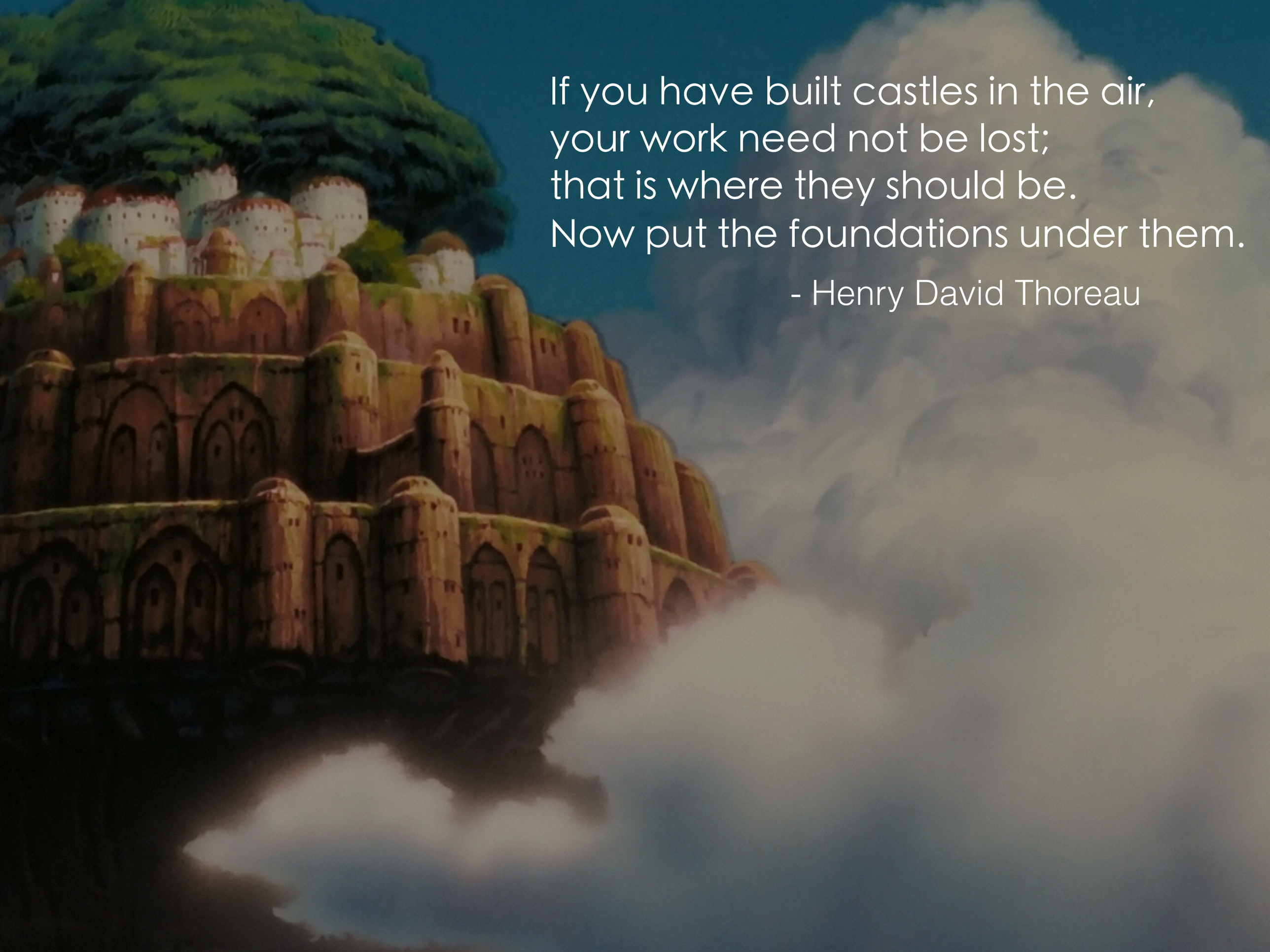
Dream

brought to you by @thejonanshow


If you have built castles in the air,
your work need not be lost;
that is where they should be.
Now put the foundations under them.
- Henry David Thoreau

I know of no more encouraging fact
than the unquestionable ability of man to
elevate his life by conscious endeavor.

- Henry David Thoreau

Foundations

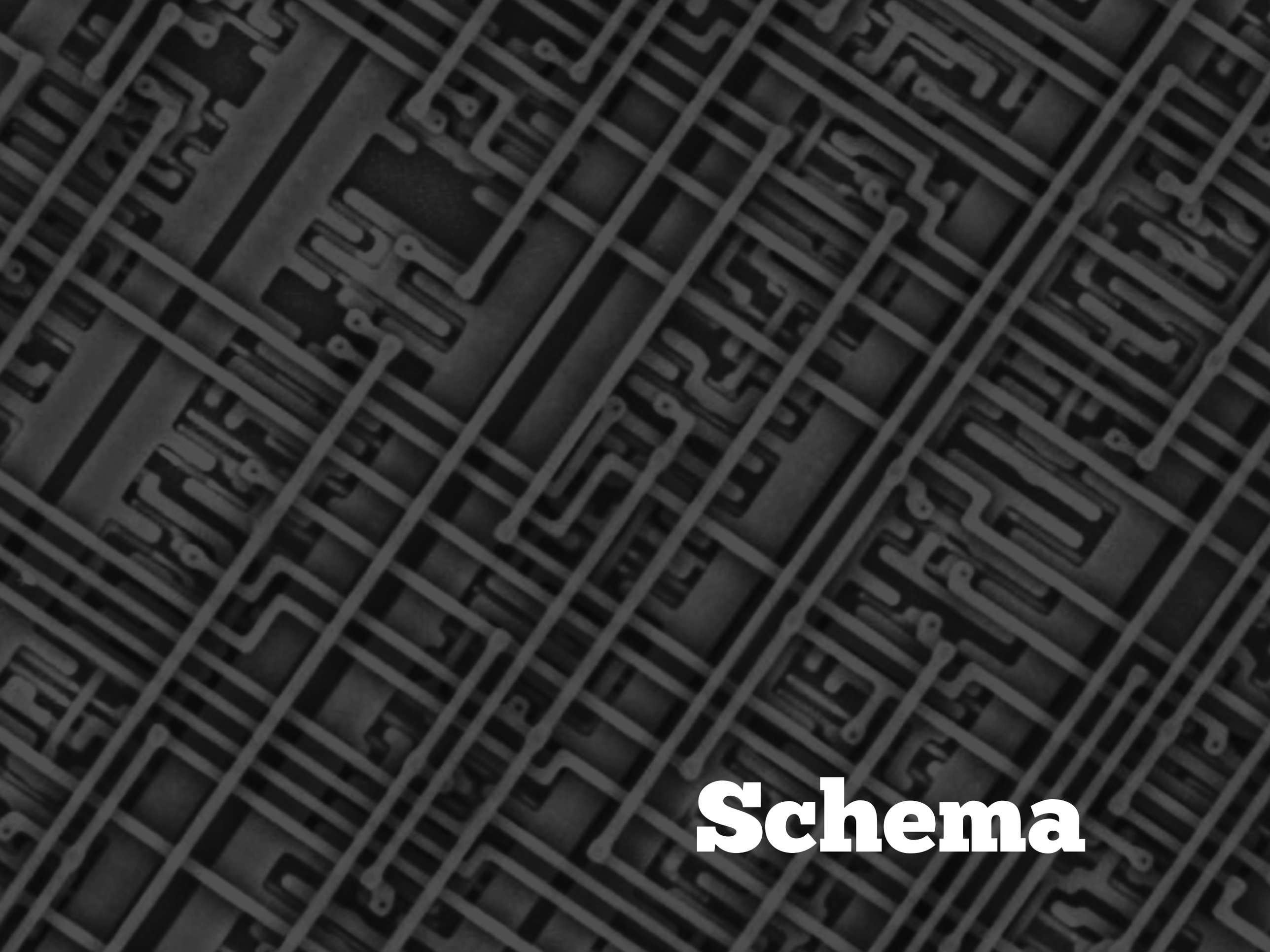
Motivation

Willpower

Ego Depletion: Is the Active Self a Limited Resource?

Roy F. Baumeister, Ellen Bratslavsky, Mark Muraven, and Dianne M. Tice
Case Western Reserve University

[illegible]



