



Defining Dangerous

Key Takeaways

- 1 How We Play At The Collective
- 2 The Difference Between Zero and Dangerous
- 3 Personality Doesn't Scale / Biology Scales
- 4 Collective Responsibilities
- 5 The Bounds of Flow Knowledge
- 6 Difference Between an Average Performer and Peak Performer

Quote:

“The great thing then in all education, is to make our nervous system our ally instead of our enemy.”

— William James

Diagnostic

Zero & Dangerous Self Diagnostic

Exercise

Scoping Your Vision of Dangerous

See next page for details

Exercise

Scoping Your Vision of Dangerous

The Internals – A vivid depiction of your internal experience. How you feel, relate to others, express yourself.

- When engaging with my loved ones, I feel...
- When faced with adversity, I feel...
- Every morning I wake up with a sense of...
- When I start my work for the day, I feel...
- When I finish my work for the day, I feel...
- When I am engaging in my favorite hobbies, I feel...
- When I am home, I feel...
- In my leisure time, I feel...

Exercise

Scoping Your Vision of Dangerous

The Externals – What you want your world to contain and what you want to be doing?

- Where do you live?
- What does your home environment look like?
- What particular features in your home make you feel at home?
- What particular things do you live close to that adds value to your life?
- What time do you wake up in the morning?
- What does your work schedule look like?
- What hobbies are you engaging in?
- Are you working on any skill sets outside of work?
- How much time are you spending with your loved ones?
- How much time are you spending on work?
- How much time are you spending on yourself?
- What are the 3 things you are most proud of yourself for accomplishing in the past 3 years?
- What things have gotten much easier for you over the past 3 years?
- What new goals do you have at this point?
- What kind of people do you surround yourself with?
- How do you feel in your body?
- How satisfied are you with your income?
- What habits are in place now that weren't 3 years ago?
- What 3 words describe your lifestyle?
- What 3 things are you most excited about?

Exercise

Scoping Your Vision of Dangerous

The Pre-Mortem – Things that may prevent you from realizing 1 or 2.

- On a scale of 1-10, how confident are you that you have the skill sets required to achieve this dream?
- What are your hesitations when you think about your future?
- What things do you see as potential risk factors for you achieving this dream?
- What has kept you blocked in the past?
- What has been your biggest strength in the past?

After doing this exercise, what 3 things became more clear for you about where you are headed?

Notes

Lesson Resources

1. [EEG marker for mental fatigue](#)
By O.Geoffrey Okogbaa
3. [Employee burnout: the biggest myth](#)
By Ben Wigert
5. [Work can be stressful, dangerous and sometimes great](#)
By April Fulton
6. [How CEOs manage time](#)
By Michael E. Porter and Nitin Nohria
7. [The science and fiction of meetings](#)
By Steven G. Rogelberg, Cliff Scott and John Kello
8. [How to stop wasting 2.5 hours on email every day](#)
By Annabel Acton
10. [The U.S. is the Most Overworked Developed Nation in the World](#)
By G.E. Miller
11. [American time use survey- 2019 results](#)
By U.S. Bureau of Labor Statistics
12. [Time Management Facts and Figures](#)
By Jeff Nagle
13. [The State of Work Life Balance in 2019: What we learned from studying 185 million hours of working time](#)
By Jory MacKay
14. [Stress Research](#)
By American Psychological Association
15. [The Anatomy of Work Index](#)
By Asana