



LIMITLESS – JAMES KWIK

THIS SWPS™ 7 SERIES TOPIC - CREATING GOOD HABITS

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 comprehensonal 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.

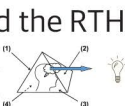
ENGAGE KWIK'S ENCYCLOPEDIA OF WISDOM SOURCES

This best-selling book is like "a library" of self-development resources! Kwik provides sources names, affiliations, expertise and relevance as added insight to his topic wisdom throughout his book – LIMITLESS. There is so much advice of gathered knowledge relayed as established methods of lessons to practice to evolve success with life fulfillment principles in each chapter. In today's easy access, quick fix answers and solution options Internet technology – such an all-inclusive reading/workbook formatted source of life self-success guidelines for becoming Limitless initially seems "overwhelming". But this book offers powerful lessons using "Small Simple Steps (S3)" to deliver "Big Progress."

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.



LIMITLESS – JAMES KWIK

THIS SWPS™ 7 SERIES TOPIC - CREATING GOOD HABITS

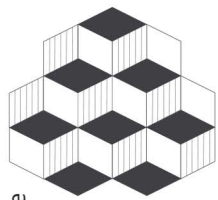
2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

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

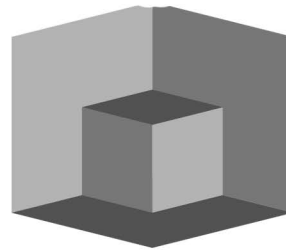
Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

Automatic Perspective Shifting

Autonomous Reasoning

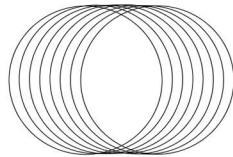


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
([Sensation + Perception](#) Page 321 Figure 17.15b Schiffman)



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 Perspective Shifting

Rational/Intuitive Reasoning

SUMMATION BOX (SB):

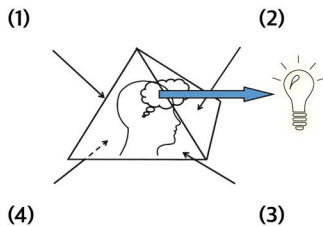
An introduction to the book's hotspot of the author's shared knowledge.

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

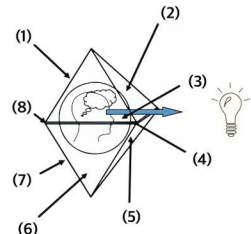
Thinking Head Commentary Collective



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™.

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

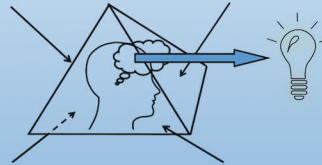
SUMMATION BOX (SB): GOOD HABITS CREATE POSITIVE RESULTS
LIMITLESS MODEL – MOTIVATION (noun) – THE WHY – the purpose one has for taking action. The energy required for someone to behave in a particular way.

Book
Pages
109, 110,
111

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

1. Let's unlimit a few LIE's (Limited Ideas Entertained) commonly held around Motivation. Contrary to popular belief, like your mindset, Motivation is not fixed. No one has a set level of Motivation. And when people say they are unmotivated, it's not completely true. They could have a high level of Motivation to stay in bed and watch television.

2. Motivation is not something you wake up with or not. We put ourselves in a trance when we say, "I don't have any Motivation". Motivation is not something you have; it's something you do. And it's entirely sustainable.



4. Think about it as energy management. Creating it, investing it, and not wasting it. A clear purpose or reason gives you energy. Practices you employ will cultivate energy for your brain and the rest of your body, and S³ requires little energy.

3. HERE'S the FORMULA: MOTIVATION = PURPOSE x ENERGY x SMALL SIMPLE STEPS. When you combine PURPOSE, ENERGY, and SMALL SIMPLE STEPS (S³), you get sustainable Motivation. And the ultimate form of Motivation is the state of FLOW.

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

CONCLUSION BOX (CB): CONVEY WHAT YOU DO AND WHY

Purpose drives us to act, and our purpose must be clear enough that we know why we are acting and what we are hoping to gain. Generating sufficient energy is vital, if you're tired or sleepy, or if your brain is foggy, then you won't have the fuel to take action. Small Simple Steps (S³) take minimal effort and keep you from being paralyzed with overwhelm. And finally, Finding Flow is the ultimate boom to Motivation.

