



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING
THE POWER OF FULL ENGAGEMENT (SWPS SERIES II) – J. LOEHR & T. SCHWARTZ
YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

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# 2 SWPS# 3 SWPS# 7

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

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

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

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): 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 BEFORE ARTIFICIAL INTELLIGENCE

THE POWER OF FULL ENGAGEMENT (SWPS SERIES II) – J. LOEHR & T. SCHWARTZ

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.

THE POWER OF FULL ENGAGEMENT – SWPS SERIES II

Authors Loehr and Schwartz clearly lay out in their book practical insights of thinking wisdom and take action tools that will help us recognize, connect with, and enhance the rhythms/routines of our body's natural 24 hour cycles of physical, mental and behavioral changes. As quoted by FAST COMPANY, this bestseller "combines the gritty tough mindedness of the best coaches with the gentle but insistent inspiration of the most effective spiritual advisors." The sustaining power of rituals comes from the fact that they conserve energy. A famed philosopher, A.N Whitehead stated "civilization advances by extending the number of operations which we can perform without thinking about them."

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 _____

Chose 1, 2, 3, 7

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?

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

Rank this Summation Box: 1 7 2 1 3 3 4 2

Rank given to this SWPS:

1 2 2 3 3 1 4 7

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

Rank this Conclusion Box: 1 3 2 2 3 7 4 1

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 for further uses and suggestions.

Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*

In addition to its energy renewing function, sleep is also a period during which substantial growth and repair occurs – most of it at the deepest level of sleep, when slow-wave delta brain waves are dominant. During those periods, cell division is most active, the greatest number of growth hormones and repair enzymes are released and muscles that have been stressed during the day have an opportunity to regenerate.

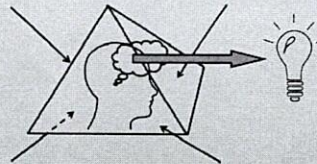
Book
Pages
49, 56,
60, 81,
88, 94



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

1. The breath is a powerful tool for self regulation – a means both to summon energy and to relax deeply. Extending the exhalation, for example, prompts a powerful wave of recovery. Breathing into a count of 3 and out to a count of 6, lowers arousal and quiets not just the body but also the mind and the emotions. Deep, smooth and rhythmic breathing is simultaneously a source of energy, alertness and focus as well as of relaxation, stillness and quiet – the ultimate healthy pulse.

2. When we feel challenged rather than threatened, we are more willing to extend ourselves, even if that means taking some risk and experiencing some discomfort along the way.



4. These sorts of fundamental changes in personal style are very difficult to make. Our experience – and considerable research – suggests that setbacks are an intrinsic part of any significant change process. The motivation and specific plan for making a change may often just be the first step. The researcher, James Prochaska has found, for example, that people launching a major change in their lives often fail several times before succeeding in a sustaining way.

3. Creating a rhythmic balance between energy expenditure and energy recovery is more complex emotionally than it is physically, but not less critical to optimal performance in full engagement. The delicate dance of a healthy friendship, for example, can be a powerful source of both positive energy and renewal.

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*

To perform at our best we must be able to sustain concentration, and to move flexibly between broad and narrow, as well as internal and external focus. We also need access to realistic optimism, a paradoxical notion that implies seeing the world as it is, BUT always working positively toward a desired outcome or solution. Anything that prompts appropriate focus and realistic optimism serves performance. The key supportive muscles that fuel optimum mental energy include mental preparation, visualization, positive self talk, effective time management, and creativity.

Book
Pages
49, 56,
60, 81,
88, 94

So much to MAKE A ROUTINE/RITUAL THAT BETTER
Gained EI/VBC's insights: "REALISTIC OPTIMISM" I need my sleep,
my EXERCISE ROUTINE, AS I FOCUS ON MAJOR LIFE
TRANSITION - IT ALTERS MY PREVIOUS RHYTHM.
So maintaining focus and realistic optimism gets
me a new rhythm in embracing major
change.

Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*

important insight "We can experience pleasure without any investment of physical energy, whereas enjoyment happens only as a result of unusual investments of attention..." writes psychologist Mihaly Csikszentmihalyi, author of books FLOW and FINDING FLOW. The best moments (in our lives) usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile. The intensity of pleasure that we derive from a given activity tends to diminish over time. Much as we fear change, the deepest satisfaction and enjoyment comes from our willingness to expose ourselves to new challenges and engage in novel experiences.

