



EXPLORATIONS & PRACTICES

the ART of IMPOSSIBLE
by Steven Kotler
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IMPOSSIBLE

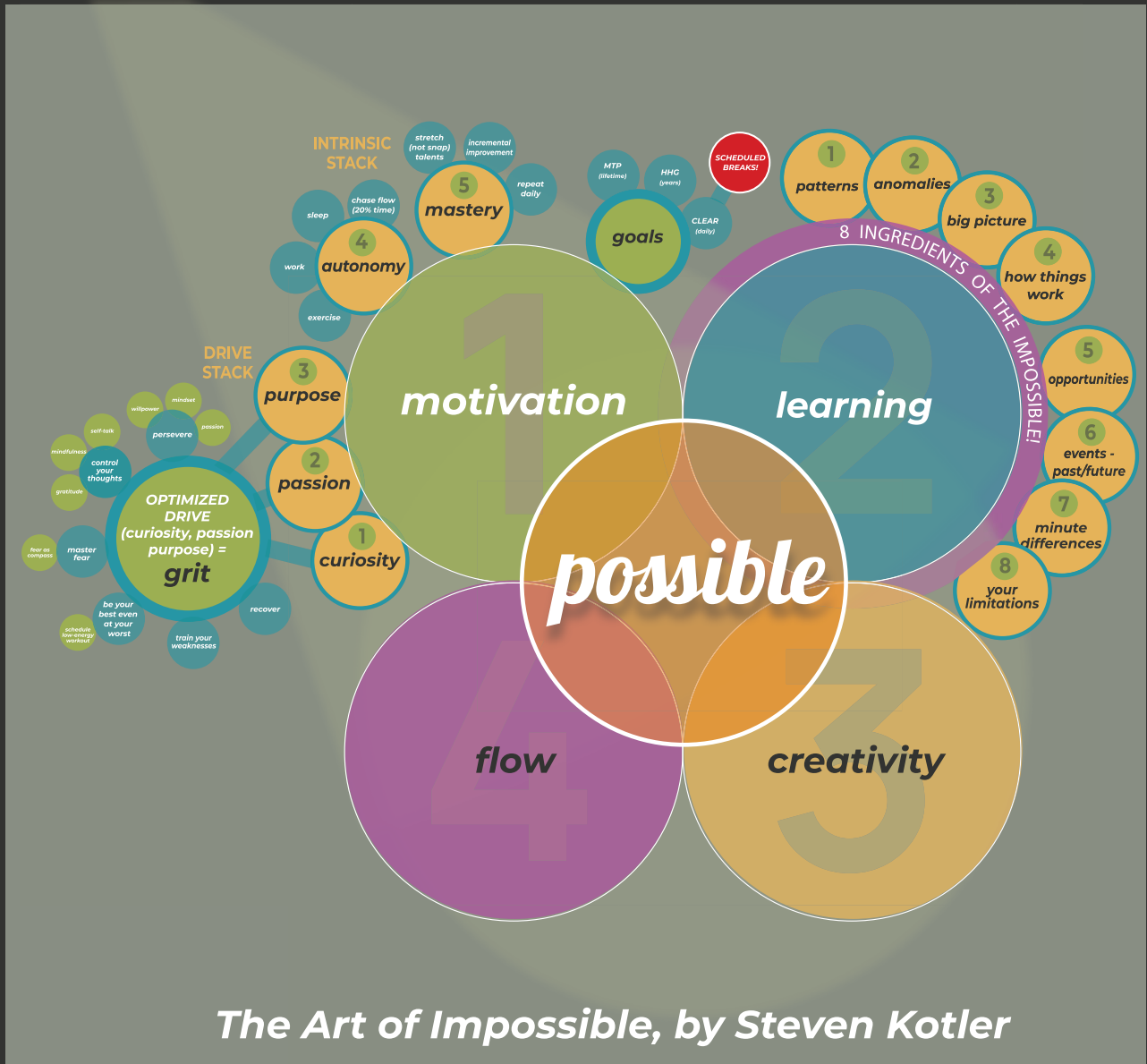


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Glossary of terms (p 18 - 19)

Drive/Curiosity: **TASK 1: The List!** Write a list of 25 things you are curious about (be specific, not general topics).

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

EXERCISE: Feed your curiosities.

Play in the intersections 20-30 minutes per day.

Kotler tells us that, “a slow-growth strategy takes advantage of how the brain processes this information. Incubation = pattern recognition. Over time, this develops expertise, which leads to less work.”

