



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

Liberating Everyday Genius - Mary-Elaine Jacobsen  
This SWPS™ 7 Series Topic - Gifted Adults Evolutionary Moments/Self-Liberation

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#
2	5	6	7

<b>4 CHOSEN SWPS PORTRAIT #'s</b>	<u>2</u>	<b>SUMMATION BOX (SB's) #'s RANKING</b>	1 <u>2</u>
	<u>5</u>		2 <u>5</u>
	<u>6</u>		3 <u>6</u>
	<u>7</u>		4 <u>7</u>

<b>4 CHOSEN SWPS PORTRAIT #'s</b>	<u>2</u>	<b>CONCLUSION BOX (CB's) #'s RANKING</b>	1 <u>7</u>
	<u>5</u>		2 <u>2</u>
	<u>6</u>		3 <u>5</u>
	<u>7</u>		4 <u>6</u>

<b>RANK YOUR 4 SWPS CHOICES</b>			
<b>4 CHOSEN SWPS PORTRAIT #'s</b>	<u>2</u>	<b>SWPS PORTRAIT #'s RANKING</b>	1 <u>7</u>
	<u>5</u>		2 <u>2</u>
	<u>6</u>		3 <u>5</u>
	<u>7</u>		4 <u>6</u>

## EI TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perspective shifting," and whole-left-right-complete-brain anatomy engagement - reveals insights as you record both obvious and hidden judgments. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBC's) that influence and define all aspects of your daily identity to complete this SWPS Series Response Report which will enable you to recognize your thinking patterns.

Use your EI 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 created motivation for 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 BEFORE ARTIFICIAL INTELLIGENCE

Shared Wisdom Patterns Snapshots (SWPS™) Hotspots of 2D <=> 3D Insight

Liberating Everyday Genius by Mary-Elaine Jacobsen

## 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.


## LIBERATING EVERYDAY GENIUS – GIFTED ADULTS EVOLUTIONARY MOMENTS/SELF-LIBERATION

(If you have interacted with/pondered/engaged the 4 Everyday Genius SWPS™ Series segments provided – from Mary-Elaine Jacobson's book – WM believes an evolutionary shift in your EI self-awareness and VBC's® judgment patterns should be coming into clearer, more powerfully directed focus.) You should now be better prepared – as an Everyday Genius – to accept and embrace the reality that you cannot escape the pull of personal destiny. The subtle messages of our inner agenda call us in the quiet of the night and echo in our scattered moments of thought during our busy days. As breakthrough thinkers we feel a compulsion to stick our necks out and change the status quo. Uncertainty is our norm. Uncertainty is the draw. It is the future. It is the realm of possibility.

## HOW TO COMPLETE A SWPS™ SERIES

*chose 2, 5, 6, 7*  
REASONS NOTES

### 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 \_\_\_\_

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 7 2 2 3 5 4 6*

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

Rank this Summation Box: *1 2 5 3 7 4 6*

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

Rank this Conclusion Box: *1 7 2 2 3 5 4 6*

### 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**

### 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?

Go to [www.EIB4AI.com/NOWWHAT](http://www.EIB4AI.com/NOWWHAT) for further uses and suggestions.

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

Liberating Everyday Genius by Mary-Elaine Jacobsen  
This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

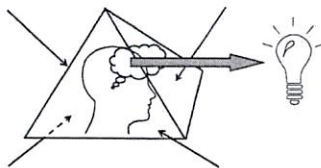
It is becoming increasingly obvious to me (Mary-Elaine Jacobson) that in order to break the mold, one must never underestimate the vital role of collaboration. I'm especially struck by the creative breakthroughs that occur when individuals undertake the enormous effort to blend their unique personalities, viewpoints, life experiences, and approaches for the greater good.

Book  
Pages  
378 - 379

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

1. We have no choice but to build a future that will be more than just a faster, more technical, and more dangerous version of today.

2. Because we hear the evolutionary call, we must answer.



4. Together give progress a forward and humanistic push with all of our collective might.

3. Make our way toward each other.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

We are faced with the urgent need to gather our constructive forces together. The inner sense of responsibility that comes with giftedness urges each of us to create the Next Network – an alliance of Everyday Geniuses who have liberated their gifts from the ego to become the community of world servers.