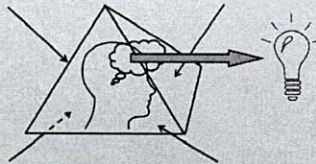
Book
Pages
44, 45,
46



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

1. Expanding capacity requires a willingness to endure short-term discomfort in the service of a long-term reward. We grow at all levels by expanding energy beyond our normal limits and then recovering.

2. When we feel challenged rather than threatened, we are more willing to extend ourselves, even if that means taking some risk and experiencing some discomfort along the way.



4. The same paradoxical phenomena applies to achieving long-term satisfaction and well-being by expanding our capacity to push beyond one's ordinary limits and then regularly seek recovery.

3. Rehabilitation is the process by which we systematically build back capacity. The approach is always the same: gradual and incremental exposure to increasing doses of stress.

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*

Our most fundamental need as human beings is to spend and recover energy. We call this oscillation. The opposite of oscillation is linearity: too much energy expenditure without recovery or too much recovery without sufficient energy expenditure. Balancing stress and recovery is critical to high-performance both individually and organizationally. We must sustain oscillatory rhythms at all four levels of what we term "The Performance Pyramid (page 201)", physical, emotional, mental and spiritual. We build the emotional, mental and spiritual capacity in precisely the same way that we build physical capacity. We must systematically expose ourselves to stress beyond our normal limits, followed by adequate recovery.

Book
Pages
44, 45,
46

I have to keep this portrait where I can scan -
Gained EI/VBC's insights: read it every few days or weeks,
The RTH, SB, CB anatomy of this portrait allows my
whole brain (left/right) to emotionally and consciously
remember the lessons without having to
re-read each RTH, SB, CB component on a portrait.

Shared Wisdom Patterns Snapshots™ (SWPS™ #1)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*

Full engagement requires cultivating a dynamic balance between the expenditure of energy (stress) and the renewal of energy (recovery) in all dimensions. We call this rhythmic wave oscillation, and it represents the fundamental pulse of life.

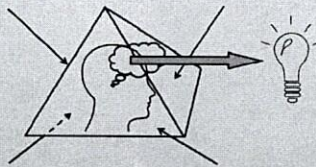
Book
Pages
30, 38,
139



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

1. Nature itself has a pulse, a rhythmic, wavelike movement between activity and rest. Think about the ebb and flow of the tides, the movement between seasons, the daily rising and setting of the sun.

2. Likewise, all organisms follow life-sustaining rhythms – birds migrating, bears hibernating, squirrels gathering nuts and fish spawning – all of them at predictable intervals.



4. We are oscillatory beings in an oscillatory universe. Rhythmicity is our inheritance. At the broadest level, our activity and rest patterns are tied to circadian rhythms (Latin "circa dies" for "about a day"), which cycle approximately every 24 hours.

3. So, too, human beings are guided by rhythms – both those dictated by nature and those encoded in our genes. Our breathing, brain waves, body temperature, heart rates, hormone levels and blood pressure all have healthy (and unhealthy) rhythmic patterns.

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*

Because we have overridden the natural rhythms that once defined our lives, the challenge is to consciously and deliberately create new boundaries. We must learn to establish stopping points in our days, inviolable (unalterable) times when we step off the track, cease processing information, and shift our attention from achievement to restoration.

Book
Pages
30, 38,
139

How paying attention to the News regardless of the technology method of access or advt intrudes into my awareness & through "automatic feeds" depletes my energy. I have to both do regular cardio/weights/stretching at the gym and relax with positive self-re-energizing thought like meditation.

Shared Wisdom Patterns Snapshots™ (SWPS™ #7)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*

We must make our own meaning – actively build spiritual capacity. Doing so necessarily involves discomfort. "Mental health is based on a certain degree of tension," Viktor Frankl wrote in his book *MAN'S SEARCH for MEANING*. "The tension between what one has already achieved and what one still ought to accomplish, or the gap between what ONE is and what ONE should become.... What many actually need is not a tensionless state, but rather the striving and struggling for a worthwhile goal, a freely chosen task." As relayed with *THE POWER of FULL ENGAGEMENT* book – from work with athletes we learned that visualizing a performance challenge in advance is a very effective way to allay anxiety and to perform without awkwardness or self-consciousness.

