so much time studying it and writing about it, and people can define happiness in many ways. However, to me, after all my studies, the key to happiness, however you defined it, is choice backed up by intentional activities that are done consistently over time. Because what you're doing is you are, uh, wiring your brain towards a positive bias.

Corey Andrew Powell ([11:12](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([11:13](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Now we are predisposed to have a negative bias. You know, the oldest part of our brain that still hasn't fully developed, still has those, uh, fight or flight triggers that, that we na naturally gravitate towards. So when you were in the caveman days, that that was protecting you from sabre tooth tigers, and you had to be ever vigilant for, you know, those, those, those surprises that, that were true threats on your life. But we don't have that. However, our brain keeps reacting that same way. So, you know, you need to learn to temper that one for your, your pre des just for your outlook on life.

Corey Andrew Powell ([12:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([12:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, that, that you're not always seeing the negative. You know that, that you are able to see the optimistic, the hopeful part of life. So you need it for that. And also, if you are constantly on high alert for something, something that is, is going to threaten you, then you're starting to get into bringing on stress and any stress related diseases that, that will wear down your immune system and eventually left unchecked, becoming chronic and leading to things like cancer.

Corey Andrew Powell ([12:40](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Right.

Maria Baltazzi ([12:41](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And a whole host of other diseases that you, you don't want.

Corey Andrew Powell ([12:43](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Maria Baltazzi ([12:44](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So, so this is very, very in important to, to be a aware of. And coming out of the Happiness Research Lab in Riverside under Dr. Sonja Lyubomirsky, uh, years ago, she, uh, put out some research, uh, about, uh, a happiness setpoint that we all come into this world with a predisposition happiness setpoint, and you can fall, fall along a continuum. You know, there are those people that we know that are always perky and happy, and every day is, is a, a great day, and it's sun shining. And, you know, then you have those who are more like Eeyore and nothing is working <laugh>. And, you know, everybody's always out to get them. Mm-Hmm. <affirmative>. And we've, you know, all fall along that continue when between, you know, perky and sunny and, and being Eeyore <laugh>. And what Sonja Lyubomirsky uh, uh, came out with is, is a pie. If you look at our happiness set point, that point itself, like a pie, 50% of that is determined by your DNA, what you come into the world from your parents.

Corey Andrew Powell ([14:07](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([14:08](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Then there is a 40% of that pie that is intentional activities that you can do to, to boost your, your happiness level. And then there's 10% that is just your life circumstance.

Corey Andrew Powell ([14:25](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([14:26](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, whatever, whatever, uh, advantages, disadvantages you have, that's 10% in my mind and humble opinion is that, and I, and research is backing this up more and more. I like when that happens. <laugh>, <laugh> is that 40% that, that you have within your control doing happiness, boosting intentional activities, if you've done consistently can impact your life's circumstance, that 10% of that happiness pie. So now you're looking at 50% that you have within your control.

Corey Andrew Powell ([15:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Maria Baltazzi ([15:05](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

A possibility. And then getting into epigenetics that, that your genes have to be within the right environment to fire off. So even though you may be predisposed to being more negative, that doesn't mean that it's, it's going to be so.

Corey Andrew Powell ([15:24](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([15:25](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So there is a lot, and that's, that's a a very important point that I wanted to get across to your listeners here, is how much they have within their control to, to affect their happiness level and their wellbeing. So to me, the key to to happiness is choice. So 100% happiness is a choice, and then you do something about it, and you do something every day.

Corey Andrew Powell ([15:59](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah. Wow. That is great advice. And especially for me, because lately I'm very outspoken, as you may have noticed, and political, I have some, I have some opinions about stuff, and a lot of people do, we're in that time, right. We're all in this. So each morning before I'm even out of bed, I have the phone and I'm like, I'm already on social media and with, I have like one eye open and I'm in five fights already about politics and <laugh>. I'm not even fully awake yet. And I just really just got exhausted by it. And I decided, you know what, this is really not how I wanna start my day, because it's setting the tone for a very negative day for me to get out of bed, uh, with already having had like five altercations. And so I made a choice, like to not interact like that on social media, to not engage that way. At least not the first thing out of my day, you know, maybe later, but <laugh>, you know, but not to set the tone of my day with this pattern, because it was a pattern, and it, I realized how long it's been a pattern, and it made me miserable before my day even started. So I just, when you were saying that, I thought, I thought about like the choices in general that we make can actually set the tone for the day we're having, the life we're having, planning out something more positive than, um, our normal status quo of negativity and, and that Yes, please.