Book  
Pages  
378 - 379

Wow! One of my greatest Hopes – Intuitive senses of what can happen. My SWPS Gained EI/VBC's insights: Thinking you will connect me with other SWPSERS that have a lifelong passion to explore, understand share the discoveries of response recording then & SWPS

# Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

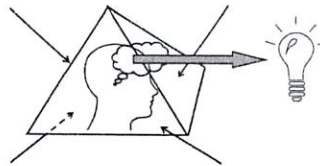
**Self-liberation – what does "liberate thyself" mean for us? We don't reveal ourselves to gratify our ego, nor are we naive sacrificial lambs ready to be exploited for the wrong purpose. Rather, we are on our own, wholly free for the first time because we have reached the point where we no longer need to seek permission from anyone or anything outside of our own soul.**

Book  
Page  
354

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

1. Taking ourselves seriously.

2. Embracing our differences.



4. Doing the work and making the sacrifices necessary to live from the inside out.

3. Maturing from outer control to inner rule.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

**This is the point of realization we've been working toward, when we have achieved both self-definition and self-mastery. When we are finally safe to reveal ourselves, because our gifts of ability have been tested by experience and tempered by what we have learned and what we know we must do. The apparently random revelations that occurred in seemingly unrelated moments are now clearly connected to our very center. What was once a unconscious pressure to reach a goal is now a conscious strategy to fulfill a distinct purpose.**

Book  
Page  
354

This part has 3 components of MBT book  
Gained EI/VBC's insights: wisdom – so makes me feel  
that I am making real progress on my  
mission path. It describes how I want to  
language who I am and where I  
am committed to going.

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

Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

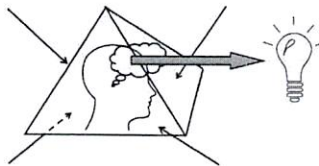
**"No trumpets sound when the important decisions of our life are made. Destiny is made known silently" Agnes de Mille observed. Goals matter. They are what keep us from staying (and stagnating) close to home and hearth, huddled under a lap robe. Remain cognizant of the fact that every achievement is the result of many minutes, hours, and even years of labors, all of which have value and enrich your life. Unsung heroes are often the ones who make the differences that matter.**

Book  
Pages  
372 - 373

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

1. Don't allow yourself to get stuck in a pose, looking the part instead of doing something to make your reimagined role real.

2. It is far too easy to think of a revised life, then to enact it. Simply wearing the guise of a truly independent seeker who supports her or his own actualization efforts is a monumental waste of the souls time.



4. Wrestle we must, but perhaps with less trepidation in knowing that gifted people are equipped to face down adversity, which is fitting since we are naturally inclined to push the limits anyway.

3. Whether we accept it or not, in order to create an advance towards the realization of our true Self each of us must grapple with demons, question again and again, wander about aimlessly for a while, spend time in the wilderness, and agonize in exile during times of turmoil and pain.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

**Connecting with the power greater than our own is the fundamental work of the liberated Everyday Genius. Advanced development begins by pushing away obstacles that delay personal growth: fear, criticism, over-control, and limitation of experience. As our integration proceeds, previously vexing dichotomies blend, and what formally seemed like in either/or situation turns into a both/and opportunity.**

Book  
Pages  
372 - 373

*I feel so re-inforced with positive-yet-factual evidence about what I am committed to do with my life. How to cope and bravely embrace all the challenging demands that can cause me uncertainty and doubt- But I use this advice to move past these obstacles*

Gained EI/VBC's insights:

# Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

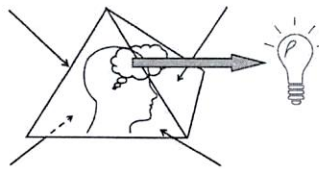
**In order for our multiple intelligences and gifted traits to come to fruition as completely as possible, we must repeatedly shape and polish the Five Facets of Freedom.**

Book  
Pages  
377 - 378

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

1. First, to accurately identify and interpret who we are and are not, garnering the courage to get to know ourselves all over again.

