MONDAY INFLUENCER®

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AT MONDAY INFLUENCER® WE ARCHITECT OUTCOMES©.
Inspiration and aspiration are the inputs. Work is the engine.

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Publishers | Business Intelligence Strategists
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Trusted by a global audience, MONDAY INFLUENCER® and the ABSTRACTS® are the definitive world-class digests delivering immediately actionable strategies and tools for mastering success in business, career, and life.

Estimated read time: 8 minutes | Executive audio briefing: approximately 14 minutes. Click here.

Execution is selective. Prioritize what matters most to you. Act accordingly.

WISDOM IS ACCUMULATED EXPERIENCE TRANSFERRED. THOSE WHO EMBRACE IT INHERIT DECADES THEY NEVER HAD TO LIVE.

OBSERVATIONS BEFORE WE PROVIDE YOU WITH THE FIVE THINGS OUR ELDERS TRIED TO TEACH US—THAT LIFE EVENTUALLY PROVED WERE TRUE.

- One of the privileges of growing older is not merely accumulating years. It is accumulating patterns.
- Youth often believes its circumstances are unprecedented. Age knows otherwise.
- Markets evolve. Technology advances. Governments rise and fall.
- Human nature changes remarkably little.
- That is why our elders so often appear prophetic.
- Not because they have lived our lives. Because they have repeatedly seen our patterns.
- They recognize warning signs long before the rest of us. They understand which decisions compound, which mistakes repeat, and which shortcuts inevitably become dead ends.

Experience is accumulated pattern recognition.

Here are five things many of us were told repeatedly, dismissed confidently, and ultimately discovered were true.

HAPPINESS & CAREER (CAREER & HAPPINESS ?)

1. "Do not wish your life away."

"I cannot wait to be sixteen."

"I cannot wait to graduate."

"I cannot wait to get married."

"I cannot wait to retire."

Then, one day, we quietly ask ourselves:

"Where did the years go?"

Our elders understood something we did not. **Life is not lived in milestones. It is lived in ordinary Tuesdays.**

Why they were right

- A Steven J. Manning aphorism: **Time is the only truly perishable asset.** Everything else can usually be replaced.
- **Our elders were right. Life simply took longer to prove it than we expected.**

2. "Your reputation is everything."

- Almost every parent says it.
- Every successful leader eventually says it.
- Talent gets noticed.
- Character gets remembered.
- People remember whether you kept your word.
- Whether you honored your commitments.
- Whether you accepted responsibility.
- Whether you remained dependable when circumstances became difficult.

Why they were right

- Reputation compounds.
- So does the absence of one.
- **Our elders were right. Life simply took longer to prove it than we expected.**

3. "If it sounds too good to be true, it probably is."

- Every generation believes it has discovered the exception.
- History rarely agrees.
- The investment.
- The business deal.
- The miracle cure.

- The effortless shortcut.
- The guaranteed success.
- Our elders had simply seen the movie before.
- They already knew how it ended.

Why they were right

- Most major disappointments announce themselves long before they occur.
- Experience recognizes warning signs long before optimism does.
- **Our elders were right. Life simply took longer to prove it than we expected.**

4. "Show me your friends, and I will show you your future."

- Few predictions prove more accurate.
- Character is contagious.
- So are ambition.
- Integrity.
- Discipline.
- Complacency.
- Cynicism.
- Excuses.
- We gradually become remarkably similar to the people with whom we spend the greatest amount of time.

Why they were right

- The people around us quietly influence the decisions that ultimately determine our future.

Our elders were right. Life simply took longer to prove it than we expected.

> ***WORDS TO THE WISE. Allow us to add a Steven J. Manning aphorism:***
>
> ***Ultimately, you are known by the company you keep.***

5. "One day, you will understand."

- Perhaps the most frustrating sentence ever spoken to a child. And perhaps the truest.
- Experience teaches lessons no explanation can fully convey.
- Some truths cannot simply be explained.
- They must be lived.

Why they were right

- Judgment cannot be downloaded.
- It must be earned—or borrowed from those who have already earned it.

Our elders were right. Life simply took longer to prove it than we expected.

FINAL THOUGHTS

Eventually, many of us ask the same question. **"How did you know?"**

- The answer is seldom mysterious.
- Our elders did not know because they had lived our lives.
- They knew because they had already seen our patterns.
- They had watched ambition outrun judgment.
- They had seen pride silence good advice.
- They had witnessed impatience become regret.
- They had learned that character compounds, time disappears, and every important decision carries consequences.

