"A typical neuron makes about ten thousand connections to neighboring neurons. Given the billions of neurons, this means there are as many connections in a single cubic centimeter of brain tissue as there are stars in the Milky Way galaxy."


"Neurocircuitry may be neurocircuitry, but we don't have to run on automatic."


"A single human brain has more switches than all the computers and routers and Internet connections on Earth"


"Our ability to perceive the world around us seems so effortless that we tend to take it for granted."


"Compassion, empathy, and humility can only arise out of recognizing that our common desires are differently expressed."


The human brain may be the single most complex object in the known universe -- and you own one!
Being Here
What’s going on?
What feels most important right now?
Why are you here?
Reflection & Application

Internally:

What is one thing you have heard or noticed so far that relates to your life or work?
What is Self-Regulation & Why is it So Darn Important?

Putting energy into valued goals, commitments, and relationships -- whether you feel like it or not.

The foundation for learning and wellbeing
The more we focus on what shows up to determine the quality of our lives, the more we struggle.


The more we focus on what we practice, the healthier, happier, and more meaningful our lives are.


"That was awesome! I'm tired — very tired — but it was worth it!" "It was a great feeling to cross the finish line here. This is the best race of the year."

Practice
How we use attention and energy

We are always practicing something -- by default or by design.

What we practice shapes our brains, lives, & relationships.

Under duress, we do not rise to our expectations – we fall to the level of our training. ~ Bruce Lee

Knowledge is not practice...practice is practice.

Be careful what you practice --
You are going to get better at it.
Motivation

Intrinsic Satisfaction Confidence

Extrinsic Reward Punishment

Serotonin Dopamine

Wellbeing

Eudaimonic Purpose Meaning

Hedonic Pleasure Comfort


Reflection & Application

In writing:
What is one thing that is new to you today that relates to your life or work?
The growth system is wired to connect to purpose, goals and commitments.

The survival system associates what you have done in the past to your survival today.

The growth system can be used to shape the survival system.


Conditioning

Each of us has existing pathways and patterns of activity in our brains that create automatic perceptions and reactions.

Think of a bear

We each experience an individualized reality based on genetics, past environments, and past practices.

We instantly tell stories to give meaning to events.

We sometimes defend our stories as if we were defending our physical selves.
Self-regulation

Putting energy into valued goals, commitments, and relationships -- whether you feel like it or not.


Reflection & Application

In pairs:
What is a situation from your life or work that you connect to something you have learned today?
Reflection & Application

With the group

What something from today you want to know more about?