

MEMBERS NETWORKING AND GOAL SETTING/ ACHIEVEMENT EVENT

"Talent wins games, but teamwork and intelligence win championships."

- Michael Jordan.

COMPANION TO THE WORKSHOP HELD ON OCTOBER 17 2024

Dopamine

2 Separate People

Beliefs

TODAY'S APPROACH

Liquid Networks Setpoint

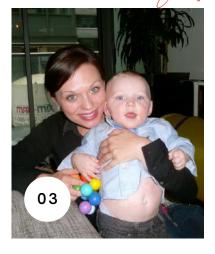
Adjacent Possibile



IKNOW how it FEELS these were taken during some of the darkest times in my life

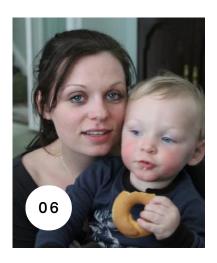


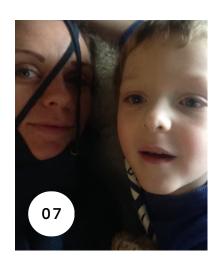


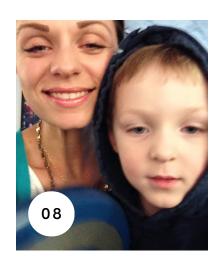








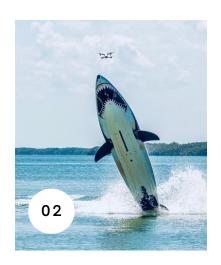


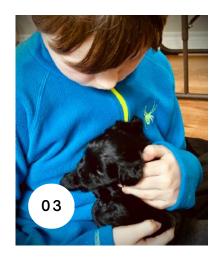




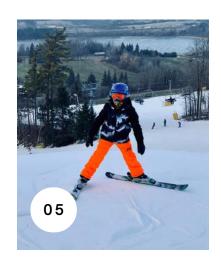
I ALSO KNOW how it FEELS



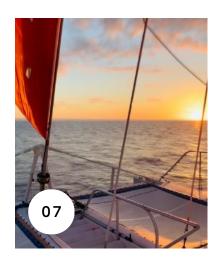


















This dichotomy gave me the ability to see the distance between these 2 people.

That's the key. These are different people.

The first group of photos were taken during a time I was very badly abused. The second group represent times I experienced pure joy. These women thought differently, behaved differently and made different choices.

Going back to the question I asked in facebook...



I want you to think about your dreams mama's and ask yourself this question:

Are you INTERESTED in achieving them or are you COMMITTED to achieving them?

When we're "interested", we do what's convenient. We come up with the excuses, the stories and all the reasons why we can't. We have lots, I know.

When we're committed, we do what it takes. We let go of all the reasons why we can't.

In Thursday's session, we're going to connect to that inner fire, share our dreams for one another and then agree to hold each other accountable by brainstorming all the ways we can support one another towards their achievement.

We're going to discuss the ideas of "the power of a liquid network", making the previously impossible -> possible, what we would need to believe about ourselves for our goals to be realized, upgrading our skills, how to focus on progress... and so much more.

We all know HOW to do the "things".

The harder part is "why am I not doing the things I should be doing, and why am I not finding out how to do things, if I don't don't how to do them?"

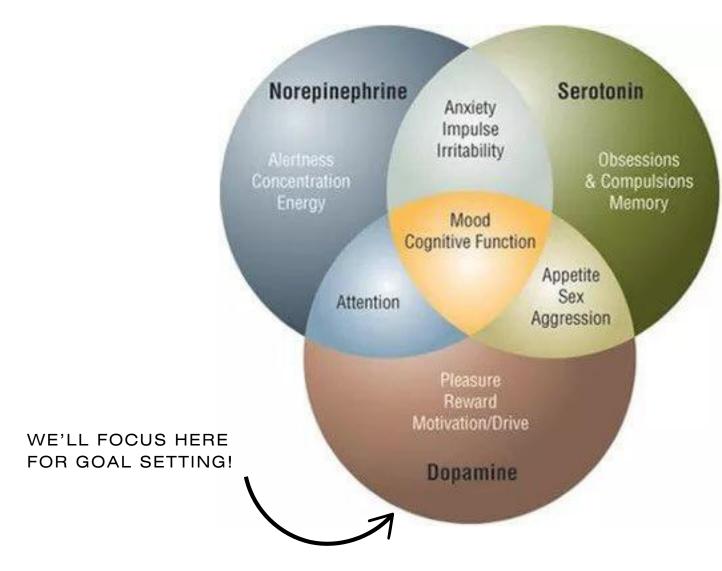
Are you **interested** in achieving your goals or are you **committed** to achieving your goals? I may have had the luxury of rock bottom, but what about those who are just going through the motions with no energy or stamina?

