

issue 22.10

# inspero



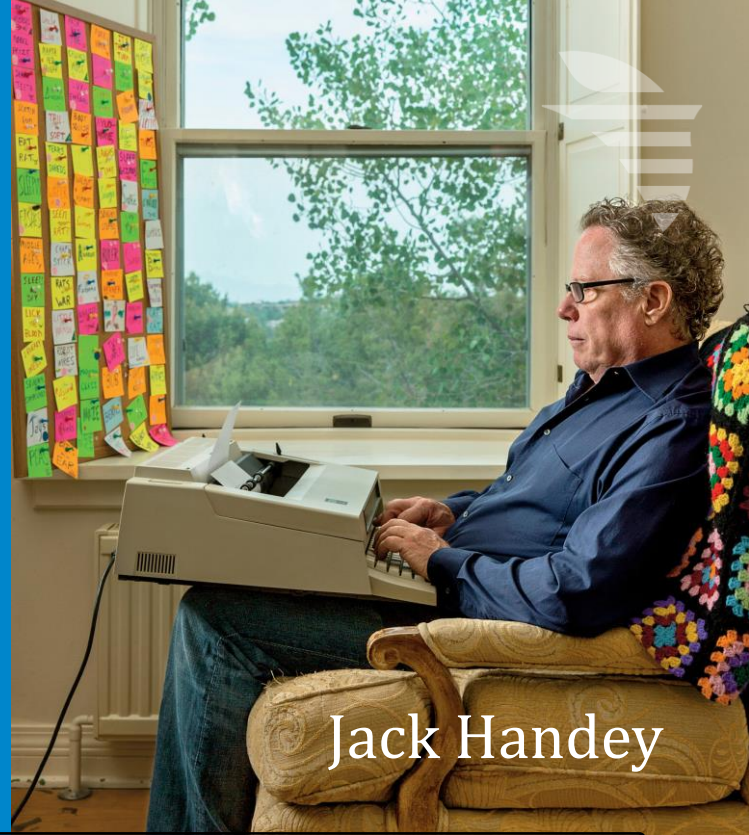
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# QOTD

Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.



Jack Handey



## Emotion Explored

**C e r t a i n t y   i s   a n   e m o t i o n .**

At first glance I thought, “BS!” Then, I kept reading...”belief is a process...”

“To believe or doubt is the result of neurons in associative networks delivering an emergent sensation of certainty (or lack thereof). The speed of change is inversely proportional to the strength of our certainty.” Or, the stronger that emotion of feeling certain, the more ingrained the idea/belief.

From the new book, “How Minds Change” by David McRaney. At Inspero, we talk a lot about the triad of Beliefs, Behaviors, and Results. The approach to any desired change can start with any of the three in the triad. However, for lasting change, we suggest questioning and updating Beliefs. If we start to look at the emotions tied to the beliefs we may have a new window into having greater impact to facilitate change. So, ask yourself, what am I certain about and how does it feel to question that certainty?

# Treatment Performance

Final Preps and Impressions are taking place in October.

I'll do a November update with that info and then a final wrap up in December.

# Fall Challenge!

Are you ready for the final push to finish out 2022? Over the next 8 weeks you are going to get a weekly email reminder to do something to help you power into the end of the year in style. Each week will have a short exercise to do during that week. I'd strongly suggest you grab a notebook you can use for the next 8 weeks for these...

## First up, **Short Term Goals.**

Think about these final three months of the year. What three things would you like to accomplish by year end? Take a few minutes to think about your life and work. You might even want to start brainstorming a list of 3, 5, 10, or 20 items. Then take some time to narrow it down to 3 that you would like to focus on.

Write down those three goals.

## Now, get specific – what will those goals do for you?

## Why did you pick those three?

## Who will need to help you accomplish these three things?

## What will happen if you don't accomplish them?

Use the next 8 weeks to set yourself up for success. We will do a goal check-in at the beginning of November and then again in the December annual reflection issue.

Share your thoughts: [Jason@insperoteam.com](mailto:Jason@insperoteam.com)

