

Z2D Overview + Difference between Z and D (4.0)

Today's Gameplan

- 1 How We Play at the Collective
- 2 The Difference between Zero & Dangerous

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Personality Doesn't Scale Biology Scales

Our Biology Works With Us, Not Against Us



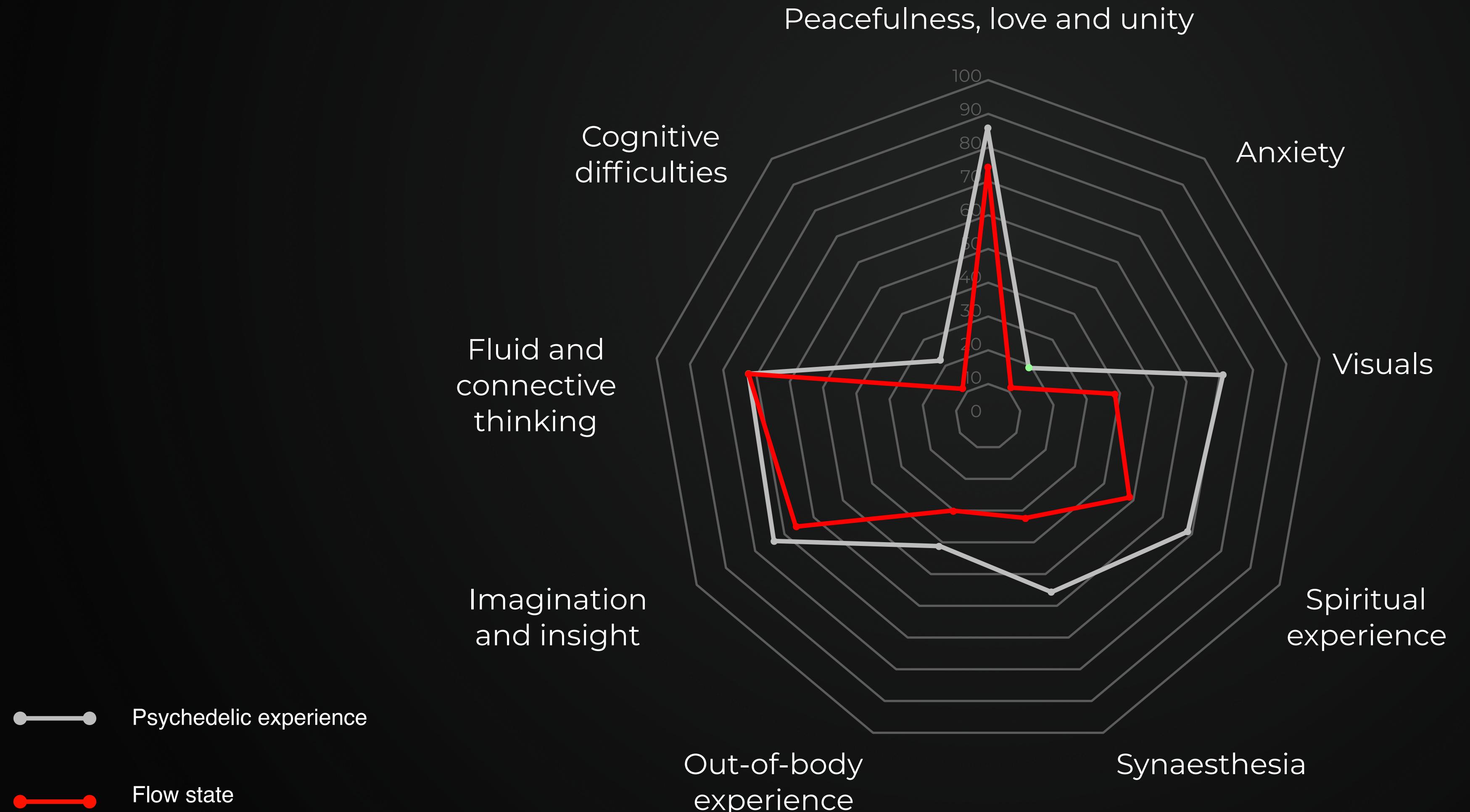
“ The great thing then, in all education,
is to make our nervous system our
ally instead of our enemy. ”