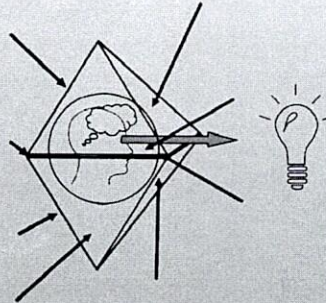
Book
Pages
117, 118,
120, 127,
131

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

1. Spiritual energy provides the force for action in all dimensions of our lives. It fuels passion, perseverance and commitment.

2. Spiritual energy is derived from a connection to deeply held values and a purpose beyond our self-interest.

8. Expanding spiritual capacity involves pushing past our comfort zone in precisely the same way as expanding physical capacity. The energy of the human spirit can override even severe limitations of physical energy.



3. Character – the courage and conviction to live by our deepest values – is the key muscle that serves spiritual energy.

7. Spiritual work can be demanding and renewing at the same time.

4. The key supportive spiritual muscles are passion, commitment, integrity and honesty.

6. Spiritual energy is sustained by balancing a commitment to a purpose beyond ourselves with adequate self-care.

5. Spiritual energy expenditure and energy renewal are deeply interconnected.

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*

If growth and development take place from the bottom up – from physical to emotional to mental to spiritual – change is powered from the top down. The most compelling source of purpose is spiritual, the energy derived from connecting to deeply held values and a purpose beyond one's self-interest. Purpose creates a destination. It drives full engagement by prompting our desire to invest focused energy in a particular activity or goal. We become fully engaged only when we care deeply, when we feel that what we are doing really matters. Purpose is what lights us up, floats our boats, feeds our souls.

Book
Pages
117, 118,
120, 127,
131

I can only envision that these SWPS series are a beginners path toward a daily or weekly jolt of energy to focus on life important endeavors. It is a steady, increasing source of inner strength – lasting as it grows over time – way beyond the bowl of coffee, etc.



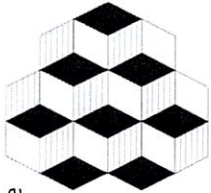
EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE THE POWER OF FULL ENGAGEMENT (SWPS SERIES II) – J. LOEHR & T. SCHWARTZ

2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

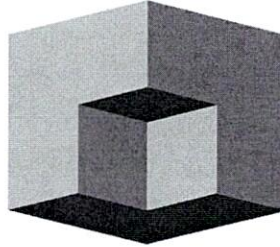
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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

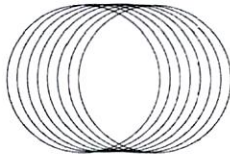


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

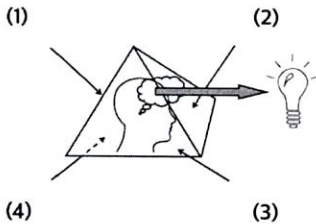
An introduction to the book's hotspot of the author's shared knowledge.

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

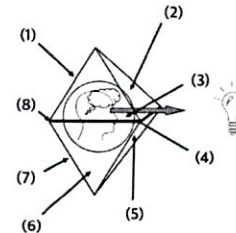
Thinking Head Commentary Collective



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 allowing 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™ #4)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*

Many of us treat life as a marathon that doesn't end until it finally ends for good. Along the way, we learn strategies for conserving our limited resources. This may mean expending energy at a certain steady level at work but rarely fully engaging, or pushing very intensely on the job then having little energy left to invest at home. Or it may mean slowly disengaging in every sphere of life.

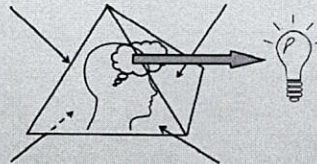
Book
Pages
38, 39

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

1. The inexorable advances in technology – meant to help us stay more connected – often serve instead to keep us from ever fully disconnecting. Consider the way that Robert Iger, the president of the Walt Disney company, has described the impact of email on his life. "It just completely changed the rhythm of my workday. I tried to avoid checking my text messages or turning on the computer when I wake up, because I know if I do I won't have time for quiet contemplation about today's agendas."

