

Unlocking Pristine Clarity

Key Takeaways

- ① Formula For “Impossible”
- ② The Pygmalion Effect
- ③ Chunking

Quote:

“Do you want to know who you are? Don't ask. Act! Action will delineate and define you.”

— Witold Gombrowicz.

Passion Recipe



Passion Recipe Implementation

Step 1: Make a list

- Fill in these 25 circles with things you are curious about. Things that if you had a spare weekend, you'd be interested in reading a couple of books on the topic and maybe having a conversation or two with an expert.
- Get specific. Rather than listing general things like football or punk rock or food. List things like "the pass blocking mechanics required to play left tackle; the evolution of political punk from Crass to Rise Against; or the potential for grasshoppers to become a primary human food source in the next five years." The more specific, the better.

Step 2: Hunt for Intersections

- Draw a line between the circles that could overlap
- Write down the connecting question. E.g. If both grasshoppers as food and the mechanics of playing left tackle are on your list, then you could intersect them as follows: "I'm into pass blocking mechanics, I'm also interested in the nutritional requirements required to play left tackle most effectively. Insects are exceptionally high in protein—would they make good football food?"

Step 3: Play in the Intersections

- For 21 days, spend 10-20 minutes a day reading an article, listening to a lecture, reading a book or otherwise feeding the curiosities.
- Write your insights down each day on this sheet and watch your curiosity slowing morphing into a passion