- *William James*

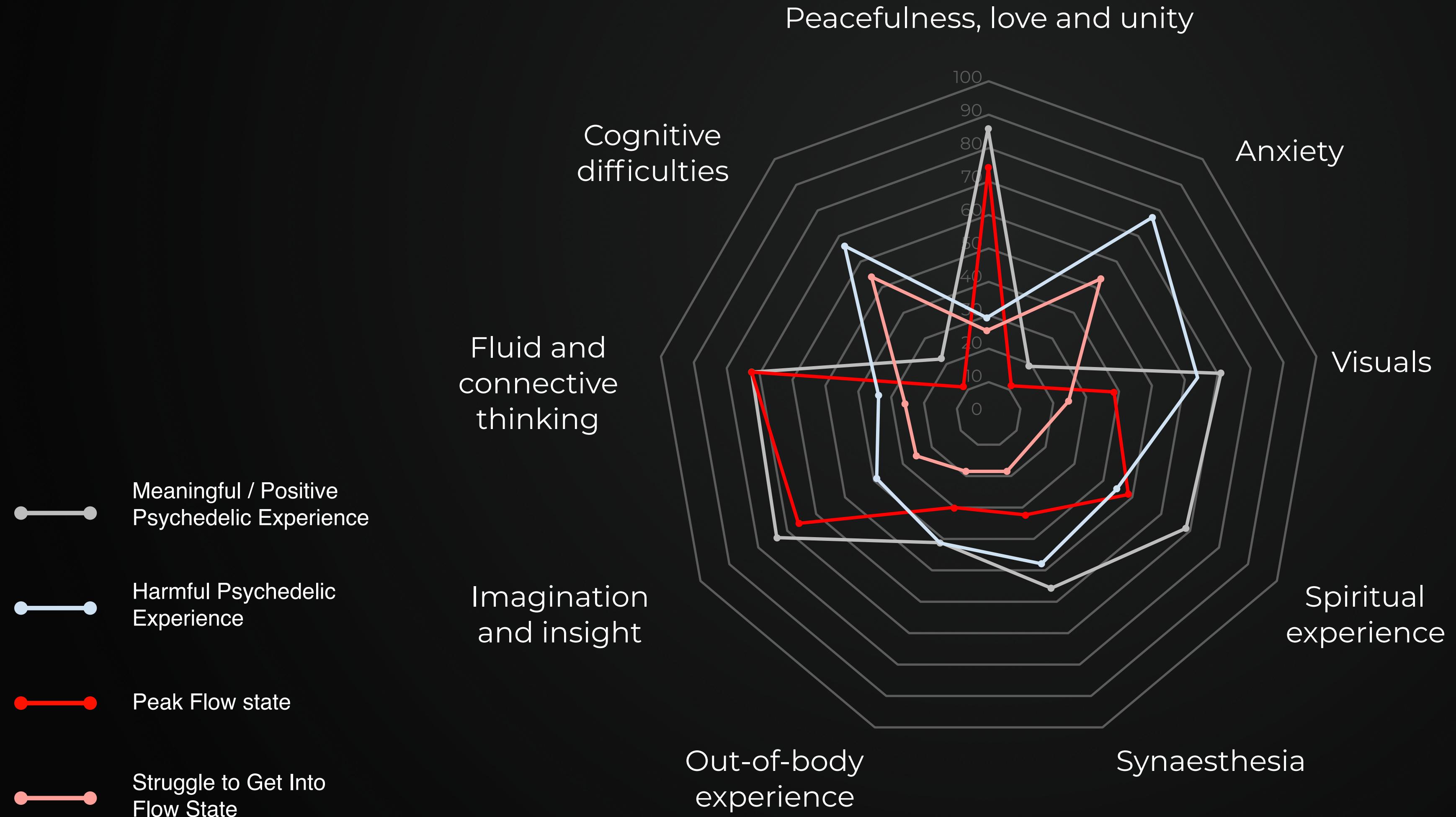
**Inside Out Trumps
Outside In**

We Are **Biologically**
Hardwired for the
Extraordinary

Flow & Psychedelics



Flow Frustration & Bad Trips

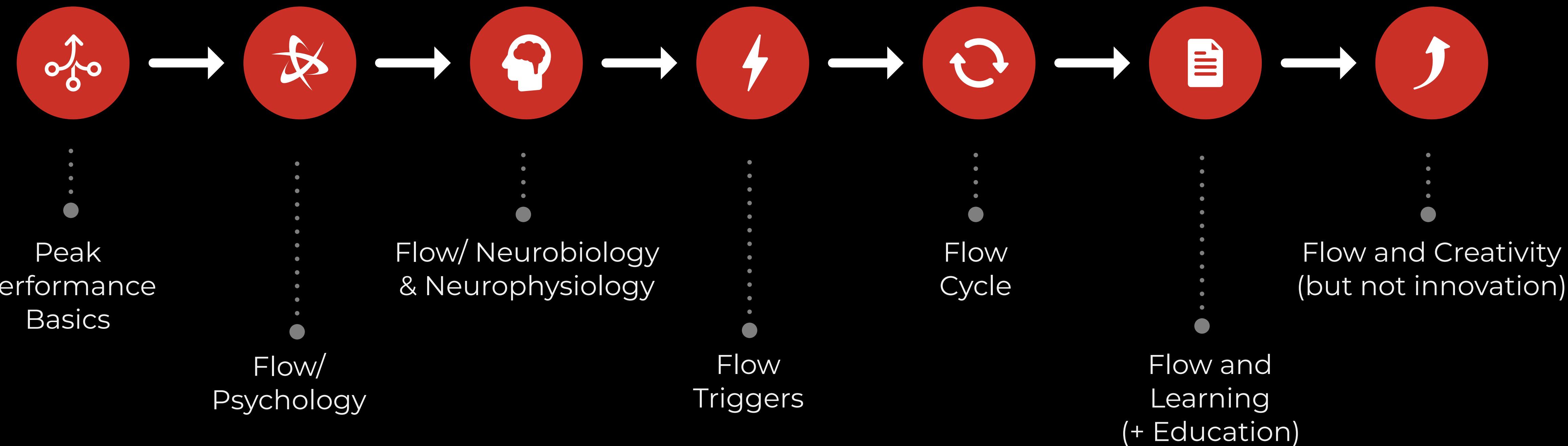


Major Hubs of Flow Research

- 1 Flow Research Collective
- 2 European Flow Researchers Network
- 3 Christian Swann - Aussie Clutch Posse
- 4 Csikszentmihalyi's - Claremont Legacy
- 5 Martin Seligman - University of Pennsylvania



