

## Career Advancement – Movie Lesson A

Hello and welcome to this month's movie technique lesson. This is a video it's not a movie. It's actually a motivational speech from a man named Les Brown, who is a fantastic speaker, very positive, very inspirational, very motivational. In this lesson I'm going to play his speech, I'll pause after each phrase or sentence and then explain the meaning. I'll go little by little, piece by piece through his whole speech. Let's begin.

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You want to begin to get all the toxic people out of your life.

!What does toxic mean? Toxic means poisonous and unhealthy. So toxic people essentially, are people who are very negative, people who make you feel bad, people who are unhealthy for you, who will not help your success, who will not help your happiness. He's saying you need to get rid of them and get them out of your life.

Hello...

This is a little slang. If you're talking to people and you said something important, you want them to react. You want to be sure they understand. You can say hello and then they'll say something back, you know they're listening.

Energy drainers, get them out of your life.

To drain, it's like eliminating, taking away. So an energy drainer is a person who takes away your energy. So he's saying energy drainers, get them out of your life. So anybody in your life, any people in your life that you are around, if they suck your energy, take away your energy get them out, they're energy drainers.

See ladies and gentleman it takes a lot of energy to reach your goals.

To get success, to get, to get a better job or career, to be a better parent, to get healthier, to do any big important change, have any big important success it takes a lot of energy. It requires a lot of energy.

It takes a lot of emotional, mental and spiritual energy to reach your goals.

He's saying it takes all these different kinds of energy to reach, to attain your goals... mental, emotional, spiritual which isn't quite religious but the meaning is that it comes from the spirit or the soul. It's the part of us that's bigger than just our bodies, just our brains. It's connecting to the universe. So he's saying you need energy from all these sources, all these different kinds of energy for power to keep going to reach your goals.

And you can run faster with a 100 who want to go than with one around your neck.

What he's saying, he's using this as an example, a metaphor running, meaning moving to success, moving towards success. He's saying it's easier to run with 100 people if they also want to run with you, if they want to run, to go forward. It's easy to join a group like that and then all of you run forward together, that's easy. He's saying that's easier than trying to run with one person around your neck. You can imagine a person with their arms wrapped around your neck, so they're holding onto your neck while you try to run. They're pulling you back, pulling you down.

This is a phrase in English, kind of an idiom if you say I feel like I'm carrying someone around my neck or I feel like they're around my neck. It means they're being negative, pulling you down, stopping you from succeeding or holding you back. It's another idiom, to hold someone back, to prevent their success. So he's saying it's easier to run with 100 positive people, 100 people who want success, who want to move forward than to try to run with one negative person, one person who's pulling you down.

There are two kinds of relationships...

Friendships, marriages or whatever...

... nourishing relationships and toxic relationships

These are the two types of relationships.

Nourishing means to give nutrition. It means to feed. So if we say, for example, nourishing food that is healthy food, it gives you a lot of vitamins and minerals. It gives you healthy nutrients, healthy chemicals. So when we talk about a nourishing relationship it means it's a relationship that gives food, gives nourishment, it helps your mind, your emotions, your success and your happiness. It's a relationship that feeds, that gives to your happiness. That's a nourishing relationship.

A toxic relationship is a poisonous relationship. It means it's a relationship that makes you weaker and weaker and maybe even kills you eventually. Nourishing relationships are the relationships that inspire you. So a nourishing relationship, the positive ones are relationships that inspire you. To be inspired means to be motivated, to be excited about something positive, to do something positive. They motivate you. They bring the best out of you. So nourishing relationships motivate you and give you energy, the desire to succeed, to keep fighting. They bring the best out of you. To bring something out of you means that the positive relationship, you've got something good inside of you, maybe you're not using it but that relationship can bring it out and get you to act on your best parts, your best ideas, your best dreams. It brings it out of you, brings out the best. Maybe it's inside of you as an idea, but the nourishing relationship will bring it out into action.

Toxic relationships are relationships with people that always criticize you. If someone is criticizing you all the time, constantly telling you all the bad things you're doing, it's eventually going to make you weaker and weaker and weaker. All they can do is find fault. A fault is an error, a mistake, a bad point. So to find fault means they're looking and they find your mistakes. They look and they find your bad points. To find fault means to criticize. All they can do is exploit your weaknesses. All they can do is remind you of the mistakes that you've made in the past.

These are toxic people. To exploit a weakness... to exploit means to take advantage of, to use. So toxic people, negative people, they will use your weakness to make themselves stronger, to make you weaker. They will use your weaknesses, they exploit your weaknesses. They see your weakness and they exploit it, they use it to get something for themselves. They remind you of your past mistakes. Maybe you don't need to think about all your mistakes from the past you need to let them go so you can go into the future, go forward. But toxic people will constantly remind you of all the bad stuff in the past and it pulls you down.

