**Vitaliy Katsenelson**

**Interviewed by Dan Ferris**

Vitaliy wrote a book called *Soul in the Game: The Art of a Meaningful Life*. He was born in Russia and it was a tough upbringing. In some months of the year, there was only sunlight for maybe five or 10 minutes.

Since he was born into it, he didn’t know any different… and is now one of the happiest people Dan knows.

In his book, Vitaliy says relationships are the most important part of living a happy life... They’re the most important thing in life.

Travel is also important because it makes you mindful. When you go to a new place, you are more alert. You are more observant and learn about new customs.

Vitaliy is a big believer in Stoicism. Stoicism is a school of philosophy that hails from ancient Greece and Rome in the early parts of the 3rd century, BC. When you are a creative person, you fail a lot. That failure is actually a good problem. It’s a necessary suffering.

Investing, this year, has come with a lot of suffering, Dan jokes.

Negative visualization is re-framing a bad situation. For example, if you drive to the airport for an hour and a half – something that most folks view as negative – you can simply re-frame that situation… You can take that time to call a friend you haven’t talked to in a way or catch up on a podcast. Negative visualization makes you appreciate everything more.

It all comes down to being present – with your family, with your location, and your experiences.

Having soul in the game all comes down to being an ethical person. You should be invested in everything you do… From your job to helping teach someone how to play chess.

When you realize you fail, you need to keep learning… That’s how Vitaliy lives his life.

Imagine someone puts a gun to your head and tells you that you have to run a marathon or else something terrible will happen to your family… This is terrible but you can re-frame the situation by thinking that people run marathons all the time. And they don’t have guns to their head.

You can turn negative situations into positive situations simply by thinking about things a different way.