Book
Pages
109, 110,
111

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB): GOOD HABITS CREATE POSITIVE RESULTS

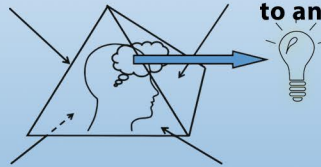
THE FOUR STAGES OF FLOW. The flow state has a predictable arc to it. Stephen Kotler founder of the FLOW Research Collective, has identified the four stages of Flow:

Book
Pages
171, 172

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

1. STRUGGLE – this is when you're digging deep to access whatever it is that you need to reach the Flow state. It could be a workout regimen, extensive research, an intense bout of brainstorming, or anything else that you're focusing on.

2. RELAXATION – this is the break you take before fully diving into Flow. It is an essential step, as it keeps you from burning out over the struggle you've just been through. This break – a walk, some breathing, anything that helps you relax – is decidedly different from a distraction such as moving on to another task or checking sports scores.



4. CONSOLIDATION – in this final stage you pull together everything you accomplished during the Flow state. Often, this is accompanied by feeling somewhat let down. All kinds of positive chemicals have been running through your brain while you are in Flow, and now that high is ending. But another cycle can be awaiting just around the corner.

3. FLOW – this is the stage that Kotler describes as "the Superman experience." This is that Flow state that hopefully you've experienced at various points in your life, where you're doing your absolute best work and it almost seems to be happening automatically.

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

CONCLUSION BOX (CB): CONVEY WHAT YOU DO AND WHY

Kotler believes that finding Flow is the "source code" of Motivation. When you find Flow, you get "maybe the most potent dose of reward chemistry" your brain can give you – which is the reason he believes Flow is the most addictive state on earth. Once we start to feel Flow in an experience, we are motivated to do what it takes to get more. But it's a circular relationship. If you have Motivation to accomplish a task but you have no Flow, you will eventually burn out. Motivation and Flow need to work together, and they need to be coupled with a solid recovery protocol, like good sleep and nutrition.

Book
Pages
171, 172

Gained EI/VBC's insights: _____

SUMMATION BOX (SB): GOOD HABITS CREATE POSITIVE RESULTS

Let's talk for a moment about how long it takes to form a habit. A study by experts at the University College London found that the process of developing a new healthy eating, drinking or exercise habit, such as drinking water with lunch or jogging before dinner provided some interesting insights. A subject group was asked to perform this new behavior on specific situational cues every day for 84 days. "For the majority of participants," the study group wrote, "automaticity increased steadily over the days of the study, supporting the assumption that repeating a behavior in a consistent setting increases automaticity." By the end of the study, they found that it took an average of 66 days for the new behavior to become a habit, though it took individual participants as little as 18 days and as many as 254 days.

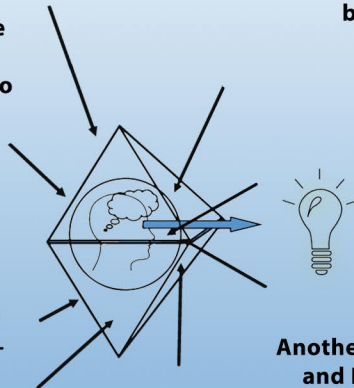
Book
Pages
157, 159

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

1. It is also widely assumed that breaking a bad habit isn't about ending that habit, but rather about replacing it with a different, more constructive, habit.

2. A study by an expert at the University of Oregon notes, "It's much easier to start doing something new then to stop doing something habitual without a replacement behavior. That's one reason why smoking cessation aids such as nicotine gum or inhalers tend to be more effective than the nicotine patch"

8. "all three factors must be present at the same instant for the behavior to occur." In other words, you need three things in place in order to develop a habit.



3. So, if the process of starting a new habit, such as setting aside time to read every day, is fundamentally the same as the process of ending a negative habit, such as grabbing those chips every time you pass the pantry, how does it work?

7. Dr BJ Fogg created the Fogg Behavior Model to identify the circumstances that need to be present for behavior change to occur. "For a target behavior to happen," he notes, "a person must have sufficient motivation, sufficient ability, and an effective prompt"

4. As with so many things we discussed in this book, motivation plays a key role. Another expert at the Department of Psychiatry and Behavioral Sciences at Stanford school of medicine, said, "It depends on how much you really want to break the habit."