2. Second, it is essential to re-examine our traits in the light of the gifted personality and debunk outdated notions about intelligence.



4. The fourth facet – self-mastery – allows our Everyday Genius characteristics to operate as the true assets they are intended to be. Relationships are key to the brilliance of our lives, so they require us to create a plan to balance attachment and love with autonomy and respect.

3. The third facet can be fashioned to reveal and heal. It is important that we reunite with the true Self to find the courage to uncover the False Self, heal old wounds, and defy the "Ten Criticisms" (Page 140) that have restricted us.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

**The fifth facet of freedom – self-liberation – is the conscious recognition of the importance of evolutionary moments in our lives. It allows us to interpret setbacks and opportunities within the context of the Everyday Genius liberation process. It is no longer unreasonable to embrace our Humanistic Vision, trust our Mandated Mission, and dare revolutionary action. We learn to cooperate with our souls intended purpose in accordance with the mandates of our personal mission.**

Book  
Pages  
377 - 378

This MET languaging of the internal  
Gained EI/VBC's insights: I CD reality allows me to  
better define and sort through the  
complexity of what I am focused on doing  
to improve daily life for Humanity.



# AWAKEN EXPERIENTIAL INTELLIGENCE THINKING

## 2D <=> 3D Perspective Shifting Overview

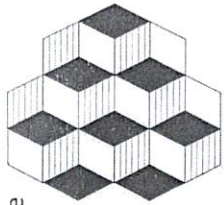
### Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS™ 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation  
Life's Purpose & Creating Betterment

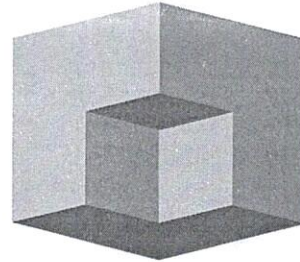
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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

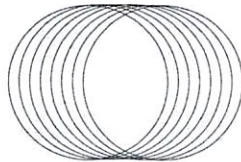


Black and White Cubes:  
The figure reverses so that either 6 or 7 cubes are perceived.  
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

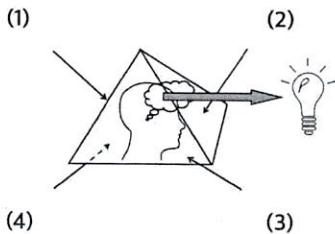
An introduction to the book's hotspot of the author's shared knowledge.

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

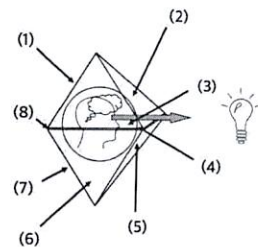
Thinking Head Commentary Collective



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™.

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

Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

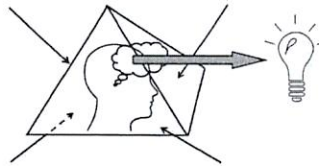
**Self-liberation...at this stage of our development, we know who we are, why we are different, and why we are intended to deliver exceptional gifts in the service of something greater than ego, broader than individual accomplishment, and deeper than external approval. Liberation and responsibility are inseparable. Freedom demands that we must learn to operate according to our inner directives. We have explored the following essential steps towards achieving the fulfillment only freedom can offer:**

Book  
Page  
353

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

1. Identify thyself.

2. Understand thyself.



NOT  
CHOSEN

4. Manage thyself.

3. Reveal and Heal thyself.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

**Now we must put all of the pieces together and integrate our differences so that our abilities can take their rightful place in the larger plan, we are ready for the final step; LIBERATE THYSELF.**

Book  
Page  
353

Gained EI/VBC's insights: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

Liberating Everyday Genius by Mary-Elaine Jacobsen

This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

Let's take a look at the evolutionary moments of one of the examples of an eminent Everyday Genius. Alexander Graham Bell, inventor of the telephone, was born in Scotland in 1847. Accounts of his life's work point to 3 primary evolutionary moments.

