



## AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING YOUR EI/VBC'S® JUDGMENT PATTERNS RESPONSE REPORT

Grit - Angela Duckworth

This SWPS™ 7 Series Topic - The Power of Passion and Perseverance

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW THAT YOU RECORDED ON YOUR 4 COMPLETED  
SWPS™ PORTRAITS LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW

### 4 OUT OF 7 SWPS™ SERIES CHOICES:

SWPS# 1 SWPS# 4 SWPS# 5 SWPS# 7

4 CHOSEN	<u>1</u>	SUMMATION	1	<u>5</u>
SWPS	<u>4</u>	BOX (SB's)	2	<u>4</u>
PORTRAIT	<u>5</u>	#'s RANKING	3	<u>4</u>
#'s	<u>7</u>		4	<u>7</u>

4 CHOSEN	<u>1</u>	CONCLUSION	1	<u>7</u>
SWPS	<u>4</u>	BOX (CB's)	2	<u>1</u>
PORTRAIT	<u>5</u>	#'s RANKING	3	<u>5</u>
#'s	<u>7</u>		4	<u>4</u>

RANK YOUR 4 SWPS CHOICES				
4 CHOSEN	<u>1</u>	SWPS	1	<u>5</u>
SWPS	<u>4</u>	PORTRAIT	2	<u>7</u>
PORTRAIT	<u>5</u>	#'s RANKING	3	<u>1</u>
#'s	<u>7</u>		4	<u>4</u>

### EI/VBC'S® TRANSFORMS REASONING HABITS

This new VBC's method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): WM

AFFILIATION (optional): \_\_\_\_\_

### OUR VISION: AN ONLINE SWPS™ PATTERN MATCHUP CENTER

Let's use AI to discover ways to meet humanity's needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ Series motivated me to impact social media/digital tech's future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

**INFO@EIB4AI.COM**



## EXPERIENTIAL INTELLIGENCE (EI)

EI is your VALUES BELIEFS CONVICTIONS® (VBC's®) personal legacy of a "Senses Driven" ability to perceive & interpret everything you encounter 24/7, your whole life. The SWPS™ 7 Series choose & rank thinking tool provides a comprehensional leap forward in better understanding the influences of life's EI transitional power, along with the manipulative power on our minds of 2 distinctive and interactive EI realities.

(1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception and interpreted meaning of any digital or printed image.

(2) The merging of human cognitive (intentional) Q&A thought and reasoning with AI generated Q&A programmed "thought" that creates our thinking identity.

## GRIT: THE POWER OF PASSION AND PERSEVERANCE

GRIT - is a freshly language approach to presenting a lastingly true hypothesis - that what really drives success in life fulfilment - is a unique combination of passion and a long-term perseverance. It is Angela Duckworth's easily grasped guidelines and real-life examples that reinforce what should be embraced to enhance any endeavour with family, community, business and society. This author's book presents the true essence - clearly laid out - that GRIT makes the human condition worthy of hope and optimism. By practicing the principles relayed in her book - this author offers a pathway to follow with daily living where we can experience more self-satisfaction and success which motivates a willingness to share positive outcomes that build more cooperation and unity with others in all areas of life purpose.

## HOW TO COMPLETE A SWPS™ SERIES

### CHOOSE 4 SWPS PORTRAITS

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8). Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS \_\_\_\_

Now **RANK** the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: 1 2 3 4

Now **RANK** the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: 1 2 3 4

### TAKE A MINUTE TO REFLECT

Were you aware of any 2D<=>3D mental intentional shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

### RANK YOUR 4 SWPS PORTRAITS 1-4

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:

1 2 3 4

### RECORD/RETAIN

Now **RECORD** the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). **RETAIN** your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



**SHARE** your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to

**INFO@EIB4AI.COM**

Go to **www.EIB4AI.com/NOWWHAT** for further uses and suggestions.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

Grit - Angela Duckworth

This SWPS Series Topic - The Power of Passion and Perseverance

1st "✓" here to CHOOSE this SWPS \_\_\_\_

Rank given to this SWPS

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

Rank this Summation Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## SUMMATION BOX (SB): *With Livelihood Mission/Excellence Passion Appears*

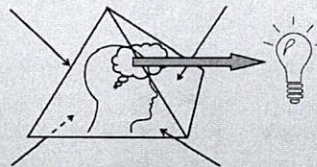
When I talk to my Grit paragons, and they tell me that what they're pursuing has purpose, they mean something much deeper than mere intention. They're not just goal-oriented: the nature of their goals is special. When I probe, asking, "Can you tell me more? What do you mean?" There, sometimes floods an earnest, stumbling struggle to put how they feel into words. But always - always - those next sentences mention other people.

Book  
Pages  
144-145

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. "My children"

2. "My clients"



4. "This country,"  
"the sport,"  
"science"  
"society"

3. "My students"

Rank this Conclusion Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## CONCLUSION BOX (CB): *Aesop Fable Truth: Tortoise & Hare*

However they say it, the message is the same: the long days and evenings of toil, the setbacks, the disappointments and struggle, the sacrifice - all this is worth it because ultimately, their efforts pay dividends to other people. The idea of purpose is the idea that what we do matters to people other than ourselves.