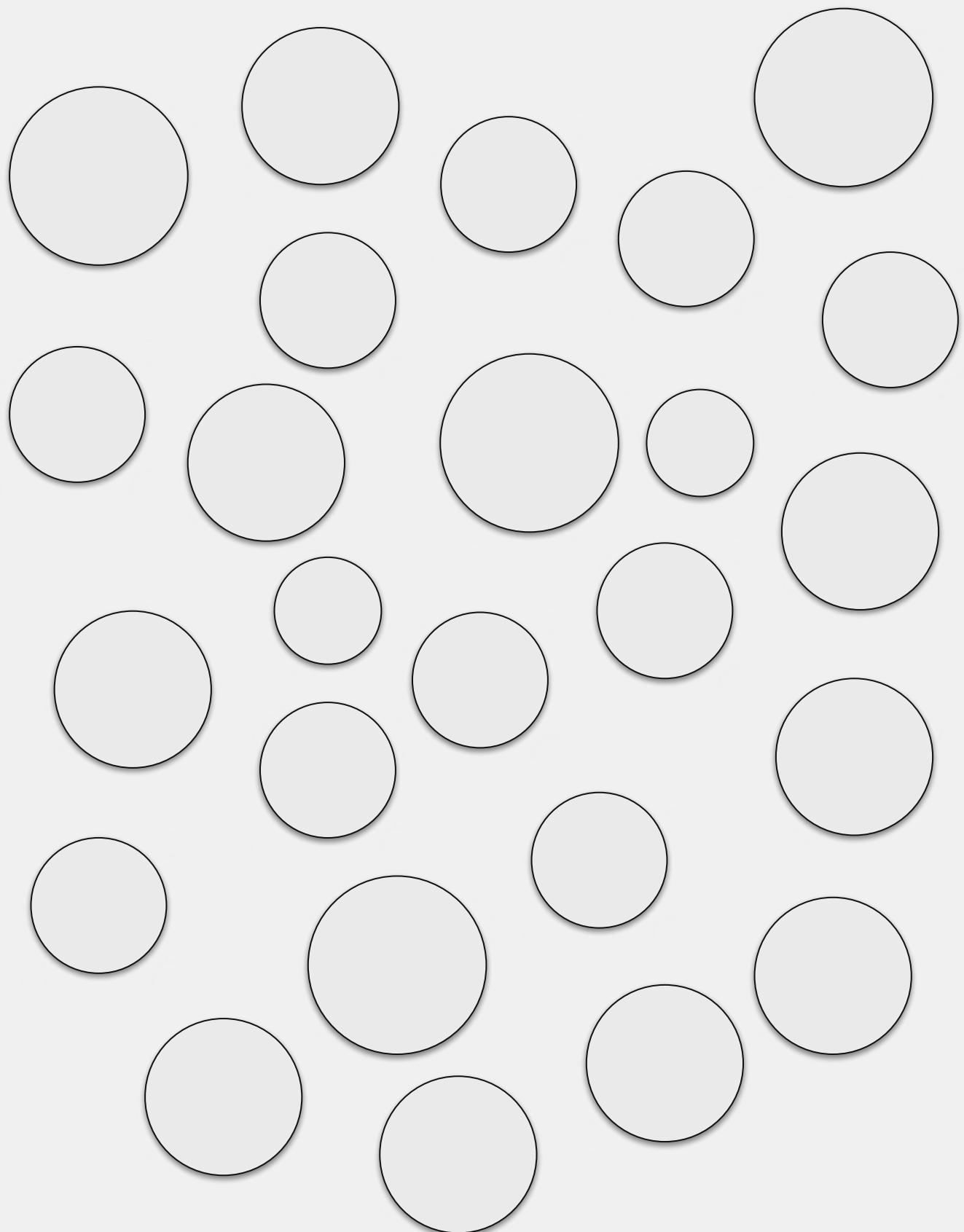
Step 4: Go Public

- Talk with a friend about what you have explored.
- Pay attention to when they lean in and ask questions and when they lose interest. This will help you sharpen the areas that you want to focus on learning more about..

Step 5: Turning Passion into Purpose

- Write down 15 Global Challenges you would like to see solved. Hint: what breaks your heart or makes you angry? E.g. poverty, hunger, child abuse, education, clean water, trauma, energy, gender equality, racism, etc.
- Identify which challenges your passions could help solve. Write your passion down in the box next to the challenge.

25 Curiosities



Play in the intersections

Day 1:	Day 8:	Day 15:
Day 2:	Day 9:	Day 16:
Day 3:	Day 10:	Day 17:
Day 4:	Day 11:	Day 18:
Day 5:	Day 12:	Day 19:
Day 6:	Day 13:	Day 20:
Day 7:	Day 14:	Day 21:

Turning Passion into Purpose

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

Passion Recipe Deep Dive Resources

Diamandis, Peter H., and Steven Kotler. Bold: How to Go Big, Create Wealth and Impact the World. London: Simon & Schuster, 2017.

Deci, Edward L., and Richard M. Ryan. Intrinsic Motivation and Self-Determination in Human Behavior. New York: Plenum Press, 1985.

Ryan, Richard M., and Edward L. Deci. "Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being." American Psychologist 55, no. 1 (2000): 68–78. <https://doi.org/10.1037/0003-066X.55.1.68>.

"The Psychology and Neuroscience of Curiosity." Neuron 88, no. 3 (2015): 449–60. <https://doi.org/10.1016/j.neuron.2015.09.010>

"Phasic Dopamine Release in the Medial Prefrontal Cortex Enhances Stimulus Discrimination." Proceedings of the National Academy of Sciences 113, no. 22 (2016). <https://doi.org/10.1073/pnas.1606098113>

"Dopamine and the Regulation of Cognition and Attention." Progress in Neurobiology 67, no. 1 (2002): 53–83. [https://doi.org/10.1016/S0301-0082\(02\)00011-4](https://doi.org/10.1016/S0301-0082(02)00011-4)

"Dopaminergic Reward System: a Short Integrative Review." International Archives of Medicine 3, no. 1 (2010): 24. <https://doi.org/10.1186/1755-7682-3-24>.

National Academies Press (US); 1992. 8. Learning, Recalling, and Thinking. Sawyer, Keith. "Enhancing Creative Incubation." 2013.