EXERCISE: Go Public.

Kotler instructs us to, *“light the fire with a series of public successes. Positive feedback from others can fuel our purpose. Social reinforcement increases the brain to release more dopamine and increases curiosity and passion. Simple conversations will be fine. Teach people about what you are learning. Relating to others helps your purpose to survive and thrive.”* And, he adds, *“purpose creates a forcefield and protects you from yourself and the threat of you being swallowed whole by your new passion. Purpose acts as a rallying cry and attracts others to your cause.”*

Drive/Purpose: **TASK4: Putting purpose into practice.** Write down 15 problems in the world you would love to see solved. Kotler asks, “what keeps you up at night? Be as specific as possible.”

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

*{The more you optimize the 3 components of “Drive,”
“Grit” will naturally develop.}*

EXERCISE: The Big Picture.

Fuel your purpose, first as a hobby, on nights and weekends. This will take the pressure off of you relying on this new venture to pay your bills. Once momentum and income increase, your new purpose can become your new career if you wish.

EXERCISE: Autonomy

List some actions you can take to gain more autonomy with: exercise, work, sleep, and chasing flow (20% time). Schedule these on your calendar.

EXERCISE: Mastery

What are the next, small but immediate steps you need to take to obtain mastery and expertise (remember to stretch your abilities, not to the point of snapping them). Get these on your calendar, and take steps daily.

Goals: **TASK:** How are the 3 strata of your goals stacking up? Take a moment to list some here.

Massively Transformative Purpose [MTP] (*may take a lifetime*) _____

High, Hard Goal [HHG] (*may take years to accomplish*)

Clear Goals (daily task list) *Establish what's **your maximum** number, then write this list at the end of each day, for the day to follow.*

What will you do tomorrow? *Write that list here: (remember, you get a hit of dopamine each time you check a box!)*

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

EXERCISE: *Relax!*

List relaxing, rejuvenating, fun... things you can do during your scheduled breaks.

Grit: TASK 1: Mindset - Identify a challenge you are facing. What effort/s can you employ to overcome this? Do you see a pattern where you make the same mistake over and over: What can you do differently next time? What curiosities do you have that, by seeking their answers, might point you in the path of a solution to your challenge?

Challenge: _____

Efforts: _____

Patterns I repeat/Curiosities/New actions: _____

Grit: TASK 2: Persistence - What is one, low-energy workout (Kotler does 200 pushups) you can do for challenging days?

Grit: TASK 3: Mental Hygiene - What negative phrase do you hear in your mind? (List that here). Then, write 3 positive attributes you possess that override the negative belief.

1. _____

2. _____

3. _____

GLOSSARY OF TERMS:

DRIVE: Powerful emotional motivators that drive our behavior automatically.

STACK: Cultivate, align, amplify, and deploy

MTP: Massively Transformative Purpose

HHG: High, Hard Goal

GREAT SUMMARY OF BOOK

KEY TO THE 6 PLEASURE DRUGS:

DOPAMINE

Affect: produces all the stages of desire. excitement, meaning, enthusiasm

Experiences: play, dancing or cooking, sex, shopping

Dopamine helps with these functions: 1. Focus, 2. Tuning signal to noise ratios, 3. helps us to detect more patterns and then creative ideas tend to spiral, 4. it is a reward chemical/feel good drug which drives behavior, and 5. amplifies memory.

OXYTOCIN

Affect: produces: trust, love, and friendship. underpins fidelity and empathy; and heightens cooperation and communication

Experiences: play, connecting with others

NOREPINEPHRINE

Affect: produces increase in energy and alertness. This is present when you are obsessed with an idea, can't stop working on a project, or thinking about a person you just met.

Experiences: exercise, sleep, small accomplishments, music, meditation

SEROTONIN

Affect: calming, peaceful chemical, providing a gentle lift in mood, satisfaction, contentment, and the "feeling of a job well done"

Experiences: exercise, gratitude, self-care, spending time with people you love

ENDORPHINES & ANANDAMIDE

Affect: painkilling bliss producers. heavy-duty weight lifters, euphoria, relaxed happiness, "all is right in the world"

Experiences: runner's high, exercise, sex, laughter, dancing, and listening to music

PAIRINGS:

Dopamine + Oxytocin = blend beneath the delight of play

Norepinephrine + Dopamine = passion, like an artist for their craft, to the passion of romantic love

All 6 = FLOW is the biggest neuro-chemical cocktail of all. It may be the only time you get all 6 at one time. Flow is the source-code for intrinsic motivation.