What appears to the young as intuition is often nothing more than accumulated pattern recognition.

Then, almost without realizing it, many of us arrive at a quiet realization. Our parents. Our grandparents. Our teachers. Our mentors. Our trusted advisers did not become wiser.

We finally acquired enough experience to recognize the wisdom they had possessed all along.

- **The young inherit the future.**
- **The old understand the road.**
- **The wisest among us learn from both.**
- **Wisdom is accumulated experience transferred. Those who embrace it inherit decades they never had to live.**

HEALTH TIPS

Orandum est ut sit mens sana in corpore sano.— *Juvenal (Satires, X.356)*

Translation: “Pray for a sound mind in a sound body.”

The fuel that you put in drives your output.

THE FOLLOWING ARE THE TOP HEALTH CONCERNS IN THE WORLD AND WHAT WE ALL MUST KNOW ABOUT THEM

Cardiovascular Disease

The world's leading killer. Heart attacks, strokes, heart failure, and related conditions.

- Roughly 20 million deaths annually, one in every three deaths worldwide.
- Driven largely by high blood pressure, smoking, obesity, poor diet, diabetes, physical inactivity, and elevated cholesterol.
- Many cases are preventable through lifestyle changes and appropriate medical care.

Cancer

- The second leading cause of death globally. More than 10 million deaths each year.
- Major contributors: tobacco, alcohol, obesity, poor diet, environmental exposures, and ageing populations.
- Many cancers are preventable.
- Many are highly treatable when caught early.

Mental Illness: The Quiet Killer

Mental illness causes fewer deaths than heart disease or cancer. It causes **more suffering than both.**

- Drives depression, anxiety, substance abuse, and suicide. Costs lost productivity and broken families.
- Chronic stress strains the heart, raises blood pressure, disrupts sleep and the body's repair process, and weakens immune response.
- Low mood reduces appetite for movement, raising cardiovascular and metabolic risk. Self-medication through alcohol, food, or nicotine adds further risk.
- Treatment adherence drops under chronic stress, so physical illness gets caught later.
- Movement will not cure mental illness, but it is one of the few levers a person fully controls when everything else feels out of control.

> ***WORDS TO THE WISE. Speaking to a professional is strength, not weakness.***

Prevention

A low body fat percentage, moderate alcohol, no smoking, and the right food are the foundation. Pair with consistent exercise. Strength and cardio both matter.

- Weight training—ANY AMOUNT even minimal—is highly advisable to maintain muscle and protect joints.
- Choose your cardio, walking, running, cycling, whatever you enjoy or could grow to enjoy.

Twenty minutes to an hour a day lowers your risk across all three conditions above. Returning after a long hiatus, ask your doctor first.

- Key nutrients: magnesium (recovery, sleep), vitamin D (mood, immunity, bone strength), B vitamins (energy, focus), omega-3s (heart, brain), potassium (blood pressure).
- In hot weather, replace salt as well as water. Heavy sweating depletes sodium faster than thirst signals reflect it.

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> ***WORDS TO THE WISE. None of that has to be permanent.***

> ***MORE WORDS TO THE WISE. “Today is the first day of the rest of your life.” — Charles Dederich (circa late 1950s)***

THIS WEEK’S INTERVIEWS

Click on the three titles below.

1. **Transitioning Careers Despite Uncertainty with Bobby Umar**
2. **The Future Of Work, Media, Culture with Former UK Government Minister Ed Vaizey**

3. How to Say No to the New Normal and Create the Life We Want with Laura Gasner Otting

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NEWS!

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Second, what may be the most powerful and user-friendly MENTOR BOT available anywhere, providing immediate access to decades of accumulated knowledge, experience, and judgment.

Additional details will follow in a separate email.

2. Sign up to our monthly workshop on overcoming biggest life and career challenges. Send us YOUR biggest challenge that you can share with fellow subscribers. To <hello@mondayinfluencer.com> by July 25, 2026. We will send you logistics when you sign up.

3. Remember! Send us your favorite topic for a new expert talk, along with your top talking points! We will consider it and give you credit for it when broadcast. We will consider inviting you on the broadcast.

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