

Neurological Implications:

We are softwired to have physiological and neurological response that makes us want to run from uncertainty. When we don't understand, we want to get away as soon as possible. Your brain is optimized for survival.

So how do we handle this psychologically and physiologically?

1. Approach experimentation in general in your life. Call everything an experiment. (Job, health, creativity, relationships, etc.) This is the power of language and the fact that in all of these life skills we want to maximize that language effect/impact by instilling these phrases into our participants.
2. Knowing that that's a natural reaction, this fear is natural, we can do something other mammals cannot do: metacognition, observing your own thoughts. You can actually decide to do this. What do we do? What are you trying to tell me? Why are we feeling this way?

Ways to start applying this:

- Experiment with my health
- Experiment with my diet
- Experiment with my creativity
- Experiment with a side project
- Experiment with my community
- Experiment in my relationships

It doesn't have to be a crazy leap and quitting your job, but it might... :)

There is always fear when you do something new.

Understanding this neurologically helps.

(Refer back to personal vision statements in Session 2. This is why they are important to develop with a participant because they serve as a personalized compass.)

Action creates clarity.