NOT CHOSE

2. It really affects my attention span. All of a sudden I find myself picking up my smartphone or turning around in my chair to glance at my computer to see what emails have just come in. Without thinking about it, I start answering them, and before long 40 minutes have gone by."



4. As the authors of this book state – as far back as two decades ago, online service providers found that even then 47% of employees took their laptops on vacation, and 26% continued to check their email every day. What would be the statistics now – with the easy accessibility and interactive capabilities to address minute by minute work demands with our evolved digital technologies.

3. "I now find myself wanting to avoid meetings just to handle the increasing volume of text messages and email. I find that this greatly imbalances the effectiveness of my leadership role with both my work and quality time in my personal life."

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*

The busier we are, the more important we seem to ourselves and, we imagine, to others. To be unavailable to our friends and family, to be unable to find time for the sunset (or even to know the sun has set it all), to whiz through our obligations without time for a mindful breath, this has become the model of a successful life.

Book
Pages
38, 39

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*
Use this 2 column comparative chart (book page 6) to evolve your lifestyle above the demanding paradox of the old paradigm and rise to the life improvement challenge relayed in the new paradigm for accessing the power of full engagement.

Page
6 chart

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

1. Was: Manage time
Now: Manage energy

2. Was: Avoid stress
Now: Seek stress

8. Was: High percentage disengaged workforce
Now: Higher percentage engaged workforce

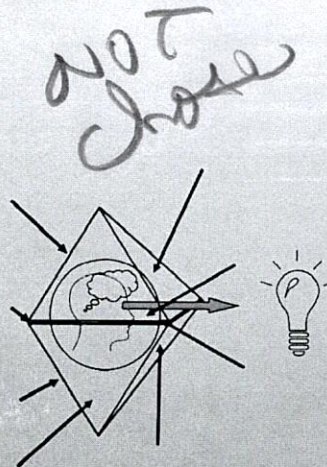
3. Was: Life is a marathon
Now: Life is a series of sprints

7. Was: The power of positive thinking
Now: The power of full engagement

4. Was: Downtime is wasted time
Now: Downtime is productive time

6. Was: Self-discipline rules
Now: Rituals rule

5. Was: Rewards fuel performance
Now: Purpose fuels performance



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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*
We must balance energy expenditure with intermittent energy renewal. Positive energy rituals – based on our values – are the key to full engagement and sustained high performance. Take a moment to introspectively ponder. What rituals do you have that renew your energy? What new ritual based on your core values can you add to your life to enhance and balance your energy?

Page
6 chart

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

The Power of Full Engagement (SWPS Series II) – J. Loehr & T. Schwartz

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): *OSCILLATING RE-ENERGIZES L-MODE/R-MODE PERFORMANCE*
Sustained high performance is best served by assuming the mentality of a sprinter not a marathoner. Over the span of 30 to 40 year career, performance is optimized by scheduling work into 90 to 120 minute periods of intensive effort followed by shorter periods of recovery and renewal.

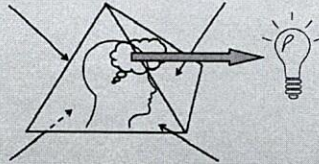
Book
Page
200

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

1. Oscillation refers to the optimal cycle of work/rest intervals. Chronic stress without recovery and chronic recovery without stress both serve to reduce capacity. In sport, these conditions are referred to as overtraining and undertraining.

NOT CHOICE

2. The opposite of oscillation is linearity. Excessive stress without recovery or excessive recovery with insufficient stress is what we call linearity. High-pressure situations generate powerful forces of linearity.



4. Interval (cyclical) exercise is far superior to steady-state (non-cyclical) exercise in terms of enhancing energy management skills.

3. Most of us are undertrained physically and spiritually (not enough stress) and overtrained mentally and emotionally (not enough recovery).

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

CONCLUSION BOX (CB): *SUSTAIN CONCENTRATION – BALANCE ENERGY OUTPUT/RECOVERY*
Energy in the human system is multidimensional. A dynamic relationship exists between physical, emotional, mental and spiritual energy. Changes in any one dimension of energy affect all dimensions.

Book
Page
200

Gained EI/VBC's insights: _____