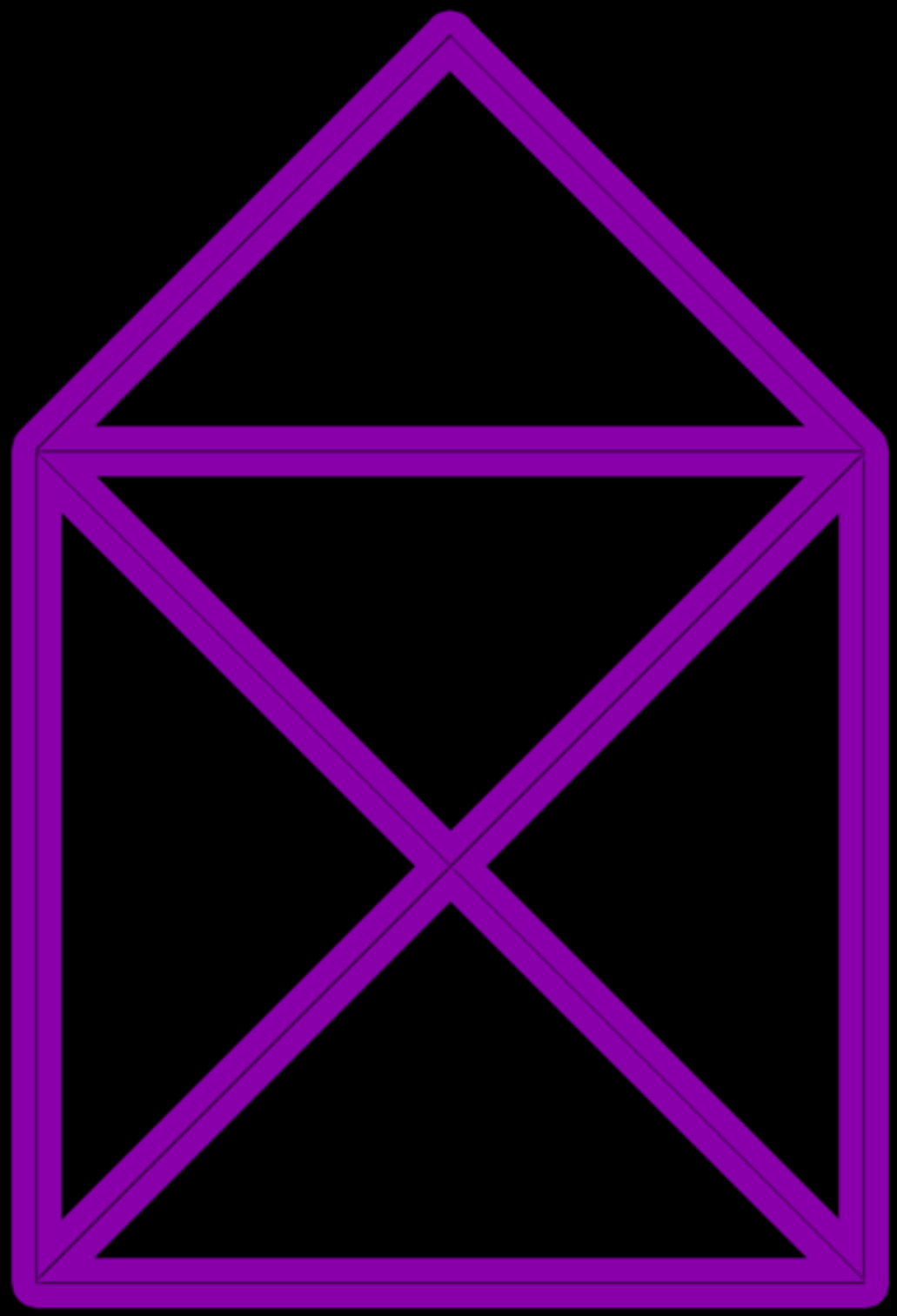
Schema

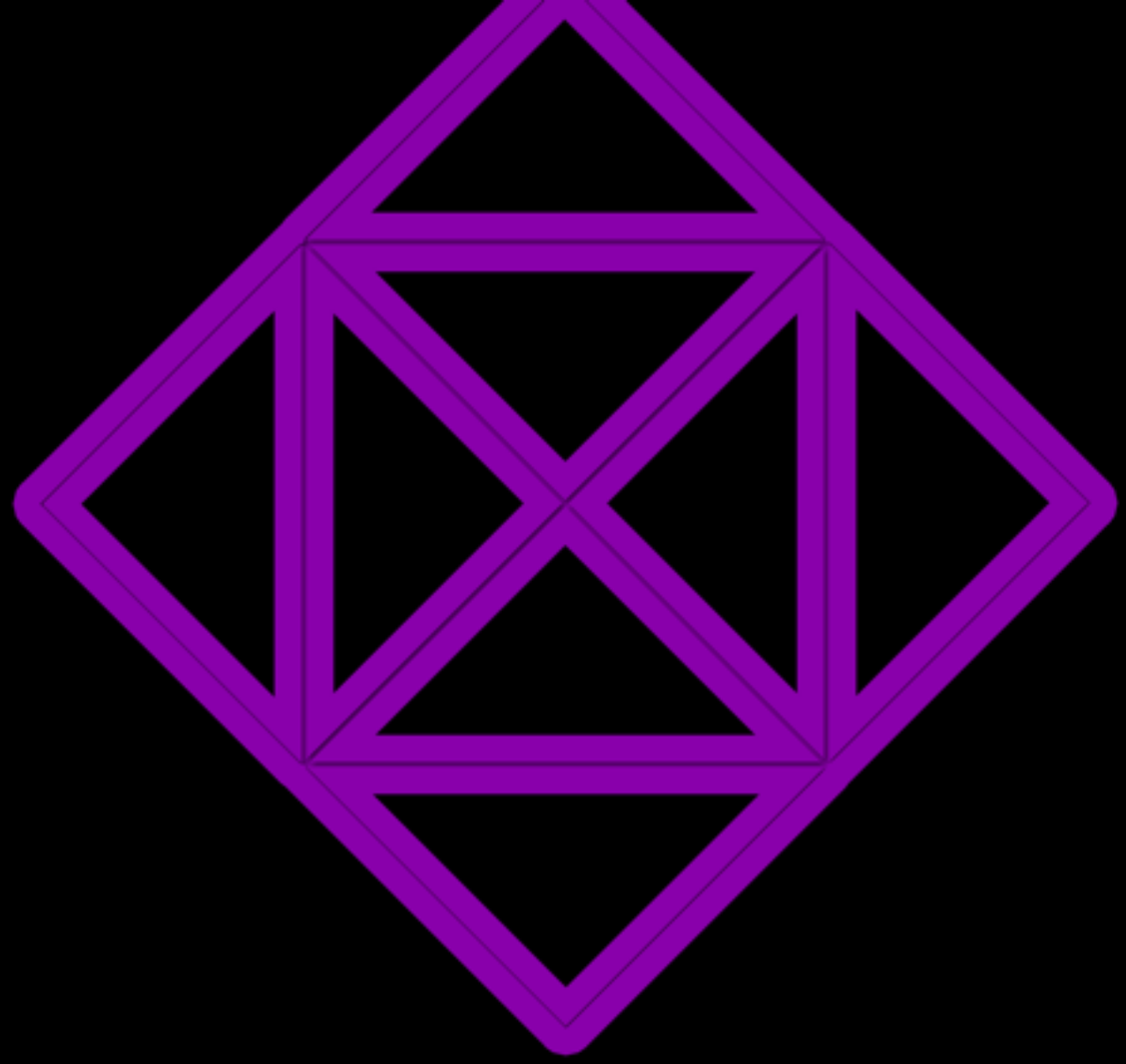
FORGED
17 CHROME-VANADIUM 17
FORGED
17 CHROME-VANADIUM 12
FORGED
14 CHROME-VANADIUM 14
FORGED
15 CHROME-VANADIUM 15
CV

Skill

Strength

Self-regulation





Task

Persistence

19.90mins, 34.29 attempts
8.35mins, 19.40 attempts

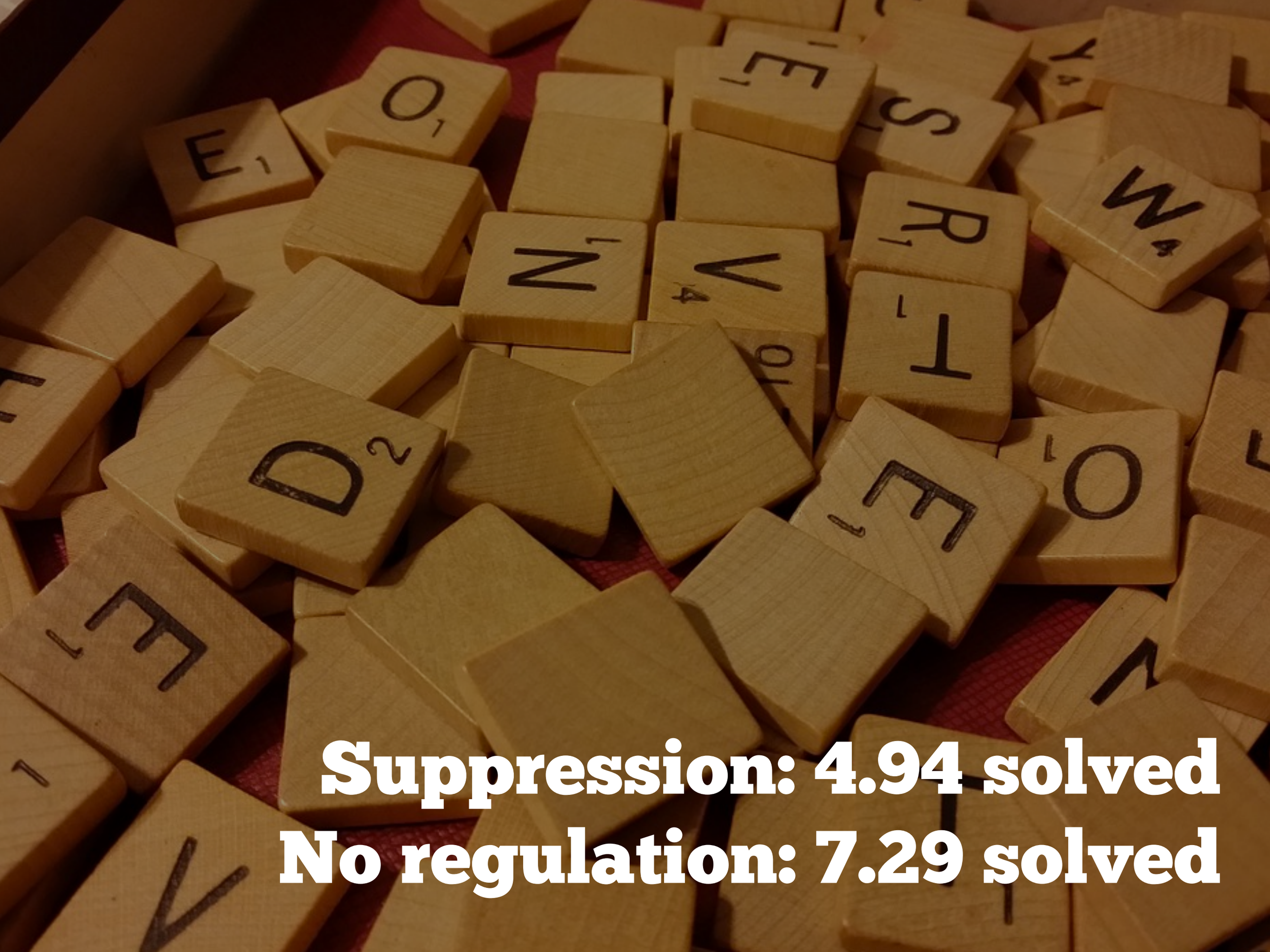
Choice

Attitude

High choice: 14.30mins, 26.10 attempts
No choice: 23.11mins, 42.44 attempts

Anagrams

Emotion Suppression


Suppression: 4.94 solved
No regulation: 7.29 solved

Passive-option

JOURNAL OF EXPERIMENTAL SOCIAL PSYCHOLOGY 15, 492–503 (1979)

Factors Affecting Withdrawal from an Escalating Conflict: Quitting Before It's Too Late