6. So, the important issue is: First, how strongly do you really want to break the habit in question? Second, how established is the problem habit? It is easier to break a new habit than an old one. Third, what are the consequences of not breaking the habit? Will your Partner leave you? Will you lose your job? Will you get sick? Will something really bad happen if you don't change?

5. "Many people are ambivalent. They want to lose weight, but they like the foods they eat. They want to reduce their alcohol consumption but love their happy hour. They want to stop picking their nails, but it reduces stress for them."

CONCLUSION BOX (CB): CONVEY WHAT YOU DO AND WHY

You need the desire to do it, since it is exceedingly difficult to make habitual anything you really don't want to do. You need the skills to do it, since it's nearly impossible to make a habit out of anything you don't have the capacity to accomplish; and you need something to get the habit loop started (what James Clear and others refer to as "the cue").

Book
Pages
157, 159

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB): GOOD HABITS CREATE POSITIVE RESULTS

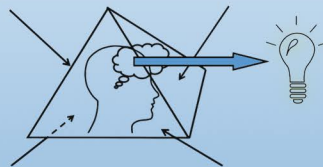
THINKING – why is it important to think from a variety of perspectives? What are the various ways people use their intelligence? What kinds of superpowers can you harness by thinking differently?

Book Pages
255, 256,
257, 258,
259, 260,
265

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

1. Accomplishing something big often requires new approaches to thinking. An observation usually attributed to Albert Einstein posits, "we can't solve problems by using the same kind of thinking we used when we created them." In any part of our life – we adopt a particular perspective and that outlook effectively walls out any approach that doesn't fit into that viewpoint. All perspectives should be challenged on a regular basis to confirm that they are still viable. The problem a fixed perspective faces is that challenges are often the product of a particular type of thinking, and the answer can be found only by bringing a fresh approach to the table.

2. THE THINKING HATS – Dr. Edward De Bono devised the concept of the "Six Thinking Hats" as a tool for getting out of whatever rut of thinking one might be mired in. The core notion is to separate thinking into six distinctly defined functions by progressively donning a series of metaphorical Hats: put on a White Hat, switch to a Yellow Hat, next you'll wear a Black Hat, don your Red Hat, next it's time for the Green Hat, finally wear the Blue Hat. At its core, THE SIX THINKING HATS approach is a neatly defined way of looking at an issue from all sides. (The SWPS series of this De Bono's book can be accessed in our Library)



4. People tend to remember and understand what they "SEE", more than what they "HEAR". This makes sense, as most people can recall someone's face they see, more than the name they hear.

3. HOW ARE YOU SMART? Why is it important for us to have tools to help us think in different ways? Because people usually have a dominant way of using their intelligence. Dr Howard Gardner at the Harvard Graduate School of Education, has studied intelligence extensively and has identified eight distinct forms of intelligence: 1) Spatial 2) Bodily – Kinesthetic 3) Musical 4) Linguistic 5) Logical – Mathematical 6) Interpersonal 7) Intrapersonal 8) Naturalistic. All of these forms of intelligence identify successful ways of operating in the world. Awareness of all eight, and considering each while wearing your "SIX THINKING HATS", is a remarkably effective way to unlimit your thinking.

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

CONCLUSION BOX (CB): CONVEY WHAT YOU DO AND WHY

WHAT IS YOUR LEARNING STYLE? Just as types of intelligence vary from person to person, the way one learns varies. The VAK learning styles model has been in use since the 1920s and is useful in showing you how you prefer to learn new things. "V" is for Visual – learn through illustrations, charts, video, and other visual media. "A" is for Auditory – learn by listening, either to a lecture, a discussion, a podcast, an audiobook, etc., "K" is for Kinesthetic – learning via physical interaction. Taking a more hands-on approach to learning.

Book Pages
255, 256,
257, 258,
259, 260,
265

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB): GOOD HABITS CREATE POSITIVE RESULTS

MENTAL MODELS – mental models are constructs for thinking that help us make sense of the world around us. Mental models train your mind to think, after all, you don't rise to the level of your expectations, you fall to the level of your training. Models can act as shortcuts to save you valuable energy and time when you're evaluating an idea, making a decision, or problem-solving.