The Bounds of Flow Knowledge



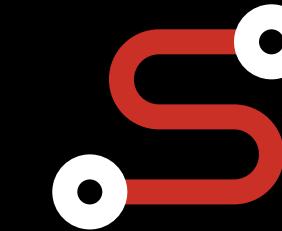
Levels of the Game

- 1** Cognitive Literacy
- 2** Maps & Models
- 3** Mind Hacks
- 4** Body Hacks
- 5** Craft Hacks

Expectations



Peak Performance works
like compound interest



Shit's not sexy



There are no three things
to do Monday morning...

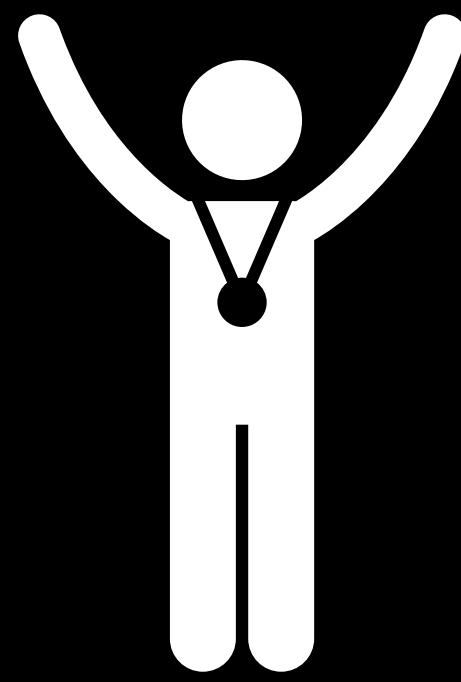
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Zero & Dangerous