JOEL BROCKNER

SUNY–Brockport

MYRIL C. SHAW

Middlebury College

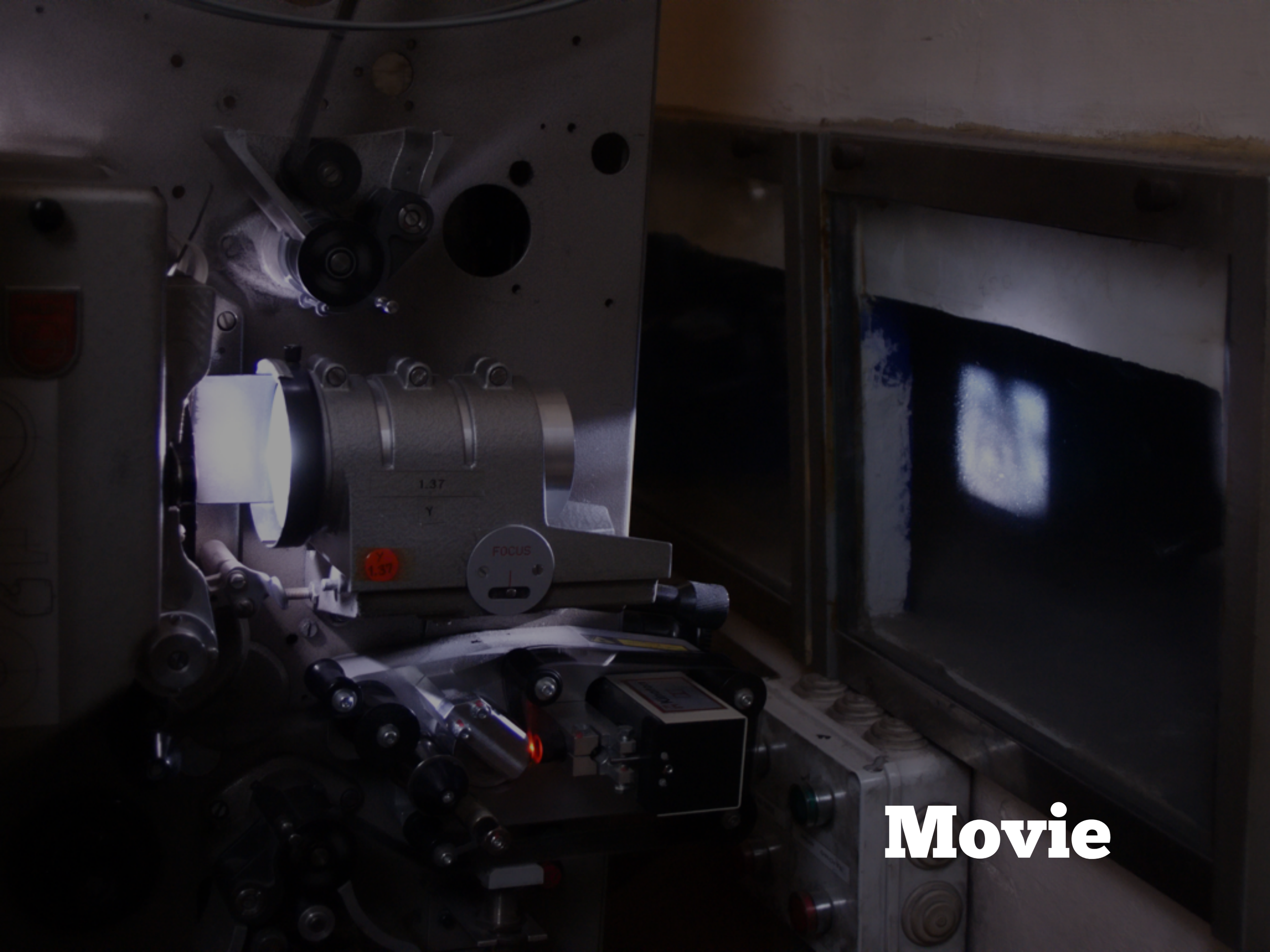
AND

JEFFREY Z. RUBIN

Tufts University

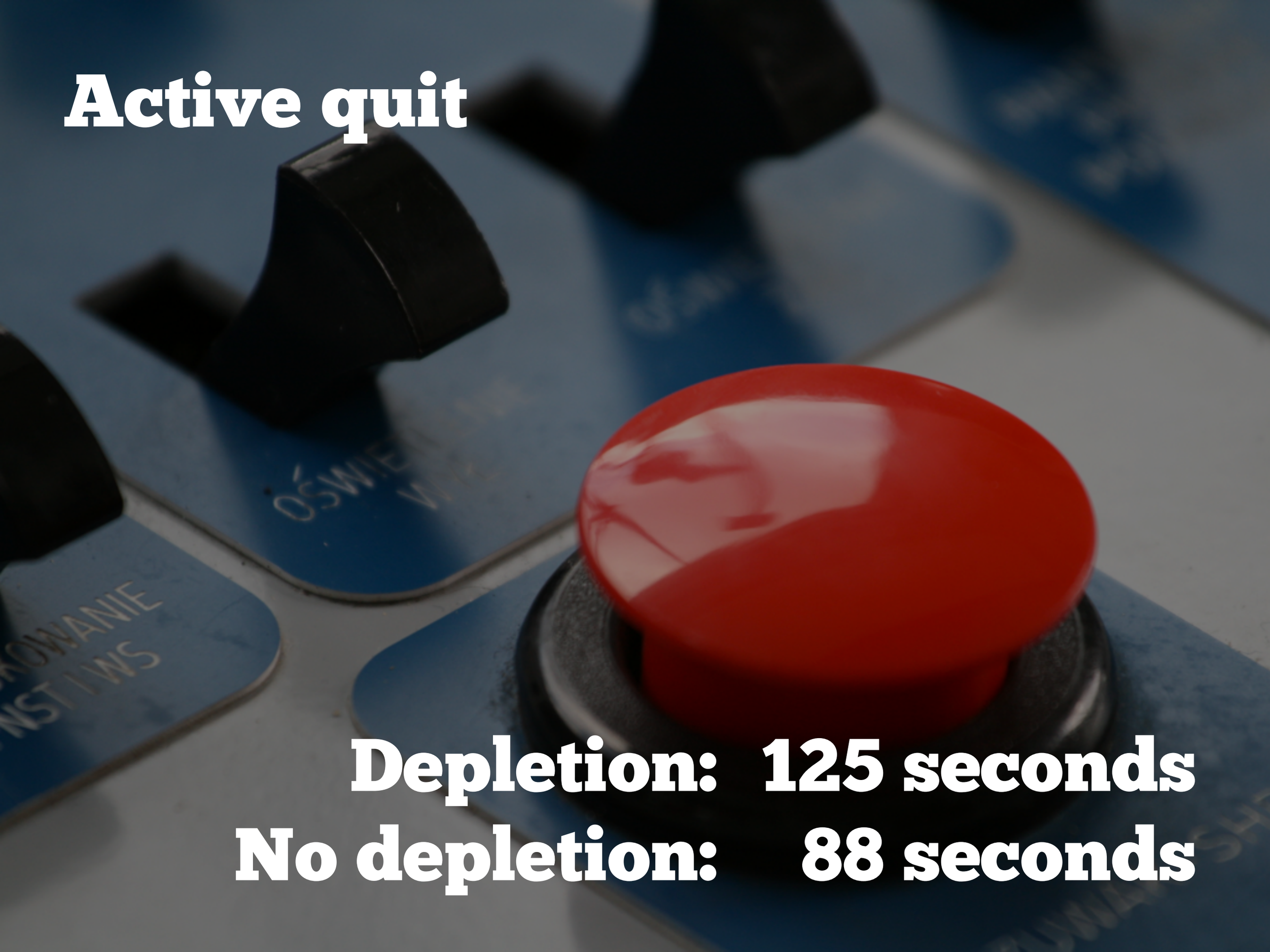
Received July 7, 1978

Letter scanning



Movie

Active quit



Depletion: 125 seconds
No depletion: 88 seconds

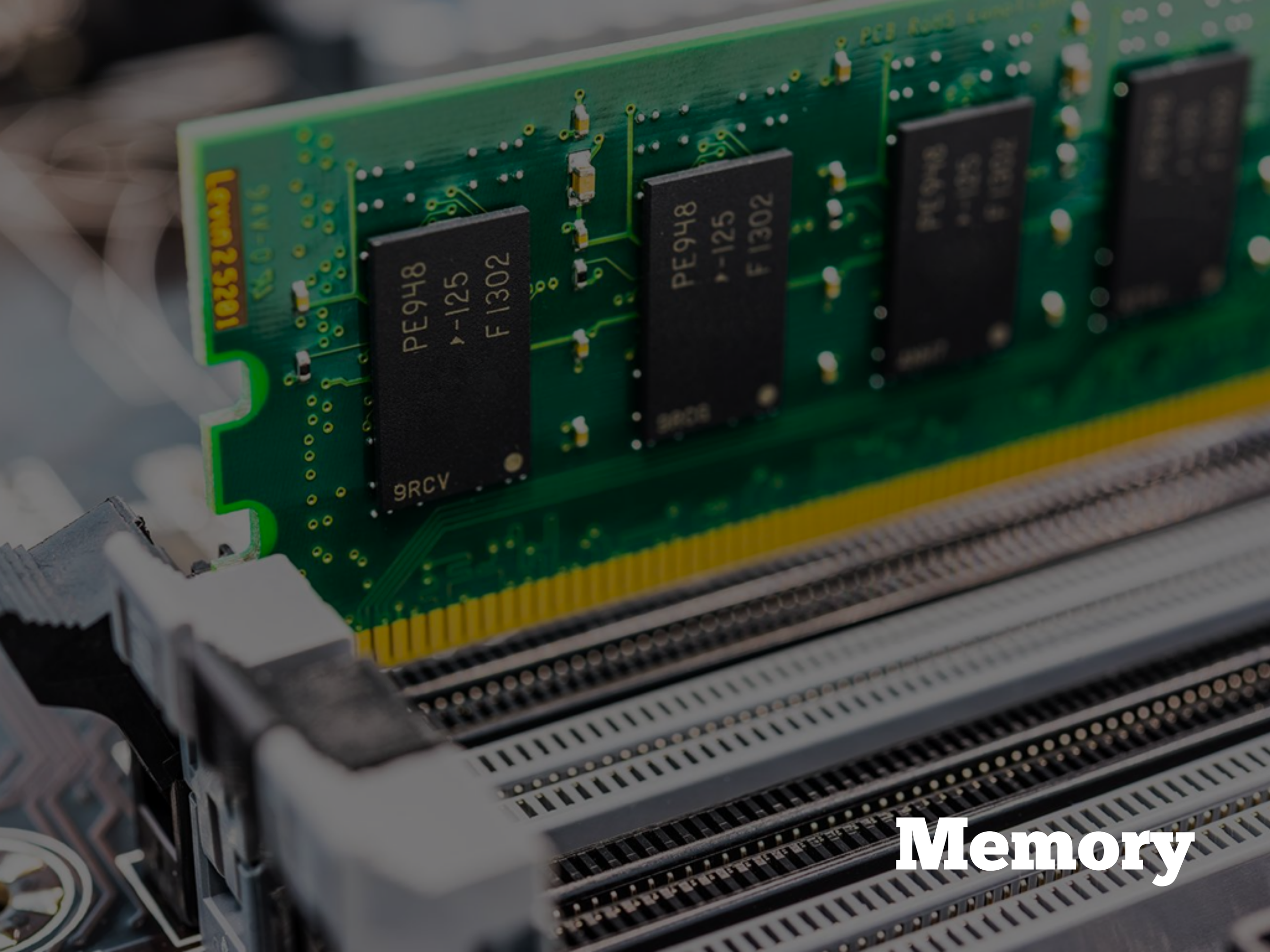
Passive quit

Depletion: 71 seconds
No depletion: 102 seconds

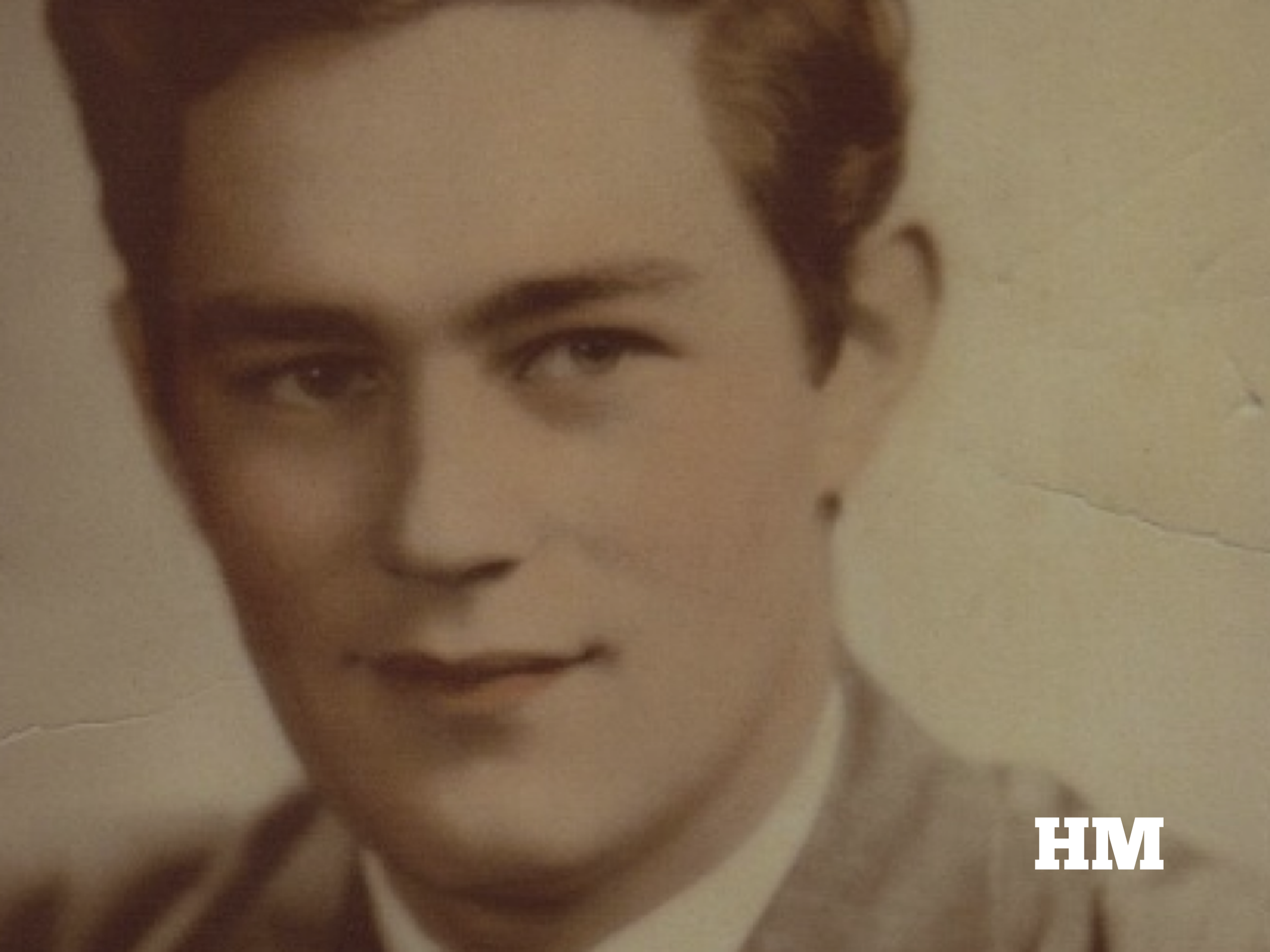
Passive-option

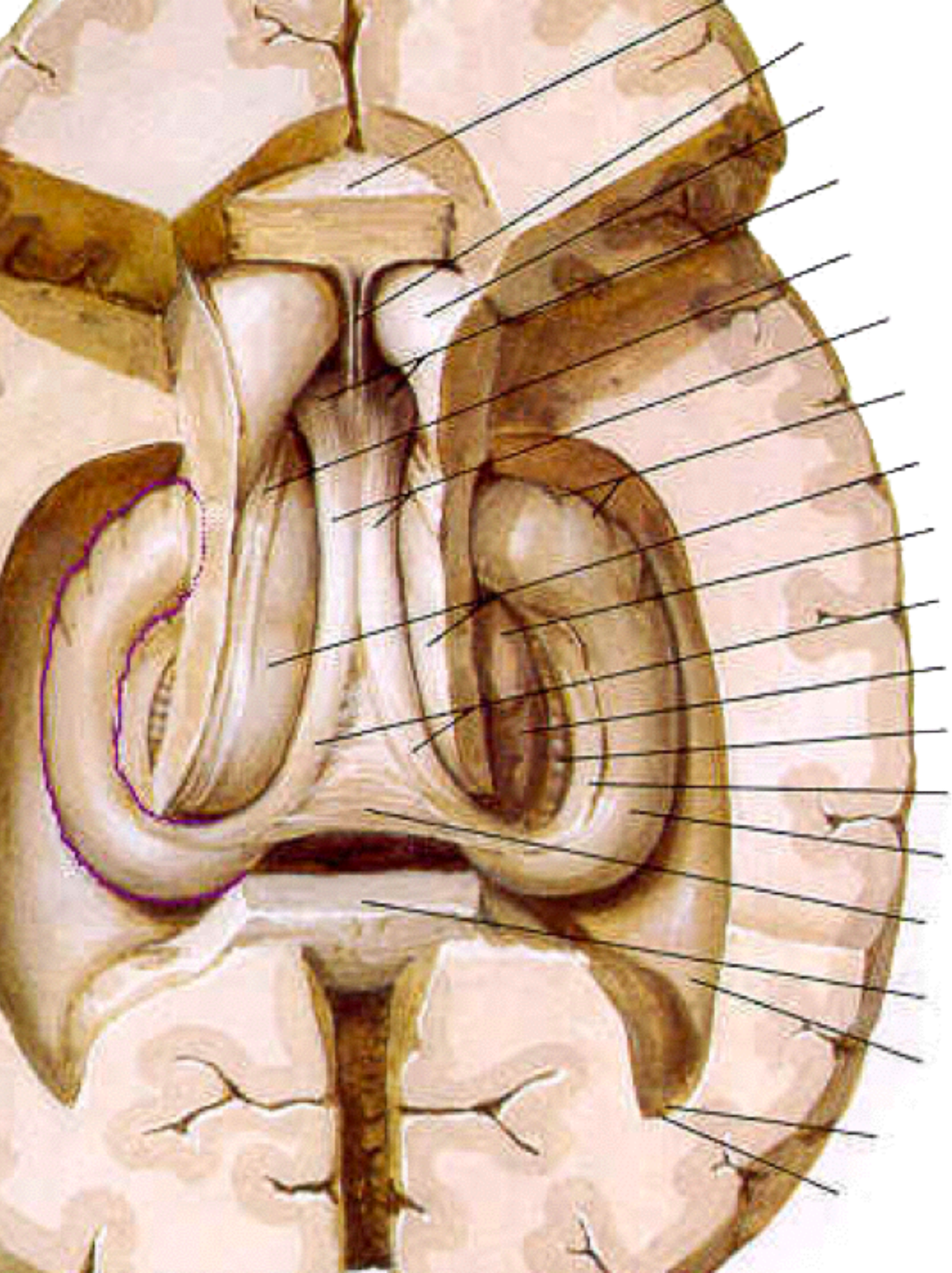
Depletion: 54 seconds