Book
Pages
265, 266,
267, 269
278, 279

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

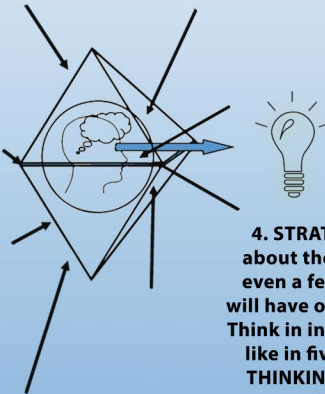
1. DECISION-MAKING: THE 40/70 RULE. Colin Powell, former Secretary of State, addresses this with his 40/70 rule. His rule is to never make a decision with less than 40% of the information you're likely to get, and to gather no more than 70% of the information available. According to Powell, anything less than 40% and you're just guessing. Anything more than 70% and you're stalling over making the decision.

2. CREATE a "NOT-to-DO LIST". Sometimes it's just as important to know what NOT to do as what to do. This tactic is used the best for directing your attention to the essentials and avoiding what doesn't matter in the moment. The power of the "not to do list" is that you decide from the very beginning what you will definitely put aside. It is easy for a conventional "Not-To-Do list" to become a catchall for all things we know we have to do that day, instead of the things that must be done first, for the most value.

8. BEFORE WE MOVE ON – let's review some key lessons from the METHOD chapters. Review Howard Gardner's eight forms of intelligence (book pages 258 - 260) which forms most closely aligned with your own intelligence. Now that you know what your learning style is, what can you do to incorporate the other styles into your thinking? Try on all six thinking hats during a test case (book pages 256 - 257). Give yourself a relatively simple task, and approach it using Edward de Bono's method.

7. Four Steps to FIRE UP YOUR EXPONENTIAL THINKING ABILITY. Consider these four steps the next time you contemplate a problem or task in need of a solution: Step 1: Get to the Underlying problem. Step 2: Posit a New Approach. Step 3: Read About It. Step 4: Extrapolate.

6. THINKING EXPONENTIALLY. Founder and chief epiphany officer of SHIFT THINKING, Mark Bonchek, describes the linear mindset as a line appearing on a graph that rises gradually over time. (book page 271). He then juxtaposes this with the second line that curves upward, slowly at first, and then shooting over the other line before heading far off the graph. This is his visual depiction of the Exponential Mindset. "The incremental mindset focuses on making something better, while the Exponential Mindset is focused on making something different," he notes. "Incremental is satisfied with 10%, Exponential is out for 10X."



3. PROBLEM-SOLVING: STUDY YOUR ERRORS. When we take the time to study the mistakes we've made, especially those that have a lasting effect on our lives, we turn every mistake into a learning opportunity. Use this model to evaluate what went wrong so you can get a better result next time.

4. STRATEGY: SECOND-ORDER THINKING. Most of us think about the consequences of our actions, but few of us think even a few steps beyond the immediate effects our actions will have on our lives. Always ask yourself, "and then what?". Think in increments of time. What do the consequences look like in five days? Five months? Five years? SECOND-ORDER THINKING allows us to go deeper through time and consequences. Best of all, it allows us to see what others can't see.

5. TAKING GIANT LEAPS. What if you could move your genius forward exponentially? Naveen Jain – founder of MOON EXPRESS (the first private company to be authorized to land on the moon). "EXPONENTIAL THINKING is when you start to see things from a different mindset, it's not about thinking outside the box; it's about thinking in a completely different box."

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

CONCLUSION BOX (CB): CONVEY WHAT YOU DO AND WHY

In the film "LUCY", and American student played by Scarlett Johansson develops superhuman powers after the full potential of her brain is unleashed. When Prof. Norman (played by Morgan Freeman) – the neurologists is asked by LUCY what to do with her new gifts, he replies "if you think about the very nature of life – I mean, in the beginning, the development of the first cell divided into two cells – the sole purpose of life has been to pass on what was learned. There was no higher purpose. So if you're asking me what to do with all this knowledge you're accumulating, I say... Pass it on."

Book
Pages
265, 266,
267, 269
278, 279

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB): **GOOD HABITS CREATE POSITIVE RESULTS**

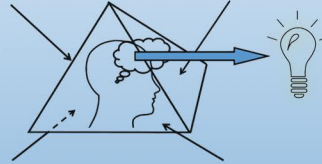
MOTIVATION. We've talked about motivation already, but it's worth revisiting the subject. Dr. B. J. Fogg created the **FOGG BEHAVIOR MODEL** to identify the circumstances that need to be present for behaviour change to occur. Fogg identifies three key motivators:

Book
Pages
159, 160,
161

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

1. PLEASURE/PAIN: This is the most immediate motivator. In this case, the behavior has a nearly immediate payoff, positive or negative. "I believe pleasure/pain is a primitive response," says Fogg, "and it functions adaptively in hunger, sex, and other activities related to self-preservation and propagation of our genes."

