

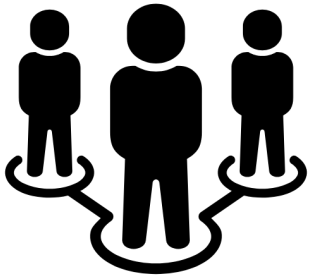
TMM4220 – Day 2

On Purpose

11. September 2023

Fede Lozano

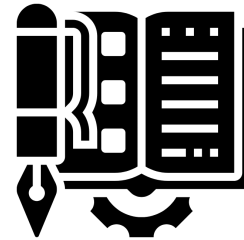
Our Four Learning Tools



Alone-Together



Visualization



Journaling



Mindfulness

Visualization Matters

Comparative Study > *Neuropsychologia*. 2004;42(7):944-56.

doi: 10.1016/j.neuropsychologia.2003.11.018.

From mental power to muscle power--gaining strength by using the mind

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Abstract

The purposes of this project were to determine mental training-induced strength gains (without performing physical exercises) in the little finger abductor as well as in the elbow flexor muscles, which are frequently used during daily living, and to quantify cortical signals that mediate maximal voluntary contractions (MVCs) of the two muscle groups. Thirty young, healthy volunteers participated in the study. The first group (N = 8) was trained to perform "mental contractions" of little finger abduction (ABD); the second group (N = 8) performed mental contractions of elbow (ELB) flexion; and the third group (N = 8) was not trained but participated in all measurements and served as a control group. Finally, six volunteers performed training of physical maximal finger abductions. Training lasted for 12 weeks (15 min per day, 5 days per week). At the end of training, we found that the ABD group had increased their finger abduction strength by 35% ($P < 0.005$) and the ELB group augmented their elbow flexion strength by 13.5% ($P < 0.001$). The physical training group increased the finger abduction strength by 53% ($P < 0.01$). The control group showed no significant changes in

Researchers at the Cleveland Clinic compared people who exercise to those who only did mental training.

The group of individuals who did actual physical exercise saw a 30% increase in strength.

The individuals who performed exercises only in their minds (for 12 weeks) showed a 13.5% increase in strength.

This increase was still seen three months after the mental training.

The Power of Journaling

Best Practices

1. Label emotions
2. Aim for sensemaking
3. Use as cognitive relief
4. Focus on learning
5. Embodying your thoughts

Laid-off professionals journaling about their feelings for five days found new jobs at a much higher rate: 68% vs. 27%. (Buhrfeind & Pennebaker, 1994)

76% of adults who spent 20 minutes writing about their thoughts and feelings for three consecutive days before a biopsy were fully healed 11 days after the biopsy. 58% of the control group had not recovered. (Robinson, et al., 2022)

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Journal (8 min.)

1. What do you feel about the values you ended up with? Were they expected, did they surprise you?
2. How do these values show themselves in your everyday life? Do they at all?
3. What actions do you already take to live by them?
4. What actions would you like to take to live by them?

Authenticity

To act in accordance with values, desires, motives, ideals or beliefs that express who you really are.

- Stanford Encyclopedia of Philosophy

To live in congruence with our values.

Songs & Pics of the “Real” You

Find your all-time 3 favorite songs on your smartphone.

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Find 10 favorite pictures that show you being your real self. And add them to a folder.

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Spend 15 minutes browsing through your chosen pictures, while listening to these three songs, **while journaling on:**

- Why did you choose these pictures in particular? And these songs? Do they reflect you authentically? What does that mean to you – to be authentic?
- What personal traits do you see emerge in the pictures and music? Family man/woman? Extrovert partier? Reflective philosopher? Outdoor explorer? Do different traits emerge? Do those traits change in different pictures? Are they always there?
- Do you remember how you were feeling at the moments the pictures were taken? Can you bring back those feelings now?
- In what other areas of your life can you bring to bear more authenticity? Is there a relationship in your life that could use more authenticity?
- How authentic are you at work and/or at school?

“What we call worldliness simply consists of such people who, if one may so express it, pawn themselves to the world. They use their abilities, amass wealth, carry out worldly enterprises, make prudent calculations, etc., and perhaps are mentioned in history, but they are not themselves. In a spiritual sense they have no self.” (Soren Kierkegaard, The Sickness Unto Death)

Your Living Funeral

Imagine that you are at the end of a long and rich life. You've accomplished everything you wanted, behaving honorably and building meaningful connections with your family, friends, and colleagues. You are proud of yourself for leaving a great legacy, and for having led an organization that brought great value to the world. You've done your work here, and you feel ready to go. So when you learn that your days are numbered, you take the news in stride.

A lot of people who appreciate and admire you want to pay their respects, so they organize a 'living funeral.' In the ceremony, a dear friend will stand in front of the audience and read a eulogy.

Write the eulogy that you would like your friend to give.