No depletion: -14 seconds



Memory


HM



Hippocampus

INTACT PRIMING OF PATTERNS DESPITE IMPAIRED MEMORY*

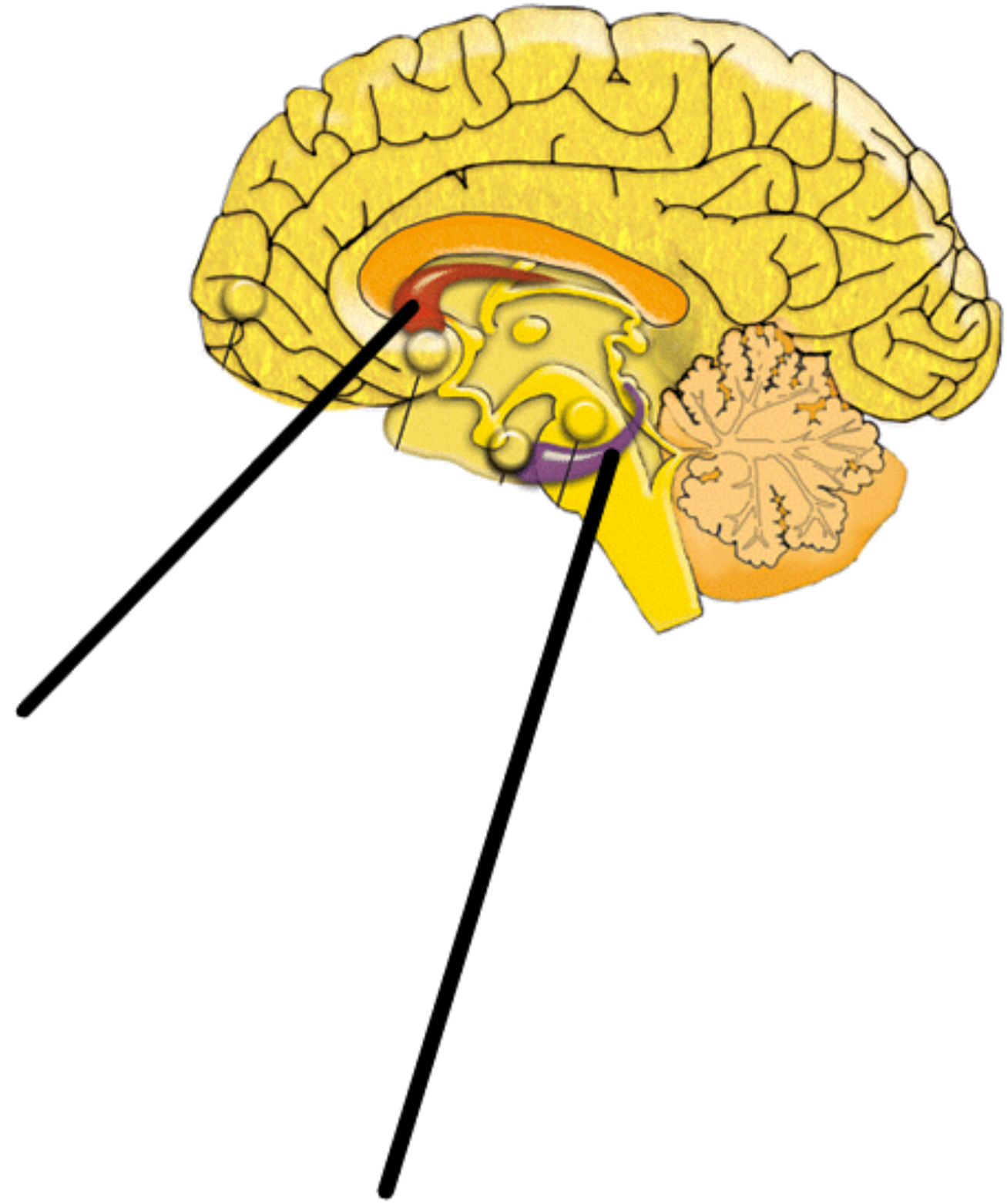
JOHN D. E. GABRIELI,†‡ WILLIAM MILBERG,§ MARGARET M. KEANE† and SUZANNE CORKIN†

Department of Brain and Cognitive Sciences and Clinical Research Center, Massachusetts Institute of Technology, Cambridge, MA 02139, U.S.A.; †Department of Psychology, Northwestern University, Evanston, IL, U.S.A.; and §GRECC, West Roxbury VA Center, West Roxbury, MA 02132, U.S.A.