Exercise

Goal Stacking

Step 1: Identify and write down 15 Grand Global Challenges you would like to see solved. (Hint: This is where you left off with the passion recipe)

Step 2: Get ultra-specific with the challenges you want to tackle. Rather than “trauma”, it may be “the neuroscience of fear memory extinction” List out the specific aspects of each challenge you are interested in.

Step 3: Link the specific challenges with your passions (Hint: Use your passions list from the passion recipe)

Goal Stacking

Grand Challenges:	Specific Aspect:	Passions:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13		
14.		
15.		

Step 1: Craft your Massively Transformative Purpose (one sentence):

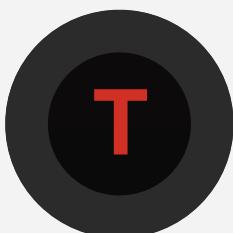
Goal Stacking Implementation

Double Check it



Is it Massive?!

Audaciously big and aspirational (you should probably 10x it)



Is it Transformative?!

Can cause significant transformation to an industry, community or to the planet.

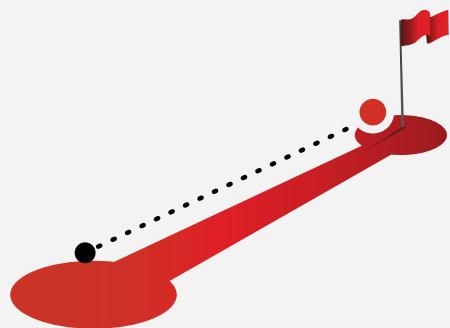


Is it Purposeful?!

A clear “why” behind it, that you’re passionate about. Something that unites and inspires action.

Goal Stacking Implementation

Next In The Stack - Your High Hard Goals



Duration

1 - 5 Years

Specificity

Measurable,
Definable,
Binary

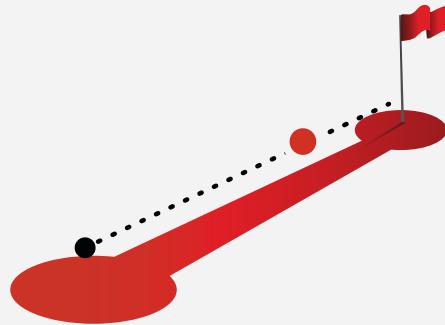
Example

To write a book on
conscious capitalism
and sell 400,000 copies.

My High Hard Goal:

Goal Stacking Implementation

Next In The Stack - Your Annual Goals



Duration

Annual, as per calendar year

Specificity

Measurable,
Definable,
Binary

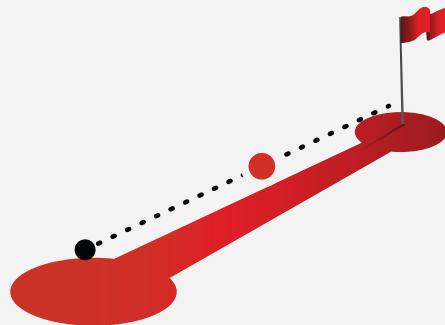
Example

Finish writing conscious capitalism book, sell book to publisher for \$100,000+.

My Annual Goal:

Goal Stacking Implementation

Next In The Stack - Your Quarterly Goals



Duration

Quarterly, as per financial quarter

Specificity

Very
Measurable,
Definable,
Binary

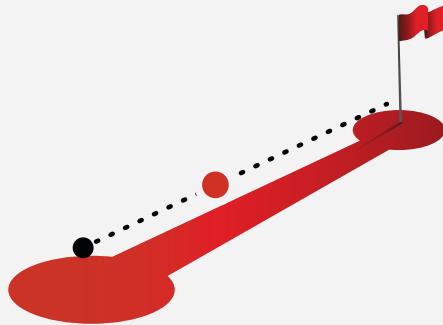
Example

Write, edit and proof chapters 1 - 17, so they're publication ready, and outline chapters 17 - 30.

