



EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE

GRIT - ANGELA DUCKWORTH

THIS SWPS™ 7 SERIES TOPIC - THE POWER OF PASSION AND PERSEVERANCE

SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT

EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC'S)

EI includes everything experienced from "womb to tomb" that impacts & shapes human self identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehensional leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

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

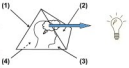
(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

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. This results in experiencing 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™ FOR AWARENESS ENHANCEMENT

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?

REASONS NOTES

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**

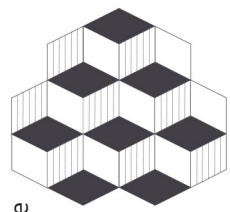
Go to **www.EIB4AI.com/NOWWHAT** for further uses and suggestions.



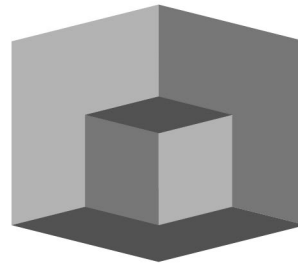
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

Automatic Shifting Autonomous Reasoning

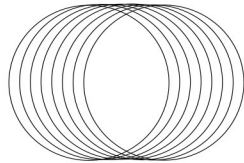


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

Intentional Shifting Rational/Intuitive Reasoning

SUMMATION BOX (SB):

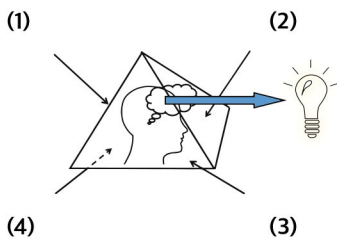
An introduction to the book's hotspot of the author's shared knowledge.

Reference
Book's
Pages

Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

4-sided RTH

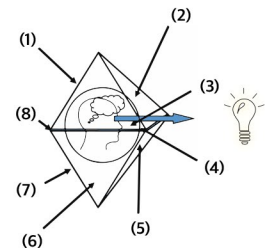
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allow a left to right brain - back and forth shifting.

8-sided RTH

Thinking Head Commentary Collective



CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference
Book's
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

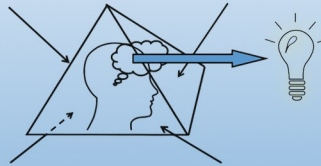
SUMMATION BOX (SB): *With Livelihood Mission/Passion = Excellence Appears*
The most dazzling human achievements are, in fact, the aggregate of countless individual elements, each of which is, in a sense, ordinary.

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: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

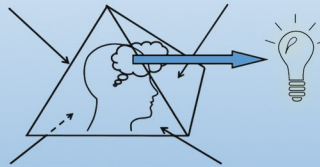
I recently gave a lecture on Grit... at the Wharton School of Business... An aspiring entrepreneur rushed to introduce himself. Breathlessly, he told me a story meant to illustrate his own prodigious Grit. Earlier that year, he raised thousands of dollars for his start-up, going to heroic lengths to do so, and pulling several all-nighters in the process. I was impressed and said so. But I hastened to add that Grit is more about stamina than intensity. "So, if you're working on that project with the same energy in a year or two, email me, I can say more about your Grit then."

Book
Pages
53-54

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

1. He was puzzled. "Well, I might not be working on the same thing in a few years." Good point. Lots of ventures that seem promising at the start turn out badly. Lots of optimistic business plans end up in the discard bin.

2. "Okay, so maybe this particular start-up won't be what you're working on. But if you're not working in the same industry, if you're on to some totally unrelated pursuit, then I'm not sure that story illustrates grit."



4. "Grit isn't just working incredibly hard. That's only part of it. ... There are no shortcuts to excellence. Developing real expertise, figuring out really hard problems, it all takes time - longer than most people imagine. And then, you know, you've got to apply those skills and produce goods or services that are valuable to people."

3. "You mean, stay in one company?" He asked. "Not necessarily. But skipping around from one kind of pursuit to another - from one skill set to an entirely different one - that's not what Gritty people do."

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

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

He was listening, so I continued. "And here's the really important thing. Grit is about working on something you care about so much that you're willing to stay loyal to it." "It's doing what you love. I get that." "Right, it's doing what you love, but not just falling in love - staying in love."