IF YOU'RE COMMITTED, YOU'LL DO WHAT IT TAKES AND LET GO OF ALL THE STORIES OF WHY YOU CAN'T.

I spent a de Cade on this!







DOPAMINE is a neurotransmitter (chemical messenger) in the brain that is responsible for reinforcement.

This is why when we have 1 cookie, we go back for another. It's also why addictive substances are addictive. So let's use this to our advantage!

The meditation we did earlier was designed to produce dopamine. We simulated the feelings of goal achievement, which motivates you to go "do the things" required to achieve them.

Dopamine: The pathway to pleasure

Dopamine can provide an intense feeling of reward.

April 18, 2024

By Stephanie Watson, Former Executive Editor, Harvard Women's Health Watch

h Watch

Reviewed by Howard E. LeWine, MD, Chief Medical Editor, Harvard Health Publishing

<u>Dopamine</u> is most notably involved in helping us feel pleasure as part of the brain's reward system. Sex, shopping, smelling cookies baking in the oven — all these things can trigger dopamine release, or a "dopamine rush."

This feel-good neurotransmitter is also involved in reinforcement. That's why, once we try one of those cookies, we might come back for another one (or two, or three). The darker side of dopamine is the intense feeling of reward people feel when they take drugs, such as heroin or cocaine, which can lead to addiction.

Dopamine also plays a role in these functions:

- · learning and attention
- mood
- movement
- · heart rate
- · kidney function
- · blood vessel function
- sleep
- · pain processing
- lactation.

Where is dopamine produced?

Neurons in the region at the base of the brain produce dopamine in a two-step process. First, the amino acid tyrosine is converted into another amino acid, called L-dopa. Then L-dopa undergoes another change, as enzymes turn it into dopamine.

Too little dopamine causes the stiff movements that are the hallmark of <u>Parkinson's disease</u>. Although depression is more often linked to a lack of <u>serotonin</u>, studies find that a dopamine deficiency also contributes to a down mood. In particular, people with depression often suffer from a lack of motivation and concentration.

Because dopamine is made from tyrosine, getting more of this amino acid from food could potentially boost dopamine levels in your brain. Some research suggests that a diet rich in tyrosine also may improve memory and mental performance.

Foods high in tyrosine include:

- · chicken and other types of poultry
- · dairy foods such as milk, cheese, and yogurt
- avocadoes
- bananas
- · pumpkin and sesame seeds
- soy

There is also some evidence that the brain releases more dopamine when we meditate. The change in consciousness that occurs during meditation may trigger its release.

From Harvard Health Publishing

BELIEFS

On Beliefs...

The next step is to ask the question – What would I need to believe about myself to achieve these goals?

- That I'm smart enough.
- That I am deserving.
- That I respect myself more than others have in my life.
- That my dreams are NOT impossible.
- I desire my goal because I'm meant to accomplish it!

I ACTUALLY RECORDED MY NEW BELIEFS AS A VOICE MEMO ON MY PHONE AND PLAYED THEM EVERY DAY. IT WAS THE FIRST THING I LISTENED TO IN THE MORNING; AS I WALKED TO WORK. "EVERY DAY I'M GETTING STRONGER, EVERY DAY I'M GETTING SMARTER"

LET'S DISCUSS this idea of SETPOINT

Are you a thermostat? Or a thermometer?



THERMOMETER

Represents individuals who merely react to their environment. They tend to reflect the conditions around them, much like how a thermometer shows the current temperature. If circumstances are tough, their attitude reflects that negativity.

THERMOSTAT

our goal Symbolizes those who are proactive and take charge of their environment. A thermostat sets the desired temperature, actively working to reach and maintain it. Similarly, people who are like thermostats take control of their own mindset and actions to influence and change their surroundings to align with their goals.

etternal Circumstances

SO NOW, WHAT IS THE SET POINT CONCEPT??