My Quarterly Goals:

Goal Stacking Implementation

Next In The Stack - Your Monthly Goals



Duration

Monthly, as per calendar month

Specificity

Very Measurable, Definable, Binary

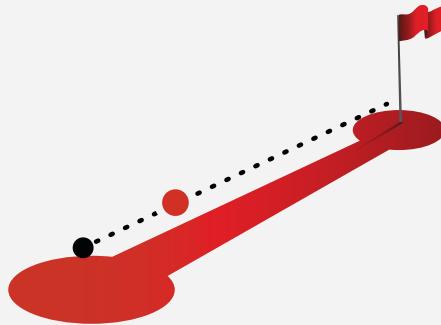
Example

Finish writing chapter 1 - 6 and ensure they're publication-ready.

My Monthly Goals:

Goal Stacking Implementation

Next In The Stack - Your Weekly Goals



Duration

Weekly, ideally
Sunday to
Sunday

Specificity

Very
Measurable,
Definable,
Binary

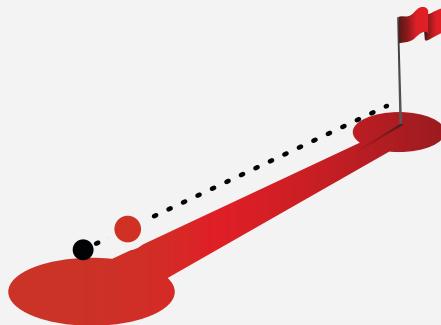
Example

Finish chapter 19 and
edit it entirely so it's
publication-ready. The
daily weekly 3x3
unlocking moves.

My Weekly Goals:

Goal Stacking Implementation

Next In The Stack - Your Clear Goals



Duration

Attached to
every daily
goal

Specificity

Extreme,
ridiculous,
minute detail

Example

1. Research stats around capitalism
2. Paste stats around capitalism back into primary document
3. Clean-up and edit capitalism stats
4. Weave stats into prose for section 1.

My Clear Goals:

The failure point of clear goals? Not clear enough!!!!
You need to master the art of deconstruction to set clear goals.