Zero



Dangerous

Zero & Dangerous

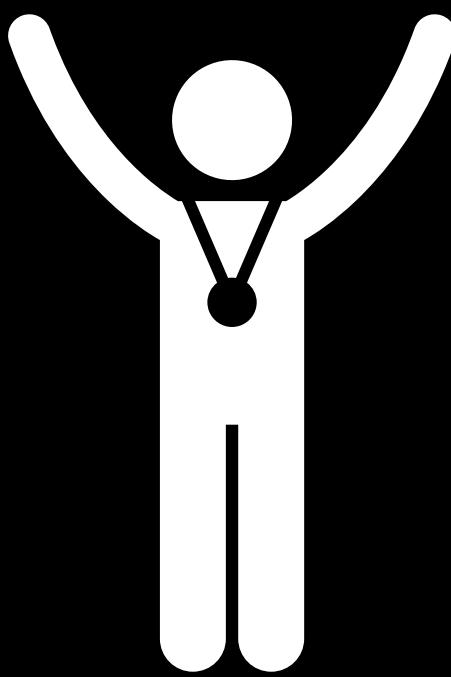
Zero



Average Knowledge Worker

Dangerous

&



Corporate Athlete

Zero & Dangerous

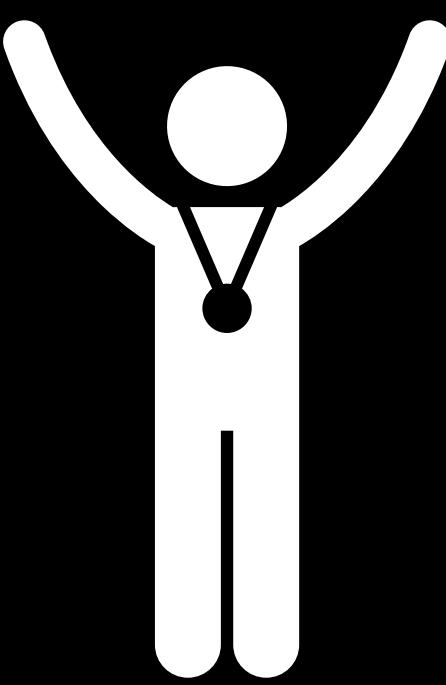
Zero



Average Performer

Dangerous

&



Peak-Performer

The Way We Work is a Trainwreck



Average Knowledge Worker

- 84%** stressed
- 67%** burned out
- 67%** disengaged
- 70%** chronically distracted
- 58%** trust strangers more than boss
- 53%** unhappy at work
- 43%** lack clarity

Average in a Day



Average Knowledge Worker

- 2.3** hours of work per day
- ½** day duplicate work per week
- 36** email checks per hour
- 56** disruptions per day
- 36** hours unnecessary meetings
- 11** minutes focus per day
- 44%** distraction self-inflicted

Difference In Work Day between Zero & Dangerous

Zero

- 2.3** hours of work per day
- ½** day duplicate work per week
- 36** email checks per hour
- 56** disruptions per day
- 36** hours unnecessary meetings
- 11** minutes focus per day
- 44%** distraction self-inflicted

Dangerous

- 6+** hours of flow per day
- 0** duplicate work
- 2** checks per day (3 batches per week)
- 0** disruptions per day
 - Async & collapsing meetings
- 3** hour flow blocks per day X2
- 0** self-inflicted distractions (impulse control)

VS

The Real Difference between Zero & Dangerous

Zero

- ‘Hustle’
- Reactive
- Time focused
- Busy
- Frantic rushing
- Flow is rare & random
- Uses brain to store
- Lives in struggle phase

Dangerous

- Accurate execution
- Strategic
- Output focused
- Accomplished
- Calm composed
- Flow is systematic
- Uses brain to think
- 50%+ per day in flow

VS



Difference In Physiology between Zero & Dangerous

Zero

Average Knowledge Worker

No/passive recovery

Willpower reliant

Fights biology

Cortisol, adrenaline fueled

Limited by physiology

Body as pleasure tool

State out of control

Absent minded

Dangerous

Corporate Athlete

Active recovery

Intrinsically driven

Leverages biology

Flow fueled

Propelled by physiology

Body as foundation

State managed

Intensely present

VS



Broad Differences between Zero & Dangerous

Zero

Decent Performer

- Fixed mindset
- Self-orientation
- Seeks entertainment
- Seeks consumption
- At the effect
- Socially conditioned logic
- Hooked on stimulation
- Leaf in the wind



Dangerous

Peak-Performer

- Growth mindset
- Task orientation
- Seeks education
- Seeks production
- At the cause
- First principles logic
- Embraces stillness
- Mission driven

VS

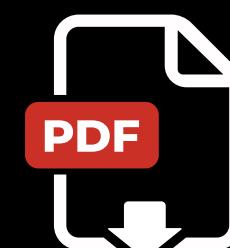


What We Covered:

- 1 How We Play at the Collective
- 2 The Difference between Zero and Dangerous

Exercise:

Scoping Your Vision of Dangerous



Download Workbook
To get started

1 The Internals

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

2 The Externals

What you want your world to contain and what
you want to be doing.

3 The Pre-Mortem

Things that may prevent you from
realizing number 1 or 2.