Everyone has a set point that acts like an internal thermostat. This set point determines your comfort level and the consistency of your outcomes in various aspects of life, such as finances, relationships, or personal achievements.

The SET POINT

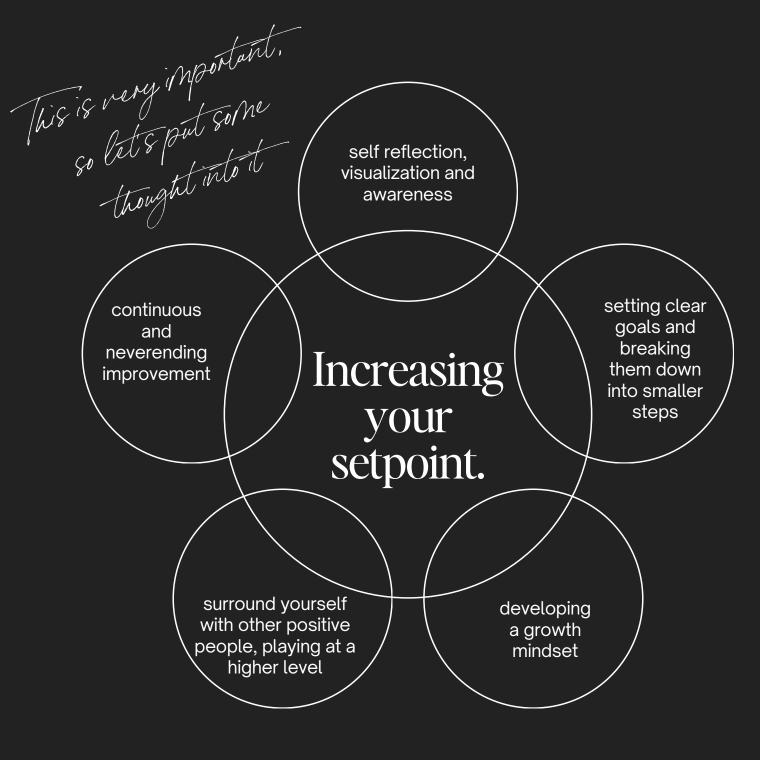
WHEN YOU FALL BELOW

If your life conditions fall below this set point, you instinctively make changes—consciously or subconsciously—to improve and return to your comfort zone. It's similar to how a thermostat adjusts the temperature when it gets too cool.

WHEN YOU ACHIEVE TOO MUCH

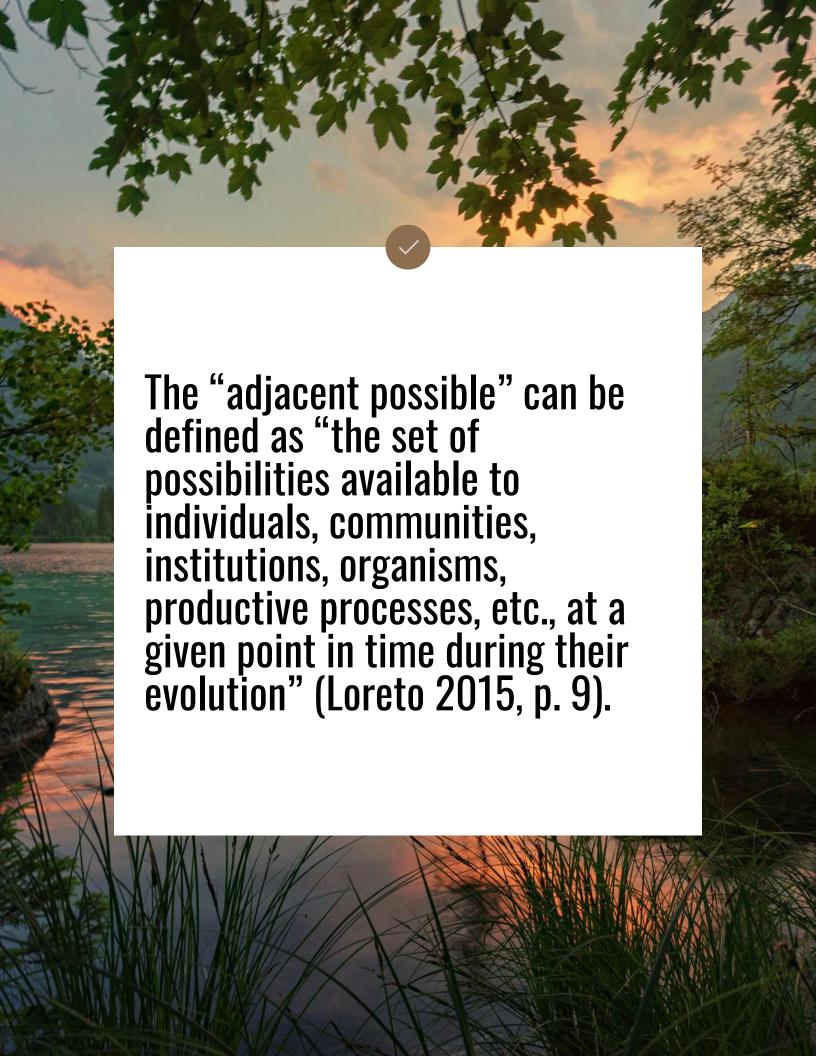
Conversely, if you exceed your set point, you might unconsciously take actions that bring you back down to your set point. This might manifest as self-sabotage or reduced efforts because the new level of success feels unfamiliar or uncomfortable.