Book
Pages
53-54

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

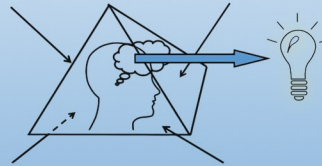
Consider Hall of Fame pitcher Tom Seaver. When he retired in 1987 at the age of forty-two, he'd compiled 311 wins; 3,640 strikeouts; 61 shutouts, and 2.86 earned run average... During his twenty-year professional baseball career, Seaver aimed to pitch "the best I possibly can day after day, year after year." Here is how that intention gave meaning and structure to all his lower-order goals; pitching determines:

Book
Pages
63 - 64

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

1. What I eat, when I go to bed, what I do when I'm awake.

2. If it means I have to come to Florida and can't get tanned because I might get a burn that would keep me from throwing for a few days, then I never go shirtless in the sun.



4. In the winter I eat cottage cheese instead of chocolate chip cookies in order to keep my weight down.

3. I have to remind myself to pet dogs with my left hand or throw logs on the fire with my left hand.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

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

The life Seaver described sounds grim. But that's not how Seaver saw things: "Pitching is what makes me happy, I've devoted my life to it... I've made up my mind what I want to do. I'm happy when I pitch well so I only do things that help me be happy." What I mean by passion is not just that you have something you care about. What I mean is that you care about the same ultimate goal in an abiding, loyal, steady way. ... At the extreme, one might call your focus obsessive. Most of your actions derive their significance from their allegiance to your ultimate concern, your life philosophy... Grit is about holding the same top-level goal for a very long time.

Book
Pages
63 - 64

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

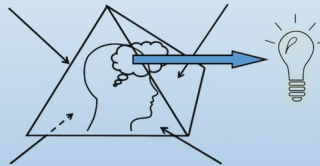
Gritty people do more deliberate practice and experience more flow. There is no contradiction here, Mihaly Csikszentmihalyi believes it takes about 10,000 hours of practice on a complex skill to experience high performance flow. Anders Ericsson found that with 10,000 hours of deliberate practice such 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: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

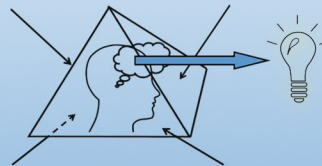
When I talk to my Grit paragons, and they tell me that what they're pursuing has purpose, they mean something much deeper than mere intention. They're not just goal-oriented: the nature of their goals is special. When I probe, asking, "Can you tell me more? What do you mean?" There, sometimes floods 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

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

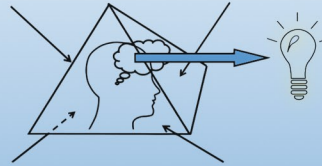
What paragons of Grit tell me in person, at face value, is while interest is crucial to sustaining passion over the long-term, so, too, is the desire to connect with and help others.

Book
Pages
148-149

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

1. To reflect on the times in your life when you've really been at your best.

2. When you've risen to the challenges before you.



4. Such a beyond-the-self orientation can and should be deliberately cultivated.
- Bill Damon

3. Finding strength to do what might have seemed impossible for the benefit of other people.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

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

This is not to say that all Grit paragons are saints, but rather, that most Gritty people see their ultimate aims as deeply connected to the world beyond themselves. My claim here is that, for most people, purpose is a tremendously powerful source of motivation. There may be exceptions, but the rarity of these exceptions proves the rule.

Book
Pages
148-149

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

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

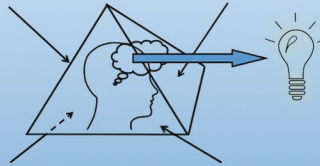
We all face limits - not just in talent, but in opportunity. But more often than we think, our limits are self-imposed. We try, fail, and conclude we've bumped our heads against the ceiling of possibility. Or maybe after taking just a few steps we change direction, In either case, we never venture as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



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING

GRIT - ANGELA DUCKWORTH

THIS SWPS™ 7 SERIES TOPIC - THE POWER OF PASSION AND PERSEVERANCE
YOUR EI/VBC'S® JUDGMENT PATTERNS RESPONSE REPORT

RESPONSE
REPORT
PAGE 10

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#___ SWPS#___ SWPS#___ SWPS#___

4 CHOSEN	___	SUMMATION	1	___
SWPS	___	BOX (SB's)	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

4 CHOSEN	___	CONCLUSION	1	___
SWPS	___	BOX (CB's)	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

RANK YOUR 4 SWPS CHOICES				
4 CHOSEN	___	SWPS	1	___
SWPS	___	PORTRAIT	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

EI/VBC'S® TRANSFORMS REASONING HABITS

This new 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): _____

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

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