2. HOPE/FEAR: When you're hopeful, you're anticipating something good happening; when you're fearful, you're anticipating the opposite. "This dimension is at times more powerful than PLEASURE/PAIN, as is evidenced in everyday behavior, for example, in some situations people will accept pain (a flu shot) in order to overcome the fear (anticipation of getting the flu).



4. ABILITY: Fogg equates ability with simplicity, noting that when something is simple for us, we are considerably more likely to do it. He defines six categories of simplicity:

- 1) Time - Simple if you have the time
- 2) Money - Doesn't stretch finances
- 3) Physical Effort - Easy to do
- 4) Brain Cycles - Doesn't tax our thinking
- 5) Social Deviance - Fits into social norms
- 6) Non-routine - Not too far from normal

3. SOCIAL ACCEPTANCE/REJECTION: Humans have always desired to be accepted by their peers, dating back to the time when being ostracized could mean a death sentence, and this remains an extremely strong motivator. "The power of social motivation is likely hardwired into us and perhaps all other creatures that historically depended on living in groups to survive."

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

CONCLUSION BOX (CB): **CONVEY WHAT YOU DO AND WHY**

Fogg notes three types of prompts:

- 1) **Spark:** a spark is a type of prompt that immediately leads to a form of motivation.
- 2) **Facilitator:** this type of prompt works when motivation is high, but ability is low.
- 3) **Signal:** in some cases, you'll have both high motivation and viability. The only other thing you need to make a behavior habit is some kind of reminder or signal. Kwik Start (p-161) "Can you identify the habit you want to break? What is that one habit that's holding you back from doing other important things in your day?" The Fogg behavior model shows us everything that needs to be in place for a particular behavior to become a habit.

Book
Pages
159, 160,
161

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB): *GOOD HABITS CREATE POSITIVE RESULTS*

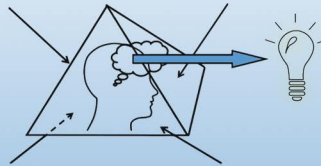
START WITH WHY: among my favorite books is "Start with Why" by Simon Sinek, whom I've interviewed multiple times on my show. He often stresses the importance of being able to convey to others **WHY** you do **WHAT** you do. If, Sinek explains, you can articulate the belief that is driving you (your **WHY**), people will want what you are offering. Or, as he so often says: "people don't buy what you do, they buy why you do it, so it follows that if you don't know **WHY** you do **WHAT** you do, how will anyone else?"

Book
Pages
115, 116,
117

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

1. We hear the words **PURPOSE** and **GOALS** used frequently in business, but do we really know what they mean and how they are the same or different?

2. A goal is the point one wishes to achieve. A purpose is the reason – one aims at to achieve a goal.



4. The challenge for many people is that this process, while logical, is very heady. To get your goals out of your head and into your hands, make sure they fit with your emotions – with your "HEART" another acronym thinking/learning tool. H is for Healthy, E is for Enduring, A is for Alluring, R is for Relevant, T is for Truth.

3. One of the popular ways is setting "SMART" goals. Yes this is an acronym – and there are plenty of these type of thinking/learning tools in this book. S is for Specific, M is for Measurable, A is for Actionable, R is for Realistic, T is for Time-based.

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

CONCLUSION BOX (CB): *CONVEY WHAT YOU DO AND WHY*

ON PURPOSE & PASSION: passion and purpose are in the same camp – they are often confused with one another. Purpose is what you're here to share with the world. It's how you use your passion. When we get down to it, we all have the same purpose: to help other people through our passion. Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning. Finding your passion is not about choosing the right path or finding the perfect professional destiny. It's about experimenting to see what ignites your joy. Passion comes when we rediscover our authentic, alive self, the one who has been muted and buried beneath a pile of other people's expectations.

Book
Pages
115, 116,
117

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING LIMITLESS – JAMES KWIK

THIS SWPS™ 7 SERIES TOPIC - CREATING GOOD HABITS
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#__ 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