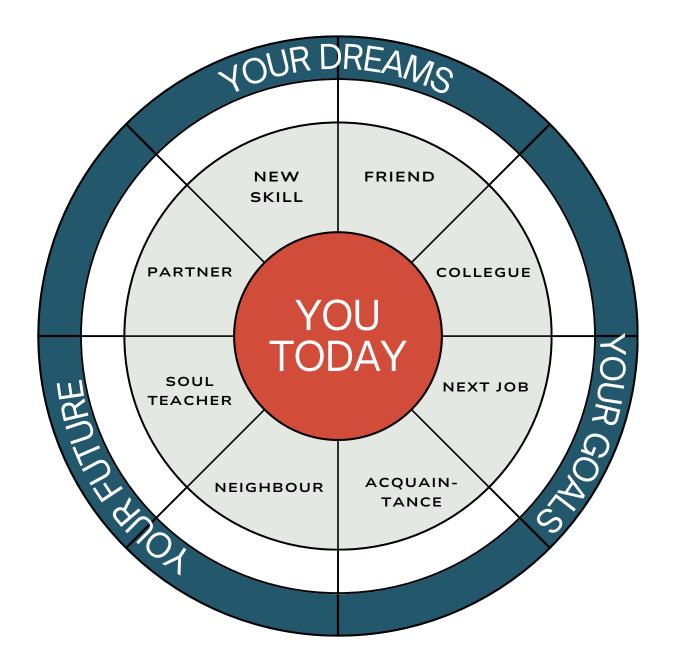
The key takeaway is to consciously raise your set point to achieve and sustain higher levels of success and fulfillment.



Let's make a few notes on where we are in terms of our "setpoint".









What is currently possible given your skills, talents, networks, connections.



This is your adjacent possible - the **BEST NEXT** STEP (not next best). From here, you step out to the next ring, and the next, until you finally reach a future you previously thought was impossible.

DaVinci made a model for a submarine in the 16th century, but the technologies that would have made it possible weren't available. It went uncreated because it wasn't possible - yet.

How to Approach Goals:



IT'S NOT IMPOSSIBLE

We get overwhelmed by our circumstances and see no way out. Already stressed out, and not thinking creatively, we feel trapped, unable to see a beautiful future ahead.



ASK "WHAT IS THE BEST NEXT STEP?"

Think of the next step, then the next after that.

How can you expand your circle, increasing the circumference of the adjacent possible? It's not going to knock on your door in the form an amazon delivery. YOU need to take the step.



WHEN A BIG THING WANTS TO HAPPEN

The information and ideas necessary for a big idea are hidden in a mosaic. You become drawn to different types of people, experiences, books – little bits of the picture are hidden inside of these places and people. When this starts to happen, dreams become birthed through what we call a **LIQUID NETWORK**.





WHAT IS A LIQUID NETWORK?

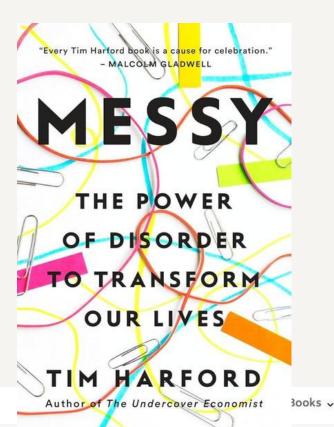
Where IDEAS flow easily.