Goal Stacking Implementation

Next In The Stack - Your To-Do List



A Cognitive Load Tool

Not An Accomplishment Tool

Ideally

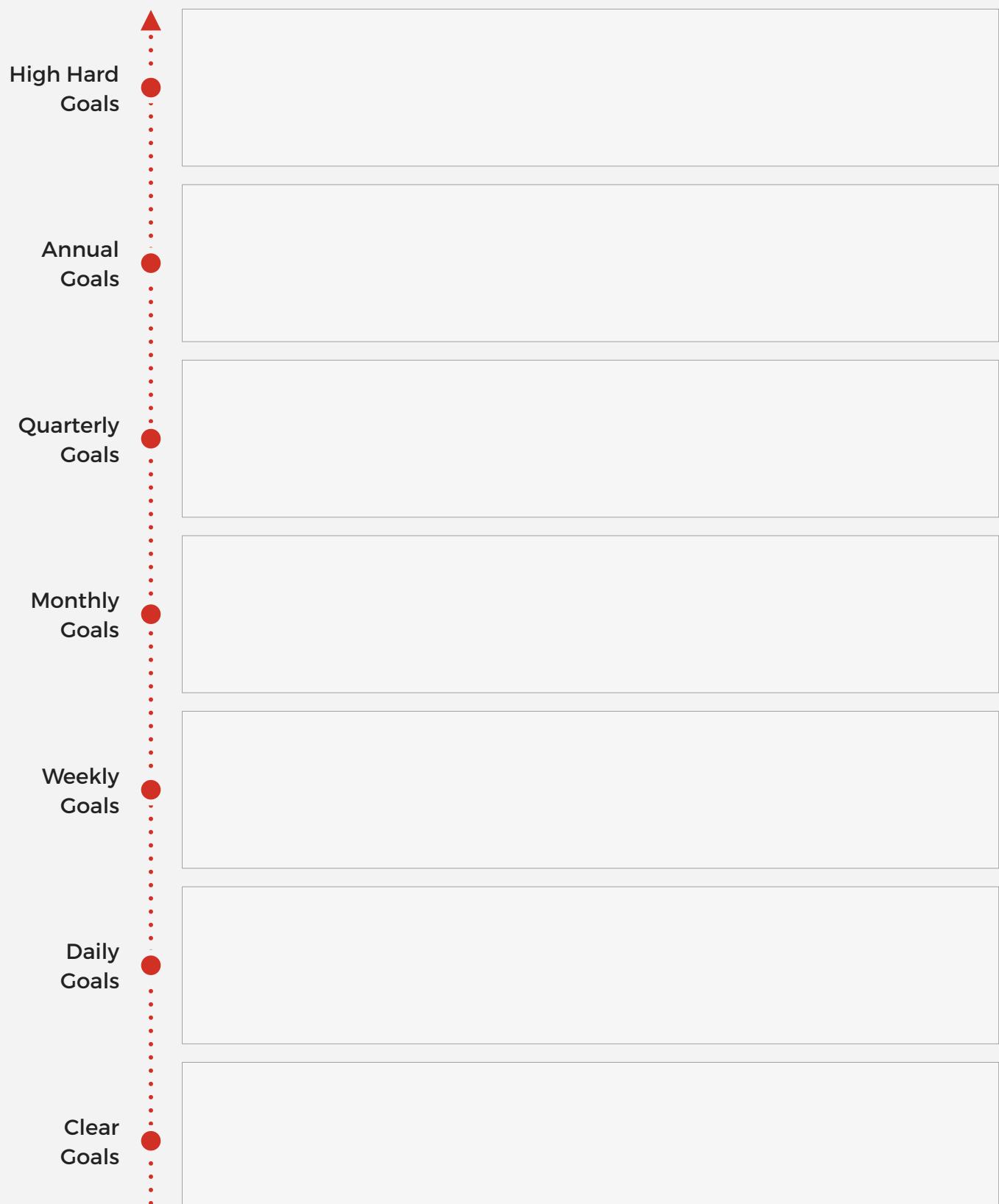
Building a life where we don't need to-do list.

But

To annihilate cog load, keep a simple to-do list where you throw down random errands you have to do so you're holding nothing in mind.

My To Do's:

Weekly Review



To Do's



Glossary

Chunking: In cognitive psychology, chunking is a process by which individual pieces of an information set are broken down and then grouped together in a meaningful whole.

Reverse Engineer: to disassemble and examine or analyze in detail (a product or device) to discover the concepts involved in manufacture usually in order to produce something similar.

Growth Belief Spotlight: Growth Belief determines possible actions which determine results.

Growth Mindset: "In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." (Dweck, 2015)

Internal Locus of Control (ILOC): "A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation)" (Zimbardo, 1985)

Compound Effect: The compound effect is the idea that small actions build up over time.

Reticular Activating System: A diffuse network of nerve pathways in the brainstem connecting the spinal cord, cerebrum, and cerebellum, and mediating the overall level of consciousness.

Notes

Lesson Resources

1. [Incognito: The Secret Lives of the Brain](#)

By David Eagleman

2. [The Pygmalion effect](#)

By The Decision Lab

3. [Neuroanatomy, reticular activating system](#)

By Joseph H. Arguinchona & Prasanna Tadi

4. [Toward a theory of task motivation and incentives](#)

By Locke Edwin A

5. [Assigned versus participative goal setting with educated and uneducated woods workers.](#)

By Latham G. P. & Yukl G. A.

6. [The magical number seven, plus or minus two: some limits on our capacity for processing information.](#)

By Miller G. A.