(Received 20 August 1989; accepted 13 November 1989)

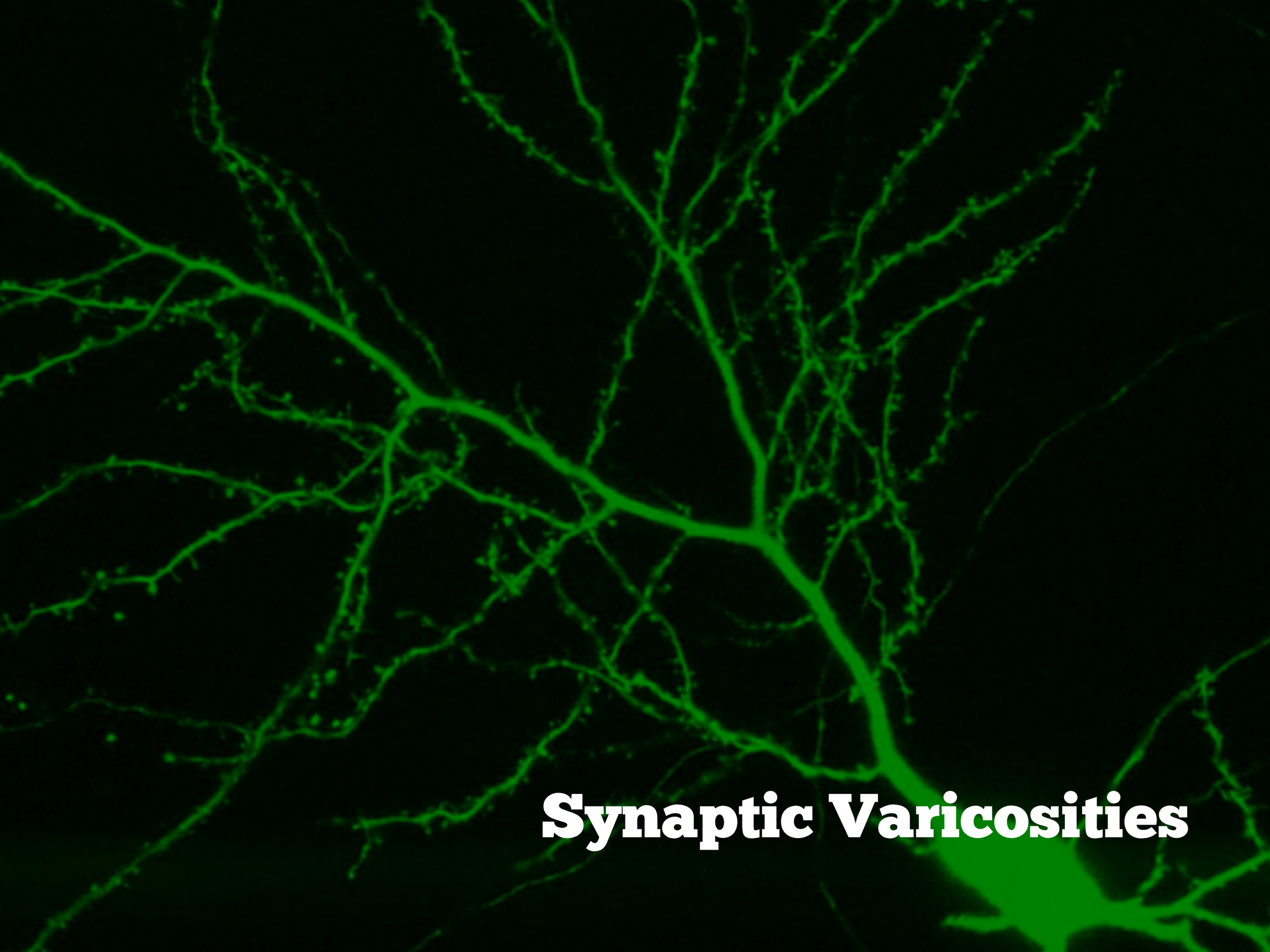
Abstract—The priming of patterns was examined in normal control subjects (NCS) and in the amnesic patient H.M., whose anterograde amnesia followed bilateral medial temporal-lobe excision 33 years earlier. Despite H.M.'s impaired recognition of the patterns, he demonstrated a pattern priming effect equivalent in magnitude to that of the NCS. The results demonstrated that intact priming with novel, nonverbal material can occur despite severe amnesia. Pattern priming may reflect adaptive visual processes involved in learning novel perceptual organizations of known visual units, such as letters, words, shapes, and objects.