The collective flow of energized minds working on a problem. - So the good idea didn't occur in isolation, but within a network.

Steven Johnson, Where Good Ideas Come From

As we bring things into community, ideas flow faster. Not only are MORE ideas birthed in these types of networks, but each individual becomes core CREATIVE as ideas bump up against each other.

Think of this when you're conceiving your future!



TIM HARFORD

This, unsurprisingly, drove people mad. "I wanted to hit you," one participant later admitted. Empowering people to lay out their own space led to happier, more productive workers. Stripped of that freedom, everyone's productivity fell and some felt quite ill.

The principle of benign neglect may well operate on a larger scale. Consider Building 20, one of the most celebrated structures at Massachusetts Institute of Technology. The product of wartime urgency, it was designed one afternoon in the spring of 1943, then hurriedly assembled out of plywood, breezeblocks and asbestos. Fire regulations were waived in exchange for a promise that it would be pulled down within six months of the war's end; in fact the building endured, dusty and uncomfortable, until 1998.

Podcasts

Speaking

During that time, it played host not only to the radar researchers of Rad Lab (nine of whom won Nobel Prizes) but one of the first atomic clocks, one of the first particle accelerators, and one of the first anechoic chambers — possibly the one in which composer John Cage conceived 4'33. Noam Chomsky revolutionised linguistics there. Harold Edgerton took his high-speed photographs of bullets hitting apples. The Bose Corporation emerged from Building 20; so did computing powerhouse DEC; so did the hacker movement, via the Tech Model Railroad Club.

Building 20 was a success because it was cheap, ugly and confusing. Researchers and departments with status would be placed in sparkling new buildings or grand old ones — places where people would protest if you nailed something to a door. In Building 20, all the grimy start-ups were thrown in to jostle each other, and they didn't think twice about nailing something to a door — or, for that matter, for taking out a couple of floors, as Jerrold Zacharias did when installing the atomic clock.

As Stewart Brand drily remarked in How Buildings Learn (UK) (US) Building 20 worked because "nobody cares what you do in there".

If benign neglect works for your colleague's desk and it works for an entire building, what about a grander scale still? What about a city neighbourhood?

Dopamine

2 Separate People

- optimize this neurotransmitter through visualization and food
- you must think differently from the person that brought you this far, to get you to the next stage

Beliefs

- question what you've been conditioned to believe about yourself and your worth
- expect more from yourself

TODAY'S APPROACH

Liquid Networks

- ideas flow easily when a community of people are working together
- people from different backgrounds, with constraints (building 20) fosters innovation
- anything is possible
- "you never know who you're talking to"

Adjacent Possibile

- everything you desire is possible
- don't focus on what's so far "out there", instead focus on your BEST NEXT STEP
- increase the circumference of what's possible

Setpoint

- are you the thermostat or the thermometer?
- where is your thermostat set currently and how can you increase the temperature of your life?

THE LAST PRINCIPLE

THE FORCE THAT THROUGH THE GREEN FUSE DRIVES THE FLOWER

DYLAN THOMAS

STATE IS EVERYTHING

We've all felt connected to something greater than just us.

We have those moments where everything flows effortlessly. We also know those moments when we feel disturbed with inaction, that we just "can't take it anymore" Both of these feelings are powerful.

Whether something is pulling us towards our future or whether we're pushing against a familiar past - doesn't really matter.

Like the force that through the green fuse drives the flower, you too have that same force within you, pushing you towards a future greater than you could have ever imagined.



DO YOU HAVE YOUR GOALS WRITTEN?

From our goal setting session in

Goal Setting

YOU'RE GOING TO HAVE 3 CATEGORIES OF GOALS

For each category, I want you to set a timer for 6 minutes and write.

Write without thinking.



PERSONAL DEVELOPMENT GOALS

This is all about who you're committed to becoming. Think in the areas of emotional, mental, social, spiritual, physical etc.

THINGS & EXPERIENCES GOALS

You're putting Santa's list together. If you could have and experience ANYTHING, what would it be? Do not hold back!

FINANCIAL, MONEY MACHINE & CONTRIBUTION GOALS
How much money will you make? What does freedom look like?
How much money will you donate? How will you create impact?



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