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Summary of “Secrets to Obtaining A Growth Mindset”

YouTube channel: Tom Bilyeu

Original Source

This Neuroscientist Shows You the Secrets to Obtaining A Growth Mindset | Andrew Huberman ([YouTube](#) 52 mins)

Jottings

- Nervous system functions :
 - Sensation
 - Perception (spotlight/attention)
 - Feeling
 - Thoughts
 - Actions
 - Triggering immune system
- Brain has abstractions of everything around
- Abstractions converge at physical phenomenon easily but also at things like rewards, punishments
- Brain outside skull + spinal chord: neural retina, behind eye, not attached to brain.

See sunrise and sunset to trigger activities





rewards to efforts

- Serotonin/Oxytocin: Attachment of rewards to goals achievement

- Fear: Act in the fearful situation, lateral eye movements are associated with forward-movement, and thus, action.
- (my wording) Even if you get external assistance (luck) in your success, you become confident enough to win future battles.
- Solution for stress-fear is Forward movement (gets dopamine)
- Reward incremental steps, say, run around a block.
- Tom Bilyeu — Success is not guaranteed but the struggle is.
- Hypnosis: relaxing nervous system and opens possibility of neuro plasticity, in contrast, in high alert situation (talking, planning, brain is linear, if then then that). For re-wiring, need deep rest
- Deep rest: diaphragmatic breathing, tells brain to be active-rest accordingly (phrenic nerve).
- Heightened states of focus by Heavy breathing (Wim Hof), then calm, with double-inhale and long exhale
- One change to make: 2–10 minutes of bright light at sunrise

The above summary was also posted in the Comments section of the original [YouTube](#) video.