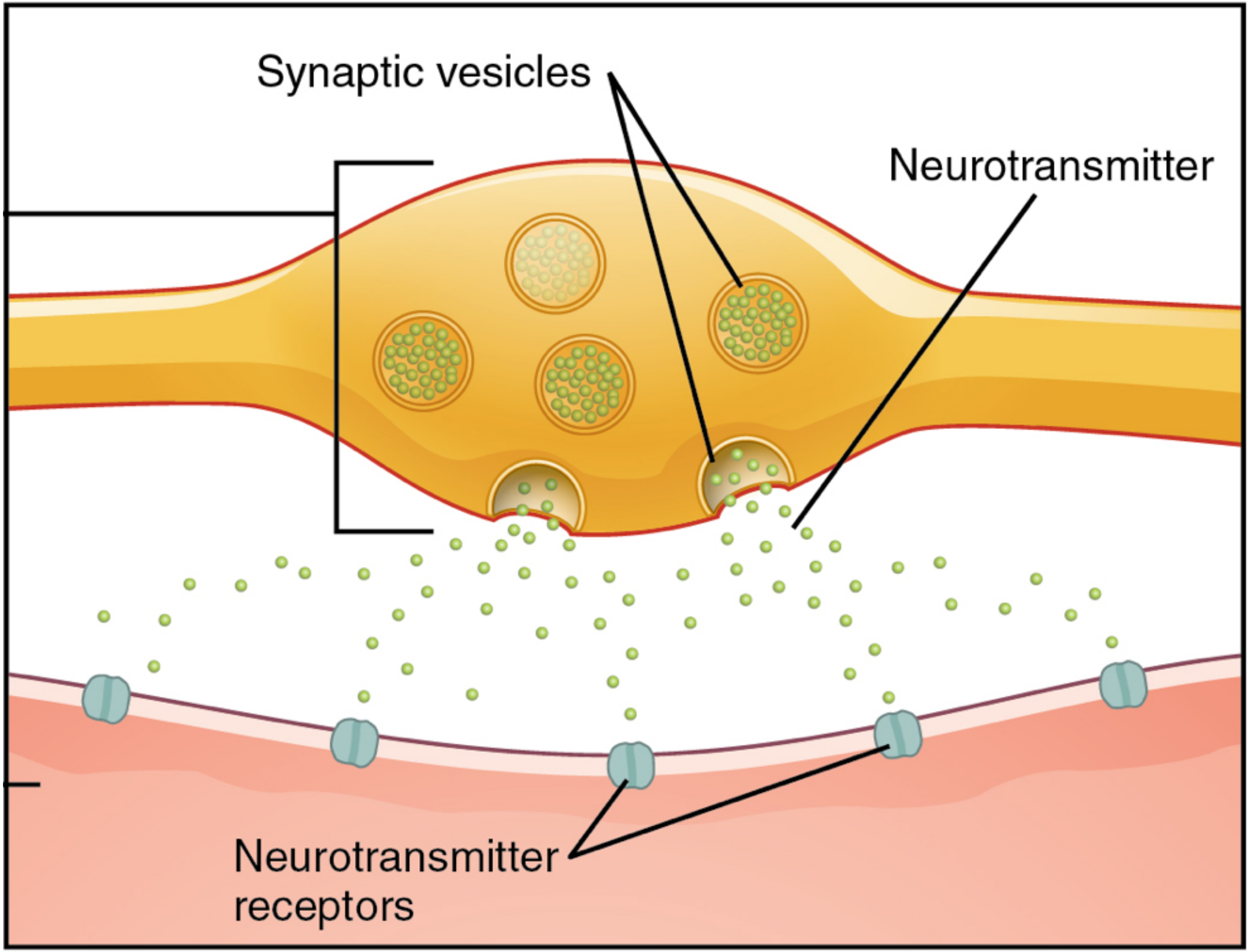
INTRODUCTION

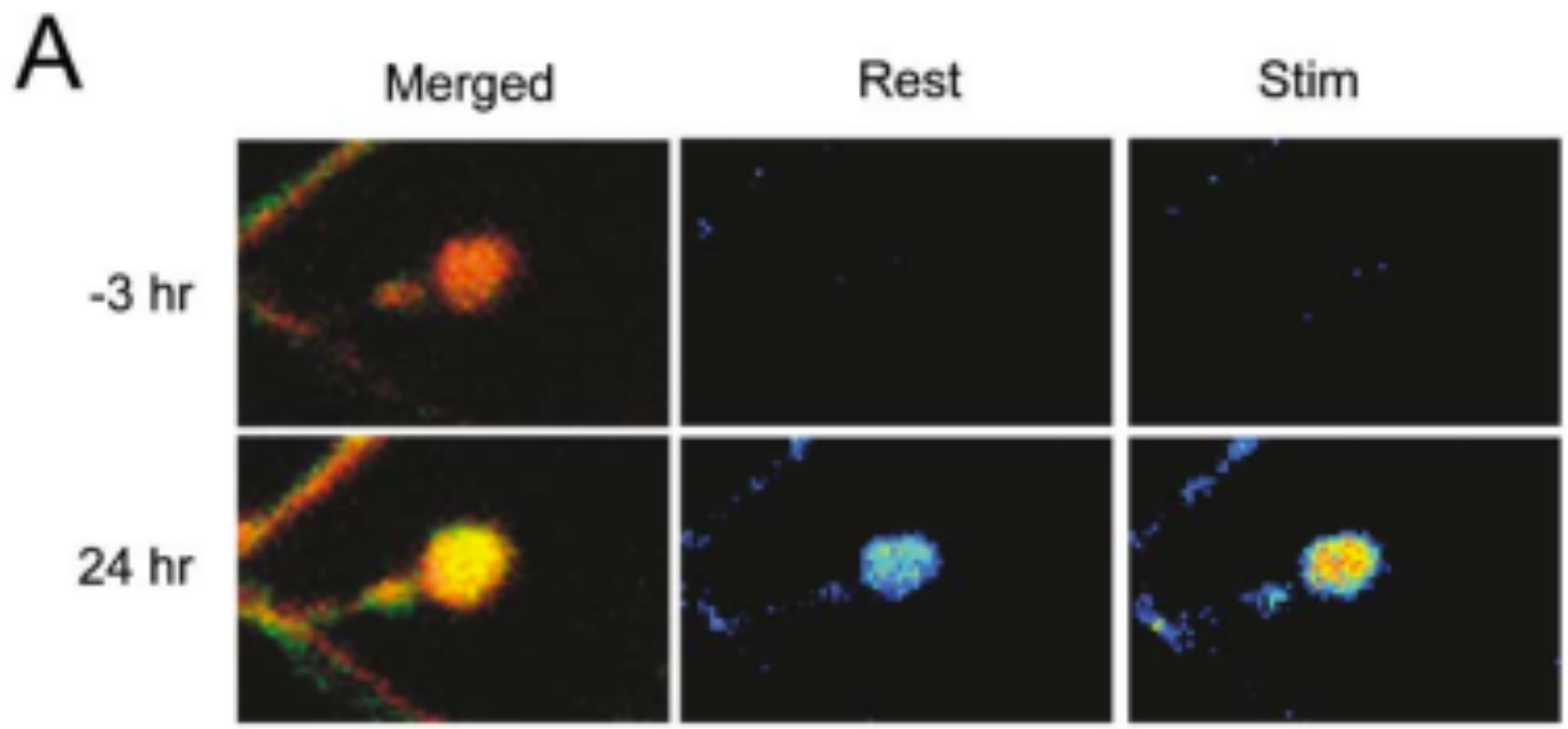


Neostriatum

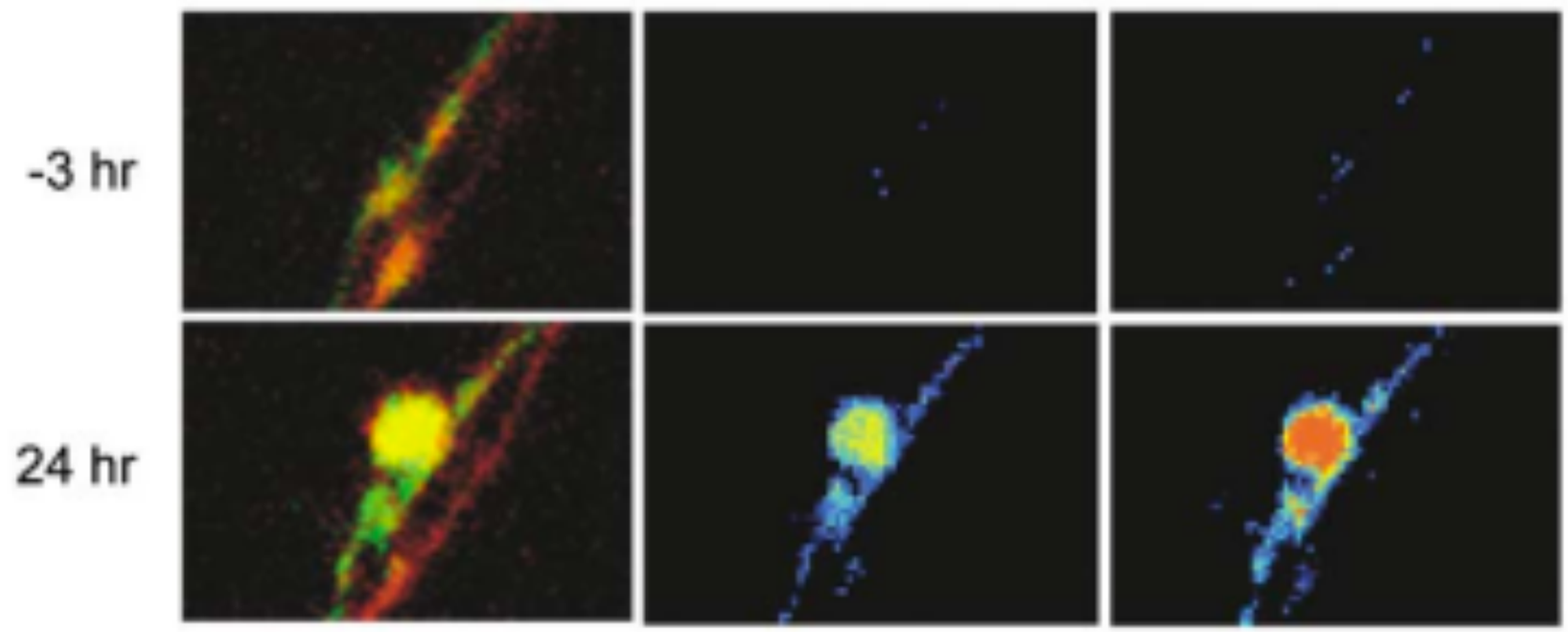
Hippocampus


Synaptic Varicosities

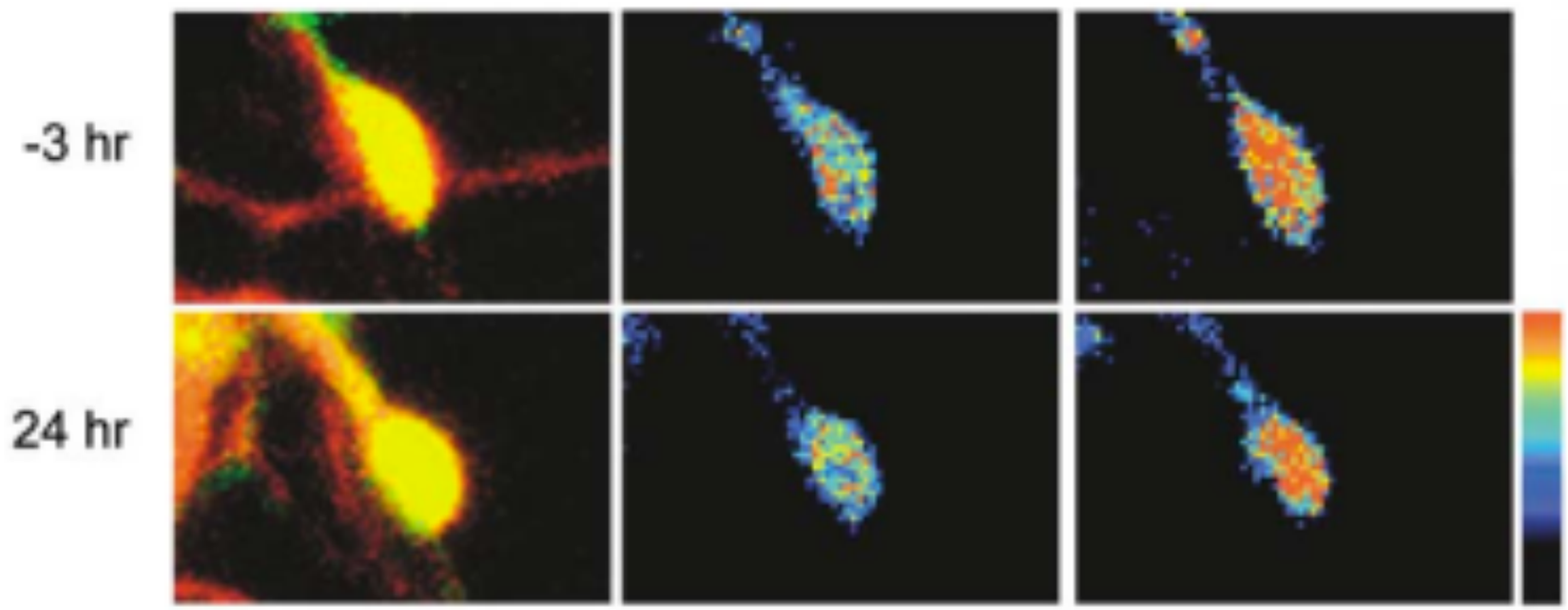

Synaptic vesicles
Neurotransmitter
Neurotransmitter receptors


A
Merged
Rest
Stim
-3 hr
24 hr

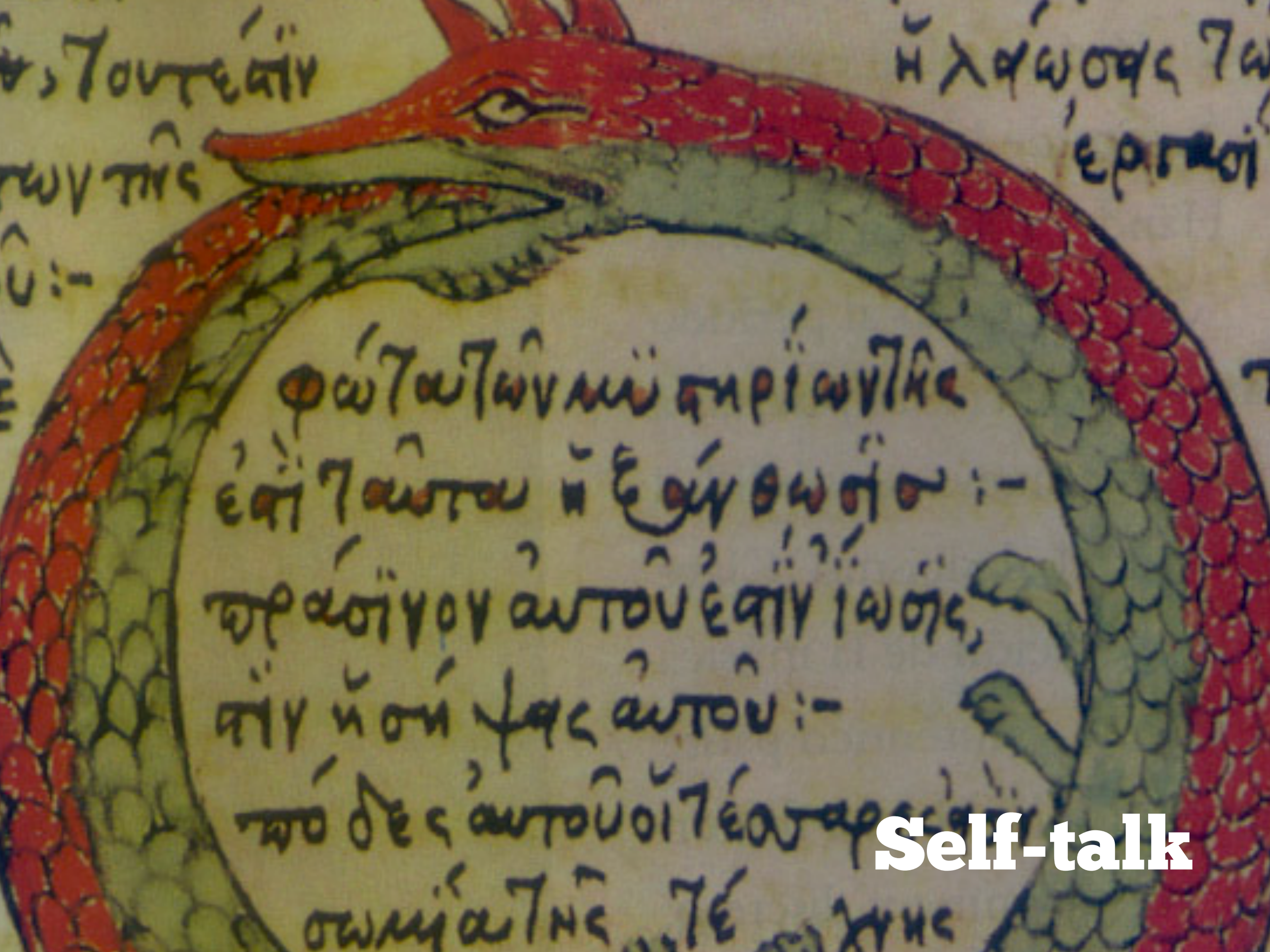
B



C



Sleep



Self-talk

Thought self-leadership: The influence of self-talk and mental imagery on performance

