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AGENDA

Today:

- **Awareness- Journaling prompts:**
- **Neuroscience: The Science Doing and Dreaming**
- **Choose: What will you do?**

A circular icon with a teal border. Inside the circle is a yellow silhouette of a human brain. White lines represent neural connections, branching out from the brain's surface.

2

Should I BE or Should I DO?

Default Mode Network

- Dreaming
- Envisioning the future
- Long-term memory
- Gauging other's perspectives
- Theory of mind (understanding others)
- Introspection
- Self-referential thought
- Mental "time travel"

BELOW THE LINE

- Rumination

- Focus on task
- Actively paying attention (external)
- Goal-orientation
- Working with sensory information
- Short-term (working) memory
- Planning
- Abstract reasoning
- Present-moment focus

BELOW THE LINE

- Narrow viewpoint
- Mental exhaustion

Task Positive Network



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Some questions for DMN:

- What's your dream?
- Where do you see yourself in the future?
- What's possible?
- What is another's view on this?
- What does this remind you of?

Cues it's time to cross over:

- Dreaming becomes very unrelated to current reality
- Visioning brings nothing new
- Space feels "full"
- Anxiety begins to creep in around how to do it all
- Client gets lost in rumination

Some questions for TPN:

- What needs to happen

next?

- What is a step-by-step plan?
- How can that become real?
- What's a tangible goal?
- What makes sense?

Cues it's time to cross over:

- Client is lost in doing/ no joy
- Tasks become an end to themselves
- Client has lost touch with vision
- Space feels dry or stale
- Frustration begins to creep in over things not happening more quickly

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Please share

What makes dreaming possible?

When do you take action?

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Reflect on your dream strategies?

What are your doing strategies?



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Next Free webinar:

What your Inner critic is trying to tell you
September 18 at 2pm ET

Info here: <https://www.profoundgrowth.com/free-prosperity-webinar>



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Homefun



Practice shifting from the Default Mode to Task Network and back again depending what you feel is needed.

Next webinar:
Sept. 18, 2 pm EST.

Sign up on the website:

<https://www.profoundgrowth.com/free-prosperity-webinar>

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