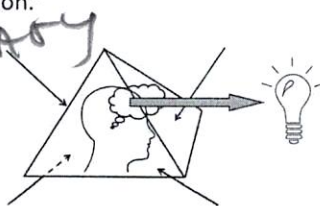
Book  
Pages  
359 - 360

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

1. The first occurred when Bell's grandfather, concerned that the 15-year-old boy was withdrawn and sullen, decided to invite him for a visit to London. This year-long stay proved pivotal for this would-be inventor's evolutionary growth. Away from his demanding father, Alexander felt freer. Instead of constantly having to prove himself, he at last could act however he wished. At home his parents discouraged him from reading books for fun. But his grandfather loved to read novels and plays. When his father came to take Alec home, "he could barely recognize him. Alec had an air of confidence that made him seem like a different person."

2. Like his father, Alexander Graham Bell taught the deaf to speak. As a professor of oratory in Boston, he fell in love in 1873 with a deaf woman whose parents denied him her hand in marriage until he could prove himself. It was this challenge from his bride's parents that sparked his lifelong obsession with the invention. He turned his attention to experimenting with machine-made sound, declaring; "if I can make a deaf-mute talk, I can make metal talk."

GREAT STORY ABOUT A LEGENDARY GIFTED ADULT



NOT CHOSEN

4. His legal victory won him fame and fortune; this fortune from Bell's invented telephone financed Science Magazine, established the National Geographic Society, and funded the school for the deaf where Ann Sullivan's work with Helen Keller was later conducted. Bell's greatest hope was to be remembered for his service to the deaf.

3. The last of these key evolutionary moments in Bell's life occurred as he was forced to defend his sole right to the newly invented telephone in court.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

Alexander Graham Bell's 3 evolutionary moments are just one example of many other eminent individuals true life stories that unveil the essence of the evolutionary moment when they describe it in retrospect. Of course, the evolutionary moments are different for each of us, often being a cascade of realizations that fit our uniqueness and individual purpose. The true self is not bound to a particular locale or encumbered by calendars, academic degrees, age, or gender. The maturation of our philosophy of life, our skills, influence, and calling, contain a good bit of mystery that stems from an enigmatic core directive that has escaped our conscious detection for many years.

Book  
Pages  
359 - 360

Gained EI/VBC's insights: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Liberating Everyday Genius by Mary-Elaine Jacobsen  
This SWPS 7 Series Topic – Gifted Adults Evolutionary Moments/Self-Liberation

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): *Life's Purpose & Creating Betterment*

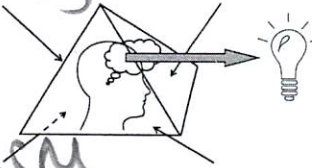
**Declaring a personal mission is more clearly revealed when your life's hidden patterns of EI/VBC's® judgment help you more readily determine what you are aiming at, it's direction, its criteria for success, and the pathway to follow that can achieve your purpose. Unfortunately, we individuals often fail to follow our own guidelines, or, worse yet, have no personal mission statement at all.**

Book  
Page  
372

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

1. A meaningful mission statement evolves from inside in the recursive processes of change, both of which surface when we become serious about increasing our knowledge of our Self.

VERY PERSONALLY  
NOTHING  
with hope/optimism



2. The closer we are to our true mission, the more intense is our energy and enthusiasm.

NOT  
CHOSEN

4. In The Seven Habits of Highly Effective People, Stephen Covey writes, "the most effective way I know to begin with the end in mind is to develop a personal mission statement or philosophy or creed. It focuses on what you want to be (character) and to do (contributions and achievements) and on the values or principles upon which being and doing are based (creed)."

3. Strangely, many of us are brought to insight by "accidents" of experience that compels us to go in the direction our thinking mind initially finds repugnant. Over time, we learn that what initially repelled us now compels us.

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

## CONCLUSION BOX (CB): *Persistence & Optimism Evolve Perception*

**Without knowing who we want to be and what we want to do, we will flounder when storms arise, or we will reach a goal with faulty expectations of permanent glory, eventually becoming lost in the dark disillusionment and surrendering our hope.**

Book  
Page  
372

Gained EI/VBC's insights: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_