CHRIS P. NECK AND CHARLES C. MANZ
Department of Management, Arizona State University, Tempe, Arizona 85287-4006, U.S.A.

THOUGHT
LEADER

Change beliefs

Mental Imagery

Thought Patterns

Change Self-talk

Distancing

Self-Talk as a Regulatory Mechanism: How You Do It Matters

Ethan Kross
University of Michigan, Ann Arbor

Emma Bruehlman-Senecal
University of California, Berkeley

Jiyoung Park, Aleah Burson, Adrienne Dougherty,
Holly Shablack, and Ryan Bremner
University of Michigan, Ann Arbor

Jason Moser
Michigan State University

Ozlem Ayduk
University of California, Berkeley

NBA

HEAT
6

Habits

Habit Loops

Cue

Routine

Reward

Cue → Routine → Reward

Priming

A New Look at Habits and the Habit–Goal Interface

Wendy Wood and David T. Neal
Duke University

The present model outlines the mechanisms underlying habitual control of responding and the ways in which habits interface with goals. Habits emerge from the gradual learning of associations between responses and the features of performance contexts that have historically covaried with them (e.g., physical settings, preceding actions). Once a habit is formed, perception of contexts triggers the associated response without a mediating goal. Nonetheless, habits interface with goals. Constraining this interface, habit associations accrue slowly and do not shift appreciably with current goal states or infrequent counterhabitual responses. Given these constraints, goals can (a) direct habits by motivating repetition that leads to habit formation and by promoting exposure to cues that trigger habits, (b) be inferred from habits, and (c) interact with habits in ways that preserve the learned habit associations. Finally, the authors outline the implications of the model for habit change, especially for the self-regulation of habit eating.

Keywords: habit, goal, automaticity, behavior change, self-regulation

CH

Chicago

Goals

Implementation Intentions and Effective Goal Pursuit

Peter M. Gollwitzer
University of Konstanz

Veronika Brandstätter
University of Munich

Accordion

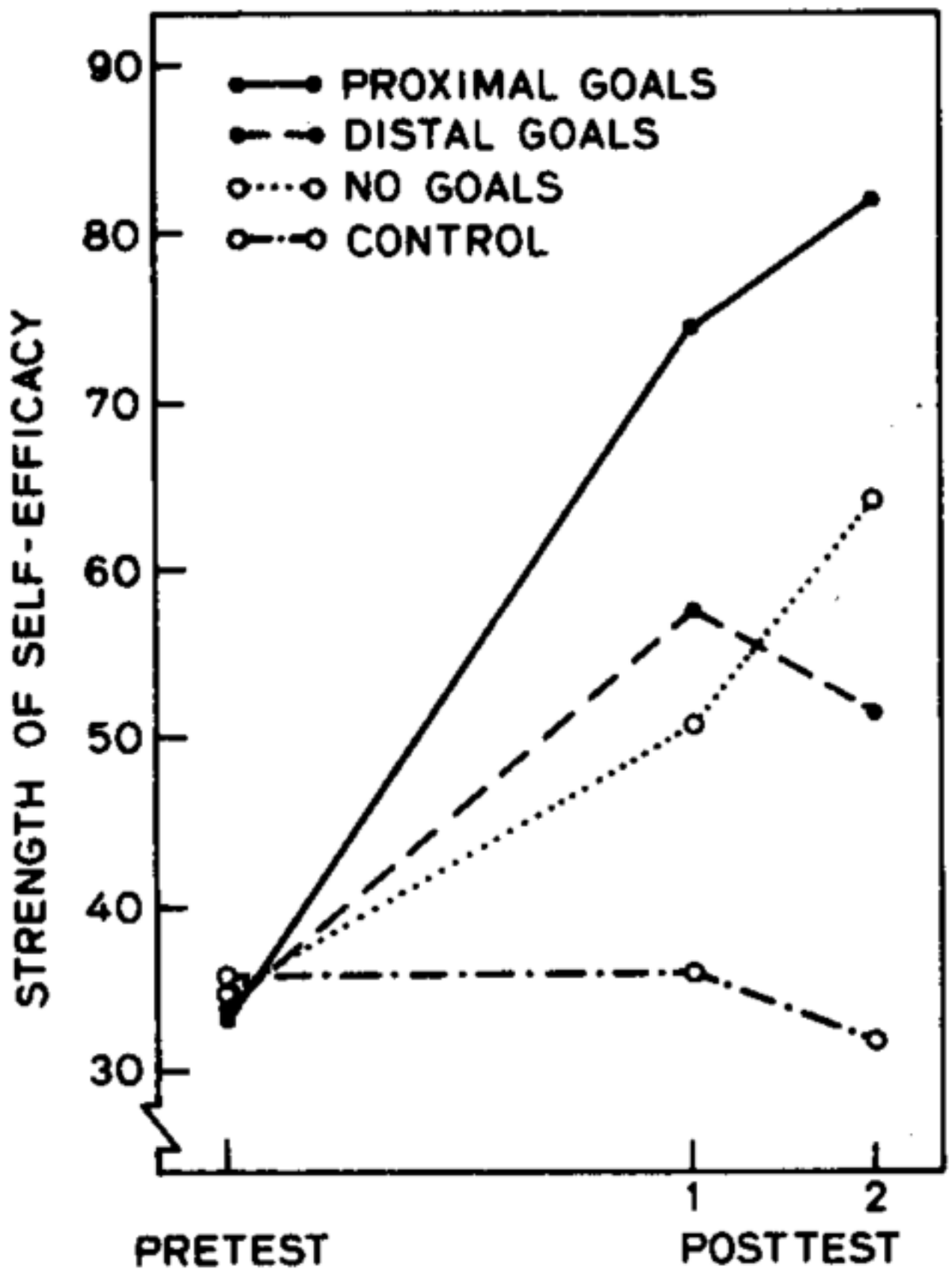
Cultivating Competence, Self-Efficacy, and Intrinsic Interest Through Proximal Self-Motivation

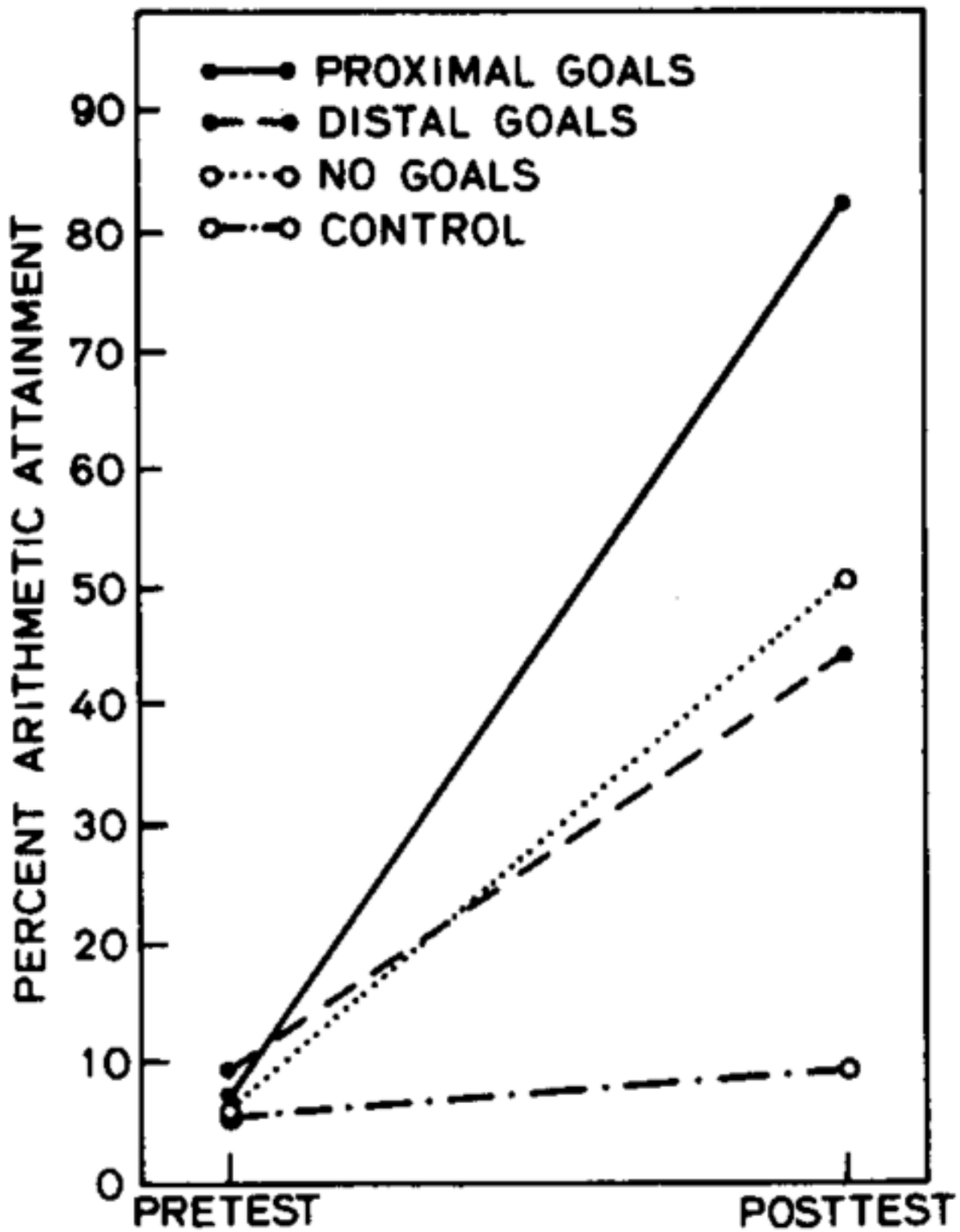
Albert Bandura and Dale H. Schunk
Stanford University

The present experiment tested the hypothesis that self-motivation through proximal goal setting serves as an effective mechanism for cultivating competencies, self-perceptions of efficacy, and intrinsic interest. Children who exhibited gross deficits and disinterest in mathematical tasks pursued a program of self-directed learning under conditions involving either proximal subgoals, distal goals, or no goals. Results of the multifaceted assessment provide support for the superiority of proximal self-influence. Under proximal subgoals, children progressed rapidly in self-directed learning, achieved substantial mastery of mathematical operations, and developed a sense of personal efficacy and intrinsic interest in arithmetic activities that initially held little attraction for them. Distal goals had no demonstrable effects. In addition to its other benefits, goal proximity fostered veridical self-knowledge of capabilities as reflected in high congruence between judgments of mathematical self-efficacy and subsequent mathematical performances. Perceived self-efficacy was positively related to accuracy of mathematical performances and to intrinsic interest in arithmetic activities.

