

List of videos + descriptions

Week 1: "I will be a hummingbird" - Wangari Maathai (2 minutes) [Video Link](#)

Wangari Maathai tells a story of a hummingbird making a difference, inspiring viewers to take action despite the odds.

01_ I will be a hummingbird

Week 2: "How to Start a Movement" - Derek Sivers (3 minutes) [Link](#)

Derek Sivers analyzes a humorous situation, showcasing how movements really get started.

Week 3: "The Power of Words" (1 minute) [Link](#)

This video depicts how changing your words can completely alter the perception and response of others.

Week 4: "Why Do We Fall - Motivational Video" (6 minutes) [Link](#)

An uplifting video that encourages viewers to never give up, and to rise each time they fall.

Week 5: "What if Money Was No Object?" - Alan Watts (3 minutes) [Link](#)

Alan Watts challenges viewers to reevaluate their goals, encouraging them to do what they love without the concern of money.

Week 6: "The Science of Happiness - An Experiment in Gratitude" (7 minutes) [Link](#)

This heartwarming video explores the strong link between expressing gratitude and experiencing happiness.

Week 7: "The Black Hole" (3 minutes) [Link](#)

An engaging short film that shows how a seemingly minor discovery can have unexpected and massive consequences.

Week 8: "Are You A Giver Or A Taker?" - Adam Grant (13 minutes) [Link](#)

Adam Grant explores the characteristics of 'givers' and 'takers' in the workplace and discusses their impact on organizational success.