Book  
Pages  
144-145

This SB box, this CB box and RTH.  
Gained EVBC's insights: so resonate with what is in  
my heart and mind about why I  
"gritily" pursue my vision.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #7)

Grit - Angela Duckworth

This SWPS Series Topic - The Power of Passion and Perseverance

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

Rank this Summation Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## SUMMATION BOX (SB): *With Livelihood Mission/Excellence Passion Appears*

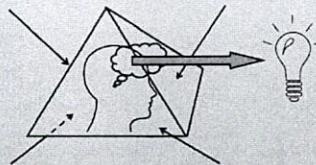
We all face limits - not just in talent, but in opportunity. But more often than we think, our limits are self-imposed. We try, fail, and conclude we've bumped our heads against the ceiling of possibility. Or maybe after taking just a few steps we change direction, In either case, we never venture as far as we might have.

Book  
Page  
275

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. To be Gritty is to keep putting one foot in front of the other.

2. To be Gritty is to hold fast to an interesting purposeful goal.



4. To be Gritty is to fall down seven times, and rise eight.

3. To be Gritty is to invest, day after week after year, in challenging practice.

Rank this Conclusion Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## CONCLUSION BOX (CB): *Aesop Fable Truth: Tortoise & Hare*

Angela Duckworth was interviewed recently by a journalist. He said, "You really love this subject." "You know," he said, "I absolutely love what I do, too. It's amazing to me how many people I know who are into their forties and haven't really committed to anything." "They don't know what they're missing."

Book  
Page  
275

Gained EI/VBC's insights:

So helpful to be coached - encouraged  
by Duckworth's words of  
advice/wisdom. Yes - there are many  
moments I feel the demands of my journey  
but the ever deep feelings of hope & meaning  
are best.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #1)

Grit - Angela Duckworth

This SWPS Series Topic - The Power of Passion and Perseverance

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *With Livelihood Mission/Excellence Passion Appears*

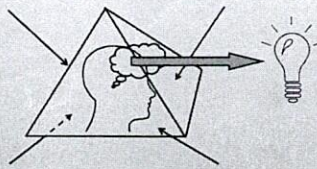
**The most dazzling human achievements are, in fact, the aggregate of countless individual elements, each of which is, in a sense, ordinary.**

Book  
Page  
36

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. A confluence of dozens of small skills or activities.

2. Each one learned or stumbled upon.



4. Then are fitted together in a synthesised whole.

3. Carefully drilled into habit.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *Aesop Fable Truth: Tortoise & Hare*

**There is nothing extraordinary or superhuman in any one of those actions: only the fact that they are done consistently and correctly, and all together, to produce excellence.**

**- The Mundanity of Excellence by Dan Chambliss**

Book  
Page  
36

Gained EI/VBC's insights:

These book hotspot advice insights so helped give me more commitment to continue my sometimes overwhelming vision to bring a revolution into the world that helps the human awareness condition as it is helping me.



## Shared Wisdom Patterns Snapshots™ (SWPS™ #4)

Grit - Angela Duckworth

This SWPS Series Topic - The Power of Passion and Perseverance

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

### SUMMATION BOX (SB): *With Livelihood Mission/Excellence Passion Appears*

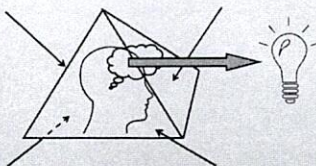
**Gritty people do more deliberate practice and experience more flow. There is no contradiction here, Mihaly Csikszentmihalyi believes it takes about 10,000 hours of practice on a complex skill to experience high performance flow. Anders Ericsson found that with 10,000 hours of deliberate practice such preparation allowed achievement at an expert status.**

Book  
Pages  
131-133

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Deliberate practice is a behavior, and flow is an experience. Anders Ericsson is talking about what experts do; Mihaly Csikszentmihalyi is talking about how experts feel.

2. You don't have to be doing deliberate practice and experiencing flow at the same time. And, in fact, I think that for most experts, they rarely go together.



4. (The Flow state) is that you're doing; you're just doing. You're getting feedback, but because the level of challenge just meets your current level of skill, the feedback is telling you that you're doing a lot right. You feel like you're in complete control, because you are. You're floating. You lose track of time.

3. My view is that the primary motivation for doing effortful, deliberate practice is to improve your skill. You're concentrating one hundred percent, and you've deliberately set the level of challenge to exceed your current level of skill. You're in "problem solving" mode, analyzing everything you do to bring it closer to the ideal... You're getting feedback, and a lot of that feedback is about what you're doing wrong, and you're using that feedback to make adjustments and try again.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

### CONCLUSION BOX (CB): *Aesop Fable Truth: Tortoise & Hare*

**Olympic gold medalist rower Mads Rasmussen says, "It's about hard work. When it's not fun, you do what you need to do anyway. Because when you achieve results, it's incredibly fun. You need to enjoy the 'Aha' at the end, and that is what drags you along a lot of the way... In other words, deliberate practice is for preparation, and flow is for performance."**

Book  
Pages  
131-133

Gained EI/VBC's insights:

I did not really think about "Flow" until I read the "Flow" book. I was not aware of how I can zip by and am grateful for such self-attention as a remarkable experience not a hindrance.