Maria Baltazzi ([17:19](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Oh, yeah. And, and that's so true. And if you look at any contemplative practice, they will say, you know, the, the best time is the mornings, you know, to, to take that time to contemplate what you are grateful for.

Corey Andrew Powell ([17:41](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Maria Baltazzi ([17:42](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

To take that time to meditate, to take that time to pray, you know, whatever it is for you, because that does set the tone of the day. I mean, it's, it's a different day when you wake up and, and this is what I do. The, my first thought is, thank you.

Corey Andrew Powell ([18:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.Yeah. Yeah. Just for, just for being here and waking up. Just the nice, the waking up in itself is like, Hey, that was pretty good. I'm happy that I, that I did that. Let's start there. Yeah. Yeah. Wow.

Maria Baltazzi ([18:14](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Well, and then, and then you have people like, um, Oprah Winfrey. She sets every meeting with an intention, you know, and that, that is a positive intention.

Corey Andrew Powell ([18:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([18:29](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So that even when you're looking at your meetings, it's, it's setting, it's setting a good tone, you know, a positive, a, a, a more productive tone when you, when you set a positive intention.

Corey Andrew Powell ([18:42](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([18:42](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, um, Maryanne Williamson, if you are familiar with her, she, she talks about how before you, you go into meetings, just sending love into the room and how that, how that shifts, how you walk into the room.

Corey Andrew Powell ([19:01](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([19:01](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Because you walk into the room already loving people.

Corey Andrew Powell ([19:05](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah.

Maria Baltazzi ([19:05](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You are already coming from a good place and wanting to work things out and wanting to collaborate. So it's more than just how you wake up your day. It's also what do you do throughout the day that keeps you in? We use the word positive. I prefer, and I think it's a more reflective word to say, constructive or productive.

Corey Andrew Powell ([19:34](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([19:34](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

That you wanna keep your, your mindset in, in a productive mindset.

Corey Andrew Powell ([19:39](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Right. Yeah. Um, that brings me to something you also discuss as well, which is another form, I guess, of an affirmation, if you will, that can help you project positively, what was that word? But project more constructively, which is the incorporation of like phone photography and journaling, and people write journals all the time and, and people do vision boards. And, uh, what role do you think those sorts of tools play in a person achieving happiness?

Maria Baltazzi ([20:13](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Journaling, or any kind of fi uh, writing is, is a way to take, um, unorganized thoughts or, or a blob, if you will, of thoughts. And by writing about them, you start to have the catharsis of releasing whatever your emotions are. And in doing that, then you can begin to organize them and have a clear thought about whatever the situation is.

Corey Andrew Powell ([20:51](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm. Yeah.

Maria Baltazzi ([20:51](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Or whatever the topic is, you know, you're, you're able to process it in, in a way that is, is helpful.

Corey Andrew Powell ([20:59](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([21:00](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, that's supportive to you. And then when it comes to, uh, using your, uh, camera phone, you know, if you think about anything, chances are you're seeing an image, we think in pictures. I mean, just bring something to to mind right now.

Corey Andrew Powell ([21:22](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([21:22](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And I bet you're seeing a picture of that. Right?

Corey Andrew Powell ([21:25](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([21:26](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And so we have these story loops that are images that keep running through, through our, our mind. And so by having guided, targeted, um, photo assignments, photo prompts that I give, so throughout my book, each chapter is, uh, a, a different, what you were asking me about earlier, uh, happiness essential.

Corey Andrew Powell ([21:52](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([21:53](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Which is a, a, a virtue a quality of happier people. And along with that, our, our habit forming things that I help the readers do through the journaling and the, the camera phone, uh, photography prompts. And so when I am suggesting people go out and take their specific assignments, but, uh, take pictures that have to relate to forgiveness, or to gratitude, or to love or to your faith, however you define that for yourself.

Corey Andrew Powell ([22:31](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([22:31](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

What you are, what you're doing is you are taking a, a focused moment to land on an image and consciously say, this is what helps me understand gratitude, and how gratitude specifically fits into my framework. Not what a textbook definition says of gratitude, but how, how do I feel grateful?