- 3	- 7	- 1	- 2	- 0	- 6	- 0	- 7	- 7	- 5
8 - 8	7 - 3	6 - 0	15 - 8	1 - 1	6 - 2	8 - 1	11 - 2	16 - 8	7 - 6
11 - 9	11 - 8	18 - 9	13 - 9	4 - 2	7 - 5	16 - 9	11 - 3	8 - 3	9 - 6
14 - 8	7 - 1	7 - 2	2 - 1	7 - 0	17 - 9	14 - 9	7 - 4	5 - 5	11 - 4
5 - 3	10 - 5	9 - 3	9 - 9	5 - 2	12 - 9	12 - 3	6 - 4	10 - 9	11 - 7
13 - 6	8 - 2	15 - 7	10 - 3	3 - 0	1 - 0	10 - 6	10 - 8	2 - 2	13 - 7
12 - 8	17 - 8	10 - 4	12 - 4	11 - 6	14 - 6	9 - 5	9 - 5	5 - 1	11 - 5
13 - 8	2 - 0	10 - 1	12 - 6	12 - 7	3 - 2	3 - 1	5 - 4	9 - 1	15 - 6

Subtraction


PROXIMAL GOALS
DISTAL GOALS
NO GOALS
CONTROL
STRENGTH OF SELF-EFFICACY
90
80
70
60
50
40
30
PRETEST
1
2
POST TEST


PROXIMAL GOALS
DISTAL GOALS
NO GOALS
CONTROL
PERCENT ARITHMETIC ATTAINMENT
90
80
70
60
50
40
30
20
10
0
PRETEST
POSTTEST

Self-manipulation

Habits

Choice

THE NEW YORK TIMES BESTSELLER

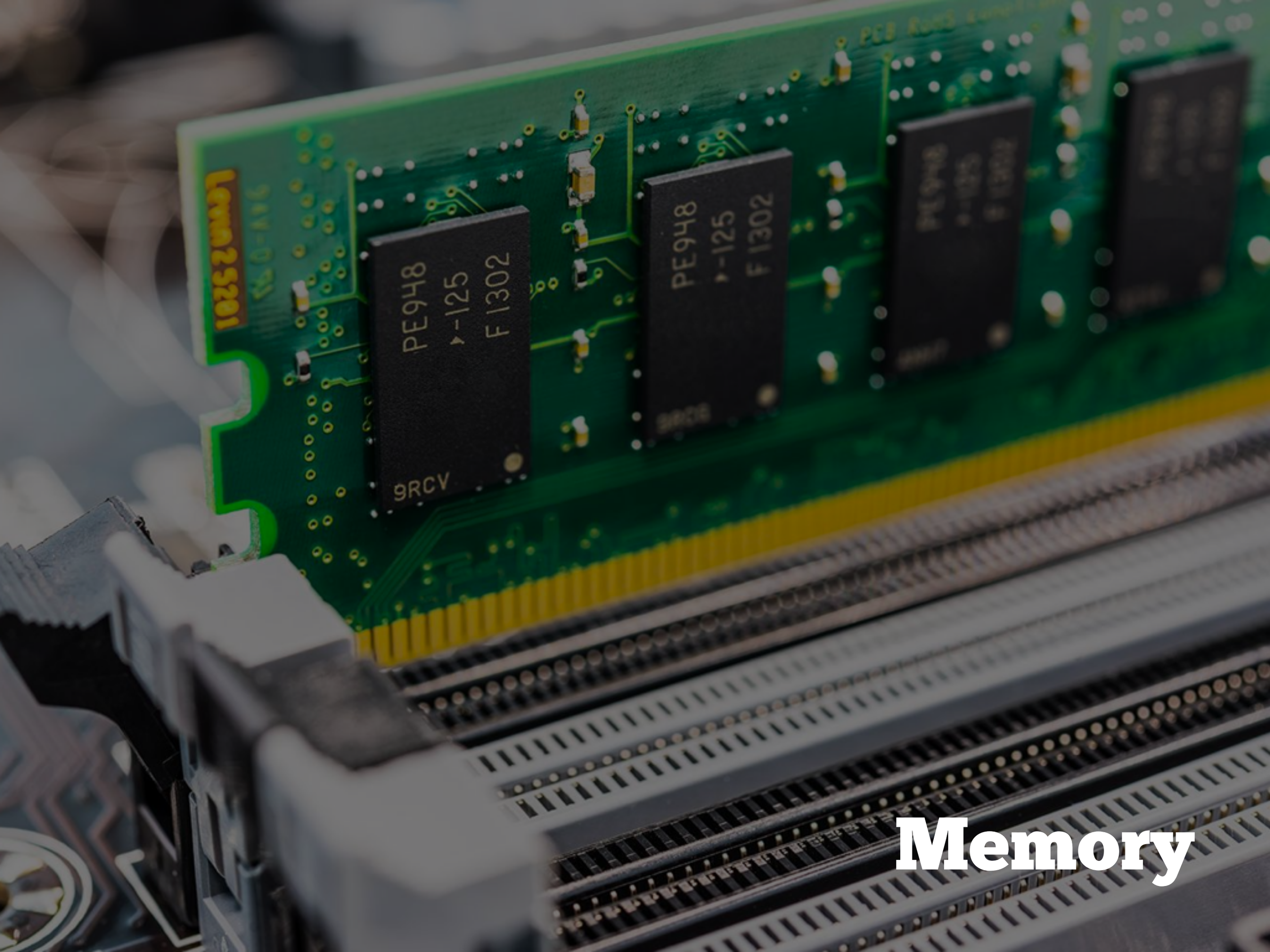
MOONWALKING WITH EINSTEIN

The Art and Science of Remembering Everything

JOSHUA FOER

Again

Willpower



Memory

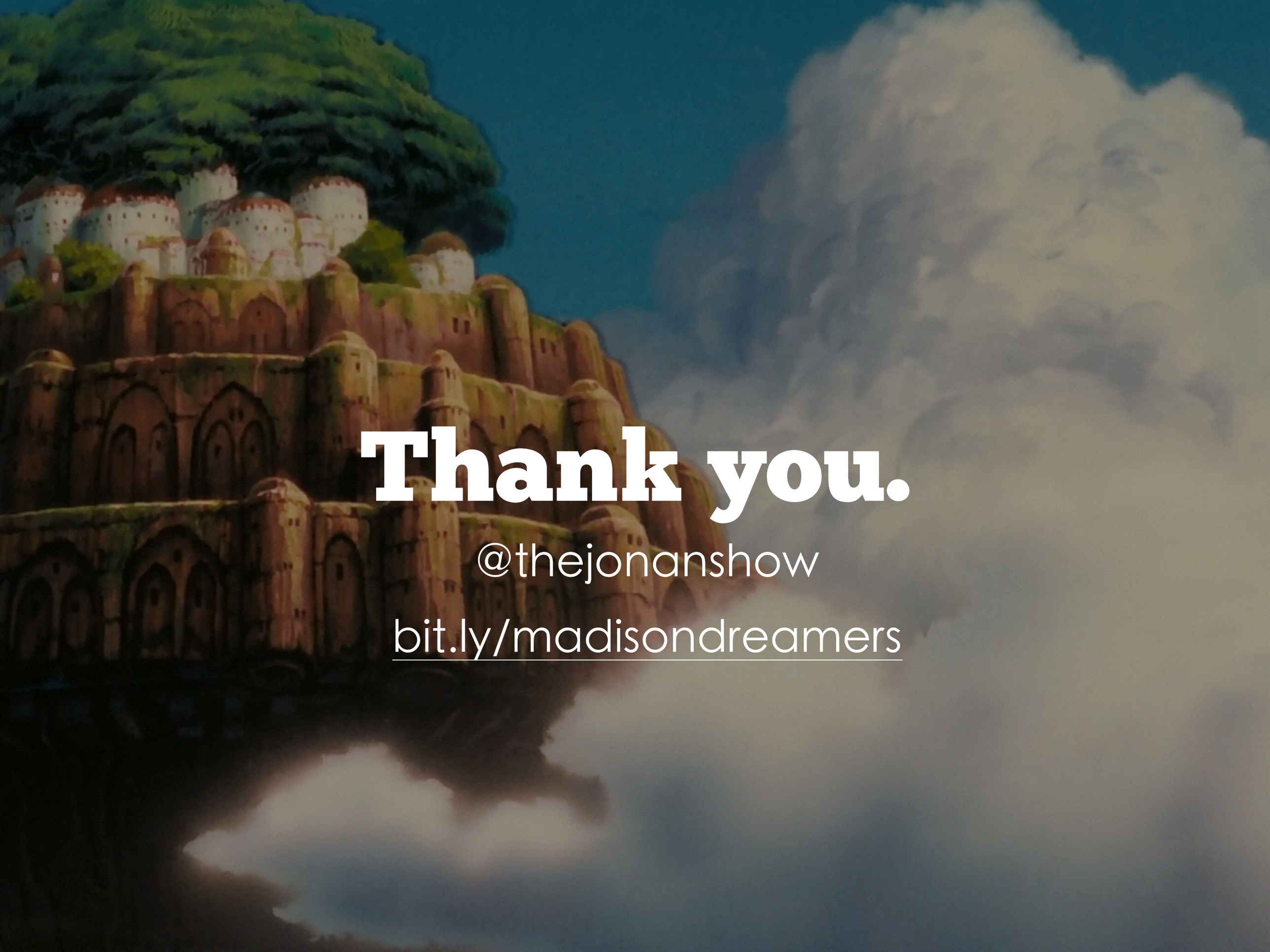
Habits

Goals

You will fail.

Get back up.

七転び八起き



Thank you.

@thejonanshow

bit.ly/madisondreamers