

RATTLE



Don't believe in the sixties

The golden age of pop

You glorify the past

When the future dries up



JASON SEGEL | AMY ADAMS | CHRIS COOPER

Life's a happy song?

Disney
THE MUPPETS

WALT DISNEY PICTURES PRESENTS "THE MUPPETS" JASON SEGEL | AMY ADAMS | CHRIS COOPER | RASHIDA JONES | BRETT MCKENZIE | CHRISTOPHE BECK | RAHEL AFILEY | JAMES TY | ALAN BAUMGARTEN & CO. | PRODUCED BY STEVE SAKLAD | PRODUCED BY DON BURGESS | ASST. PRODUCED BY JASON SEGEL | NICHOLAS STOLLER | MARTIN BAKER | PRODUCED BY DAVID HOBERMAN | TODD LIEBERMAN | WRITTEN BY JASON SEGEL & NICHOLAS STOLLER | MUPPET DOMINATION NOV 23 | DIRECTED BY JAMES BOBBIN | Disney.com/Muppets

Past, Present, Future

01

Living in the
past

02

Living in the
present

03

Living in the
future

Living in all three

While we find ourselves located physically within the present, the way that we approach each day is informed most productively by our minds traversing the past, present and the future.

Being who we are
becoming

Ch-ch-ch-ch-ch-changes



Living in all
three

BELONGING,
BEING &
BECOMING





Languishing during lockdown

“Languishing is the neglected middle child of mental health. You’re not depressed; you still have hope. You’re not burned out; you still have energy. But, you feel a little bit aimless and a little bit joyless. It’s that sense of emptiness and stagnation—like you’re in a void or you’re looking at the world through a foggy windshield.”

Adam Grant (2021)



How to flourish rather than languish

What psychologists find over and over again is that it doesn't take a big triumph or a major accomplishment to transcend languishing. All it takes are small wins—little moments of progress.

(Adam Grant, 2021)





Hope in uncertainty