Corey Andrew Powell ([23:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([23:05](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

How does, how, how does the way I feel grateful or show my gratitude impact my happiness? So what you're doing is you're creating new image loops in your brain by doing this.

Corey Andrew Powell ([23:23](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([23:23](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And you're creating positive memories that you can go back to. So when you are actually taking a photo, there's a couple of things going on. One is that, that you are ta and to me, doing these pictures almost becomes meditative. Uh, you are just focusing your attention very mindfully. You're focusing your attention on one image. And so you have now the memory of taking that image. And then later when you look at that photo, you look at that, that photo of, uh, a rose, or you look at that photo of the, your child, or you look at that photo of your grandparents, you know, whatever the, or, you know, the, your diploma that you took a photo of, you know, your capping gown, whatever that is, you have the experience, the positive experience of taking that photo. And then later when you look at that photo, you may notice something about that image that you didn't notice at the time you were taking it. So you now have another, um, experiencing of that photo. And you are, you do this often enough, and you start to create a storehouse of positive images that are also helping to rewire your brain towards the positive to look for the good. And the more you do it, it becomes your habit.

Corey Andrew Powell ([25:00](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([25:00](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And that's what I'm trying to encourage readers to do, is to make happiness a daily habit.

Corey Andrew Powell ([25:08](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([25:08](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So that's, so the, the imagery is, is very powerful. And it's also why I use story in, in my book, when I put my book together, I looked at it like I was putting together, uh, an episodic television series.

Corey Andrew Powell ([25:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([25:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Where every chapter, like every, uh, episode in a series is a, a standalone, you know, you can't follow everything from top to bottom. If you just look at that one episode, you, you get the entertainment value. If you read just that one chapter on faith, you get, you know, what you need out of that. So you can actually skip around the book and go to wherever you need it, because the, the, uh, chapters, um, you know, stand, stand alone. But it's, it's, you know, just, you know, so important that, you know, you, you take the time to really learn how happiness specifically factors into your life.

Corey Andrew Powell ([26:13](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([26:14](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

How, how does love really mean? You know, how it does love really, uh, work with your happiness, create happiness for you, specific. Now, how love works in factors into my happiness, my framework of happiness is different than yours.

Corey Andrew Powell ([26:36](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Right, right.

Maria Baltazzi ([26:37](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And that's what you do, is you do that exploration, you do it through images, and you do it through writing.

Corey Andrew Powell ([26:44](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. And you mentioned how, and there's the cathartic component to it. I mean, there's a lot of emotions Mm-Hmm. People have inside, they can't get out. And then you also made the correlation between disorganized thoughts. You can have these wonderful thoughts, but they're all swirling around. So the journaling, as you mentioned, helps you sort of organize your thoughts. And I would say potentially then you get a plan of maybe actionable steps once you see something methodically written down. I mean, wouldn't there be a correlation then to, okay, now I see this, now I actually have a plan potentially in place 'cause I I can see it methodically and written down in front of me, maybe what I need to do to change my life or to do better, or to X, Y, Z, whatever. It's

Maria Baltazzi ([27:29](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Exactly. Exactly. And some of the, the activities that I give readers to do are identifying what have your, what are your top core values? You know, for me it's faith, love, and, and health, you know, so I have an activity where you identify that first year yourself. Maybe for you it's, it's, uh, curiosity. It's it's love, it's, it's, um, it's peace. You know, you may have, uh, three different core values because you are you and I'm me.

Corey Andrew Powell ([28:10](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([28:11](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So my book helps you identify that. And then I also have activities where you look at, you know, if, if you could do anything. And, and that's one of the, the key things of, um, this society that they look at and and encourage, is that if you couldn't fail at something, what would you do?

Corey Andrew Powell ([28:36](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([28:37](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Well, my book encourages that too.

