



## Deepak Chopra Talks About Success and Daily Habits To Follow

Deepak Chopra is an Indian-American physician, author and public speaker who promotes alternative medicine and healing. Astonishingly, he has written over 94 books on spirituality, mind-body healing, and consciousness. He is also known for his popular appearances on television programs and interviews. He was raised in Delhi, India during the time of British rule in the country.

The interviewer is a British entrepreneur named Steven Bartlett, who has founded many successful tech companies. The interview is from his popular podcast named "Diary of a CEO".

Watch the video in the link below, and answer the questions with as much information as possible. The topics covered here are related to health and self-identity, so some of the answers may require some interpretation.

[https://www.youtube.com/watch?v=t\\_pZ2D\\_nID0](https://www.youtube.com/watch?v=t_pZ2D_nID0)

### Vocabulary to check before answering the questions:

**alzheimer's disease** - A disease beginning with mild memory loss and progressing to the inability to respond to your environment .  
**to be bamboozled by** - To be fooled or tricked by something  
**loot** - Money and valuable stolen objects.  
**hustle culture** - A culture of overworking with no focus on self-care and rest.

### Skip To Section: The best daily habits to follow (35:45)

1. **(35:45-36:14)** What are the 4 detrimental effects that lack of sleep can have on a person's body and mind?
2. **(36:14-37:08)** Aside from sleep, what are 3 other daily habits that Deepak Chopra advocates?

### What is success?

3. **(1:02:58-1:03:22)** What is Deepak Chopra's first definition of success, and what comment does the interviewer make about this?
4. **(1:03:22-1:03:42)** What does Deepak Chopra say about the pursuit of money?
5. **(1:03:42-1:04:09)** What are Deepak Chopra's 2nd and 3rd definitions of success?



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6. **(1:04:09-1:04:15)** What should we not do in the pursuit of success?
7. **(1:04:15-1:04:37)** What does he say about houses here, and what does this tell us about ourselves as humans?
8. **(1:04:53-1:05:14)** What are Deepak Chopra's exact words in these 21 seconds?

### **One change that can lead us to a better future**

9. **(1:16:20-1:16:47)** What is one change that Deepak Chopra would make if he became President of the world?
10. **(1:16:47-1:17:17)** What is "Prometheus", and what problem could it pose for Deepak's fellow physicians?
11. **(1:17:17-1:18:21)** What is the problem with entrepreneurs today, and what should we learn from it?
12. **(1:18:21-1:19:10)** According to Deepak Chopra, what is the healthiest emotion that you can have and why?