Learning & Mood

Learning Enemies

1. Knowing; I already know this.
2. Unwillingness to be a beginner because uncomfortable. Unwilling to:

* Declare I don’t know
* Authorize a coach
* Be “uncool”

1. Can’t see my blind spots & either unwilling or doesn’t see value in doing so.
2. Confusing information with knowledge, awareness with competence.
3. Magic Pills – Wants instant learning.
4. Forgetting the importance of the Body; it’s only the body that learns.
5. Addiction to Certainty : “I *need* to know”
6. Living in permanent judgment or assessment.

• I like/dislike

• I agree/disagree

• I see the value/I don’t see

1. Excuse of not having enough time, when that’s really all anyone really has.
2. I can’t learn this, I’m too…

Learning & Moods

* Moods & emotions are always in the background of your life, giving it color & texture.
* Moods are assessments about what’s possible in life. They can be productive or unproductive.
* They reflect our lived experience & are an automatic predisposition, or conditioned tendency, to Action.
* In general we tend to be poor observers of our moods & moods of others. Due to this, what we now call emotional intelligence—that ability to use your moods constructively—may not be great until & unless trained.
* Moods & emotions are learned. We can choose our moods, yet we tend to think of them as ‘out there’ and something that we ‘fall into it.”
* Moods & emotions live in the body and are whole-body phenomena; they are neither exclusively mental nor physical, but both simultaneously, defying a split Cartesian worldview.
* Mood & emotions profoundly influence your health: heart functioning, immune functioning, your stress response.
* Mood is everything.