Corey Andrew Powell ([28:42](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

I have to laugh because we actually use that exact question in our marketing content, in our language to our community. We literally, this is the founder of our company, said, you know, what would you do if you knew that you absolutely could not fail? Like, how, how, where would that take you? Um, and so it's a really profound one because most of us are afraid of the fear of failure. And what I've learned a lot in having these conversations with successful people, the people who are successful, uh, not gonna say they were fearless, but what they did was they faced it, they had an opportunity. They may have been terrified, they've never done it before. Instead of saying no, they said yes, and then they figured it out when they got there. Versus letting fear remove them from the actual opportunity, which are two very different possibilities. You know, the fear keeping you back versus using that fear to go, you know, I'm gonna overcome this and just figure it out. Two different, very, two very different outcomes will happen in those scenarios. So it seems very aligned with what you're, what you're saying. And if I may ask you as well, um, because this is a big one, I think getting outside of your comfort zone, physically seeing how other people live. So you talk about the immersive traveling experiences and how that impacts happiness. Share a little bit about that as well.

Maria Baltazzi ([30:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Well, I will give you a personal example. So my place in the world, my heartbeat, my love is Africa.

Corey Andrew Powell ([30:17](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([30:17](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And it's Africa, because I promise you it changed me as a human being. When I went to Africa, I was so afraid to step on that continent. I went there to, to, I was working on a wildlife show.

Corey Andrew Powell ([30:35](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([30:36](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And I went there on assignment, and I heard stories about the poisonous snakes and, and malaria <laugh> and, and the lions and the elephants that could, uh, all these things that, that could bite you or sting you or have you for an afternoon snack, <laugh>. And I was terrified. I was terrified to go to Africa, but I really wanted to go. So I landed in <laugh> in, in Africa, I started to do my assignments, and when we would go out into the bush, I would sit in the backseat.

Corey Andrew Powell ([31:19](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([31:20](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

In the center of the seat as far away as possible from any sort of door that could open <laugh>. That, that I, I just, I just wouldn't move. And then eventually you, you get used to the environment and, uh, the, the landscape in, in Africa is just epic. The, the, the animals are epic. The people are beautiful. You know, there, there's just so, so, so much. There's so much to be had and experienced in Africa, just a little, little Africa love here.

Corey Andrew Powell ([32:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Corey Andrew Powell ([32:03](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

I feel I've traveled all over the world. I have been on all seven continents twice. And there is no place where I feel the age of the earth in such a primal, sensual, stirring way as I do on that continent.

Corey Andrew Powell ([32:23](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Wow.

Maria Baltazzi ([32:23](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And I think it's because, you know, it's, it's our birthplace.

Corey Andrew Powell ([32:26](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. That's where we all began <laugh>. Right.

Maria Baltazzi ([32:31](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So, cut to 11 weeks later, when I am now getting ready to leave the continent, I'm jumping out of the vehicle. I'm chasing after things. I was a different human. So the person that set foot on Africa so afraid, left feeling ready to take on the world.

Corey Andrew Powell ([32:55](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Hmm.

Maria Baltazzi ([32:56](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Ready to, you know, do those daring challenges to, to try things that, that scared me that I wasn't sure of. So I think that that's what, what travel does. Not that you have to go, um, for 11 weeks in Africa. I mean, you can have transformative experiences in, in other ways.

Corey Andrew Powell ([33:20](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([33:21](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

But when you travel and depending on when your listeners are listening to, to this podcast, you know, as we get into summer, that's what we're doing. We're traveling.

Corey Andrew Powell ([33:33](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([33:34](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

We're moving around. Absolutely. You know, many, many people, uh, take a gap year, you know, to travel around and find themselves, which I think is, is hugely important because when you are able to step out of your world, you know, you are able to look at things differently. You're able to look at things perhaps in a more relaxed way because you don't have your friends and family structure around you telling you what you should and shouldn't do. What you should believe in, not believe in. And you can take tho that, that time to really be reflective of who you are as as a person. You know, traveling also gives you the opportunity to experience things that, that, uh, you wouldn't otherwise, uh, experience that change your life. Like the first time you see a, a lion.

Corey Andrew Powell ([34:35](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah.

Maria Baltazzi ([34:35](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

The first time you see a giraffe, the first time you see an elephant or walking the Camino de Santiago in Spain as a pilgrimages where you get, you know, spiritually in, in, in touch with yourself, these change you. And that's only going to happen if you take yourself out of your comfort zone and, and out of your everyday living bubble.