These people are bad for your health. Toxic people are bad for your physical health. Toxic people can run your blood pressure up. That means cause your blood pressure to go up. A toxic person makes you feel more stressed which can make your blood pressure go higher. One apple can spoil a whole barrel. This is a nice idiom, one apple can spoil a whole barrel. A barrel is like a big

container, a big jar or big box that's round and very large and you can put apples in it. So you can imagine you fill this large container, this large barrel with apples and they're all healthy, good apples, but then you put one spoiled one, one that's really old and has worms and disease and stuff on it. You put that one bad one in there and then the worms and disease will spread to all the other apples, so it will cause all the good apples to become bad. That's the meaning of this idiom.

We use it for people too. It means one bad person can spoil a whole team, a whole group of good people. We can see this in jobs and companies where maybe you have a team of 10 people and they're positive, but then the company hires a new person and they're toxic, very negative. They cause lots of problems, they're always criticizing, always arguing and fighting and that one person can destroy the whole team and make everybody else negative. That's one apple can spoil the whole barrel.

One negative energy drainer can spoil your whole life. He's saying just one toxic person in your life, if they're close to you especially, can destroy your whole life, all of it. I know people whose lives have been ruined because somebody wasn't good for them. Ruined means destroyed. So he's saying he knows some people whose whole lives were destroyed, ruined, just because they had one bad person in their life. See there are some people that aren't good for you. Hello... This little hello phrase, when you say it this way is done when we say something obvious. He's emphasizing this obvious point, some people are not good for you. Hello... it means are you listening? Are you awake? Do you understand? It's a little way to emphasize what you just said, that it was important and obvious that it's a good point.

They aren't good for you you've got to get them out of your life. See a lot of people put up with a lot of foolishness because they don't want to die by themselves.

Put up with means to tolerate, to accept. They accept a lot of foolishness. They put up with a lot of foolishness. Here foolishness means stupid or bad behavior. He says people accept this bad behavior from other people, they put up with this bad behavior, this foolishness because they don't want to die alone. They're afraid of being alone.

Here's what I believe. I believe in a one to a box theory. This is a joke he's telling here. What is one to a box? He's making a joke about when we die they put us in a box and bury us, so when you're dead your body goes into a box and he says, I believe in a one to a box theory, an idea. What he's saying is we all die alone. When we die we're all buried alone, one body in one box. They don't put your body with someone else's body. You don't share a box when you're dead. What he's trying to communicate is don't worry about when you die because we're all going to be buried alone anyway, so it's a bad reason to stay with a toxic person.

Ask this question of yourself; make a list of who you communicate with most and ask yourself the question, what kind of person am I becoming because of this relationship? He's saying to look at the most important people in your life and ask yourself, because I am with this person, what kind of person am I becoming? How are they influencing you? Talking about friends, co-workers, family members, the people you're around. Look at each one and say, how are they influencing you? What kind of person are you becoming because of them?

Is it helping me to grow mentally, emotionally and spiritually? The nourishing relationships, the good relationships will help you to grow, meaning to learn or become a better person, in one of these ways... mentally, spiritually or emotionally. Am I becoming a better person because of this relationship? Ask yourself this question for each person. Do they bring out the best in me? Do they inspire me? Do they encourage me to develop my greatness? Greatness being the very best inside of you. Do each of these people's in your life inspire you, motivate you to find your greatness inside.

Do they make me stretch? Stretch in this instance means to try to reach further, try to get something more. In this situation he's saying, do they make me stretch, meaning do they make me try to grow, try to do more than I'm doing now.

So you gotta look at the people in your life and find out what kind of person are you becoming, because of that relationship? My mama used to say birds of a feather flock together.

This is another nice idiom... birds of a feather flock together. This idiom means people of the same kind come together in groups. So negative people are attracted to, are around other

negative people and positive people tend to be attracted to and connect with positive people, successful people form groups so they flock together, meaning they come together.

Another meaning of this idiom is that if you are in a group of people you will become like them. So if you join a flock, a flock is a group of birds, so if you join a group of people who are all negative then you probably will become more and more and more negative, just by being around them a lot. If you join a group of super successful people then over time you probably will become super successful, just by being around them all the time, because they will influence you.

So that's the meaning of this idiom, that people of the same kind usually come together and form groups... birds of a feather flock together. You run around with losers you will end up a loser. This means you hang out with losers in the end you will become a loser.

In the next section I will discuss and comment on this a little more. Be sure to review this again and again and again. Eventually you can go online and look for Les Brown. Some people are bad for your health. Do searches for Les Brown and you can watch his full speeches and get a little more practice.

Bye for now.