Corey Andrew Powell ([35:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Wow. Wow. That's amazing. And I was like picturing Africa, as you were saying, I've never gone, but I did my whole ancestry DNA few years back and my partner gave it to me for a Christmas gift maybe 10 years ago. And I was fascinated by all the, you know, being able to pinpoint my specific DNA in different African territories and tribes. And so it's on my to-do list. I had to laugh though, because I feel the same fear to, of going to Australia. All my Australian friends are like, come over. I'm like, I would love to, but you guys have like spiders that can drag me into the bush. So I'm a little <laugh> terrified. But you know, you make me think about not to be afraid and to take that opportunity to not miss that chance to go to Australia. But it's very similar. I was kind of afraid of the, the landscape, the animals and all the stuff I've heard. Uh, so I have to put that fear behind me and experience it.

Maria Baltazzi ([35:55](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

It's worth it. It's worth it. And I can hook you up when you're ready to do that.

Corey Andrew Powell ([35:59](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

<laugh> <laugh>. Okay. Good. I will definitely reach out when it's time.

Maria Baltazzi ([36:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([36:02](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Um, yeah. Gosh, Maria, we're, uh, getting close to the end of our time together, but I do have two more questions for you before we wrap it up. So my first one is really sort of more or less bringing it back to your, your book, uh, take a Shot at Happiness. And, uh, I would love to know, what do you think would be the number one takeaway you'd like readers to get from that book?

Maria Baltazzi ([36:28](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Resilience. That happiness is a form of resilience. It's a very pretty word for resilience. In, in my, again, humble opinion is that you learn the virtues, qualities, and habits of happy people that you take that shot at happiness. So that you have the emotional wherewithal and the tools, the emotional tools to navigate those channel challenging times 'cause you will go up and down.

Corey Andrew Powell ([37:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([37:04](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You will have those times when your career isn't going as you wanted. Your personal relationship isn't going as you as you wanted. And, and that's what happened to me. I was at a place where neither of those, my personal or my professional life was, was working.

Corey Andrew Powell ([37:21](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([37:22](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And I made a conscious choice to not be defined or taken down by it.

Corey Andrew Powell ([37:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm.

Maria Baltazzi ([37:29](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

So, I, I, the, the takeaway is that happiness really is resilience. You learn it, you make it your habit. So you can navigate life in, in a way where you recognize your challenges sooner. You have the, the wherewithal to, uh, navigate it in a more healthy way. Whether you, there are things you do yourself or you go in and seek help for it.

Corey Andrew Powell ([37:56](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([37:56](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And you come out on the other end more emotionally intact. And, and hopefully you've, you've grown as a person. So the name of my book, Take A Shot At Happiness, how to Write Direct and Produce The Life You Want is both a call to action and something that I have readers do throughout my book.

Corey Andrew Powell ([38:19](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([38:20](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

And that's why I also have the companion app, which is in the App store because all of the, uh, uh, camera phone prompts, the, the photography prompts and the Journally prompts, they're all on that app. So you can always be working on, on your happiness no matter where you are in life.

Corey Andrew Powell ([38:38](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Maria Baltazzi ([38:39](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

You know, you can always be working on your, your happiness through, through the app.

Corey Andrew Powell ([38:43](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Wow. I mean like wonderful words of wisdom there. There's so many layers of nuggets for people at all aspects of their life, whether, like we mentioned earlier, just starting out, or they're reinventing themselves. They don't know what's going on in their current state of mind. Um, this is such wonderful information to help them navigate that. And we're so happy you were here to share that with us. Maria Baltazzi, you are of course Emmy winning producer, author, and I will just say a happiness guru. That's what I'm gonna call you. And, uh, we're so happy you joined us today on Motivational Mondays. Thanks for being here.

Maria Baltazzi ([39:17](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Oh, thank you so much. This has been such a fun conversation and, and I truly, truly hope that it is beneficial to your listeners.

Corey Andrew Powell ([39:27](https://www.temi.com/editor/t/agsRQDVt7IK8Xy_k8wiGETyesM1kuEyfQSViJ3Es08ljErDRWOgmPbzz4-hoHW_vPGDaA9sFDcP2OGa4qka7yCHiiF8?loadFrom=DocumentDeeplink)):

Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success, and available wherever you listen to your favorite podcasts. I'm Corey Andrew Powell, and I'll see you again here next week.