# Mindset...



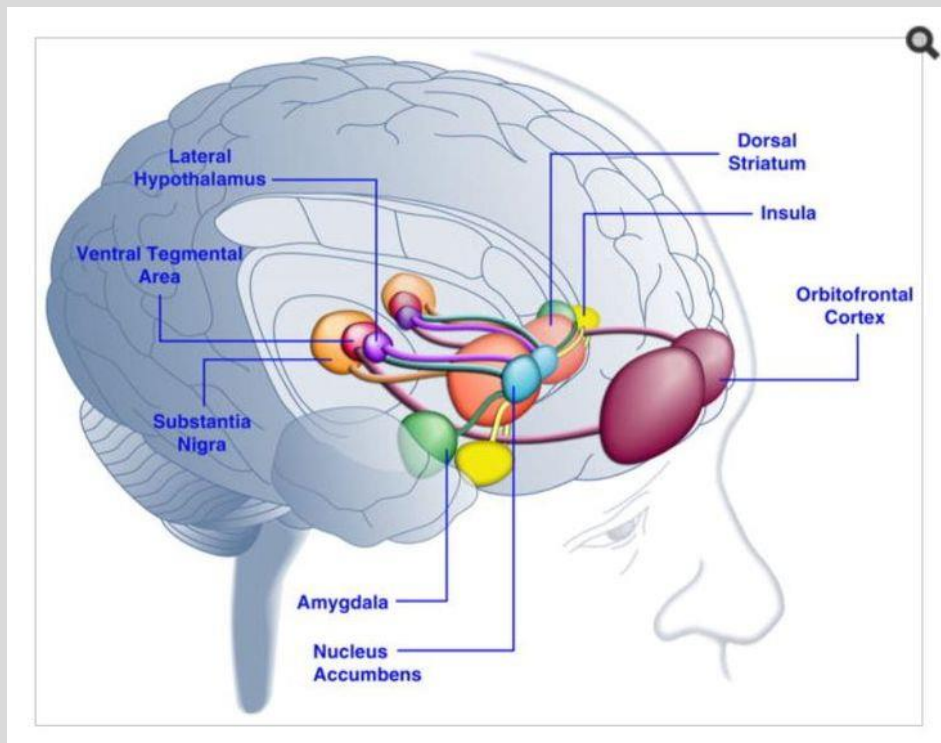
The FLOW mindset continued.

## Nucleus Accumbens

Human brain imaging studies have found that Uncertainty and Risk can influence the NAC response (abler et al., “prediction error”) and that the NAC of people with chronic pain respond differently to noxious thermal stimulation than people who don’t live with pain. Something particularly interesting about the study of brain fxning in people with chronic back pain: hen they directed their attention to the burning sensation on the skin of their back, they reported that the heat hurt; when they directed their attention to the pain in the muscles of their back, they reported that the heat felt good. Where we focus our attention is part of context!

Wanna keep your NA healthy? Avoid social media!

Facebook shrinks it? [Facebook usage on smartphones and gray matter volume of the nucleus accumbens - ScienceDirect](#)



Share your story with me: [Jason@insperoteam.com](mailto:Jason@insperoteam.com)

Or on our FB page: [Inspero Team | Facebook](#)

Flow

inspero





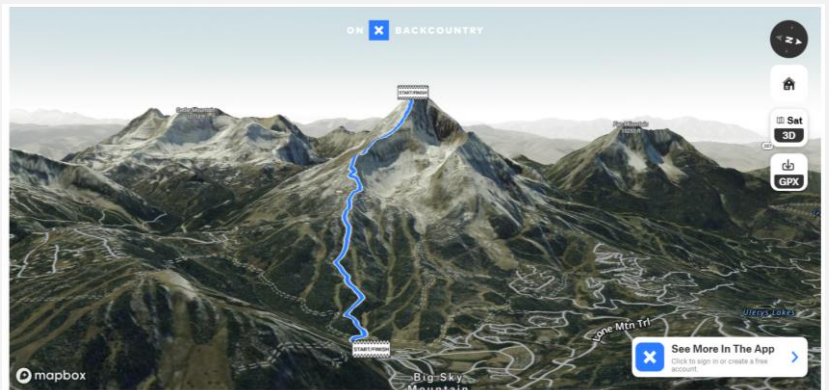
# THE RUT RUN



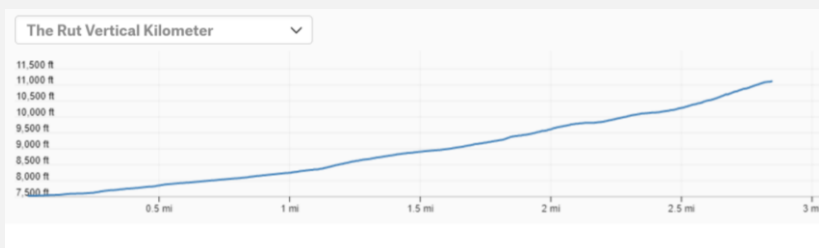
Lone Peak is 11,166 ft tall. Most people take a tram to the top for 360 views or expert level skiing. The people in Big Sky, Montana the first weekend in September did not take a tram to the top...we hiked...twice!

The weekend starts off on Friday with a Vertical Kilometer race. This starts at the base of the ski area and races to the top of Lone Peak. A bit more than a kilometer of vertical gain in less than three miles.

At the firing of the gun, we took off. Up. And more Up. There was a little bit of jogging on some flat sections. Most of this was a power hike up the ski hill. Upon reaching tree line, we stumbled onto some rocky terrain. This led to a first high point to crest which led to the ridgeline.



There was about 200 meters of scooting along this ridgeline where I was seriously questioning my decision to do this. A misstep here would mean serious injury or worse.



With a grip on the rocks and slow steps I finally reached the area of the ridge that opened to a 10-foot-wide section. This was somewhat runnable...sort of. Now the altitude was kicking in. My heart was pounding even though I wasn't really running.

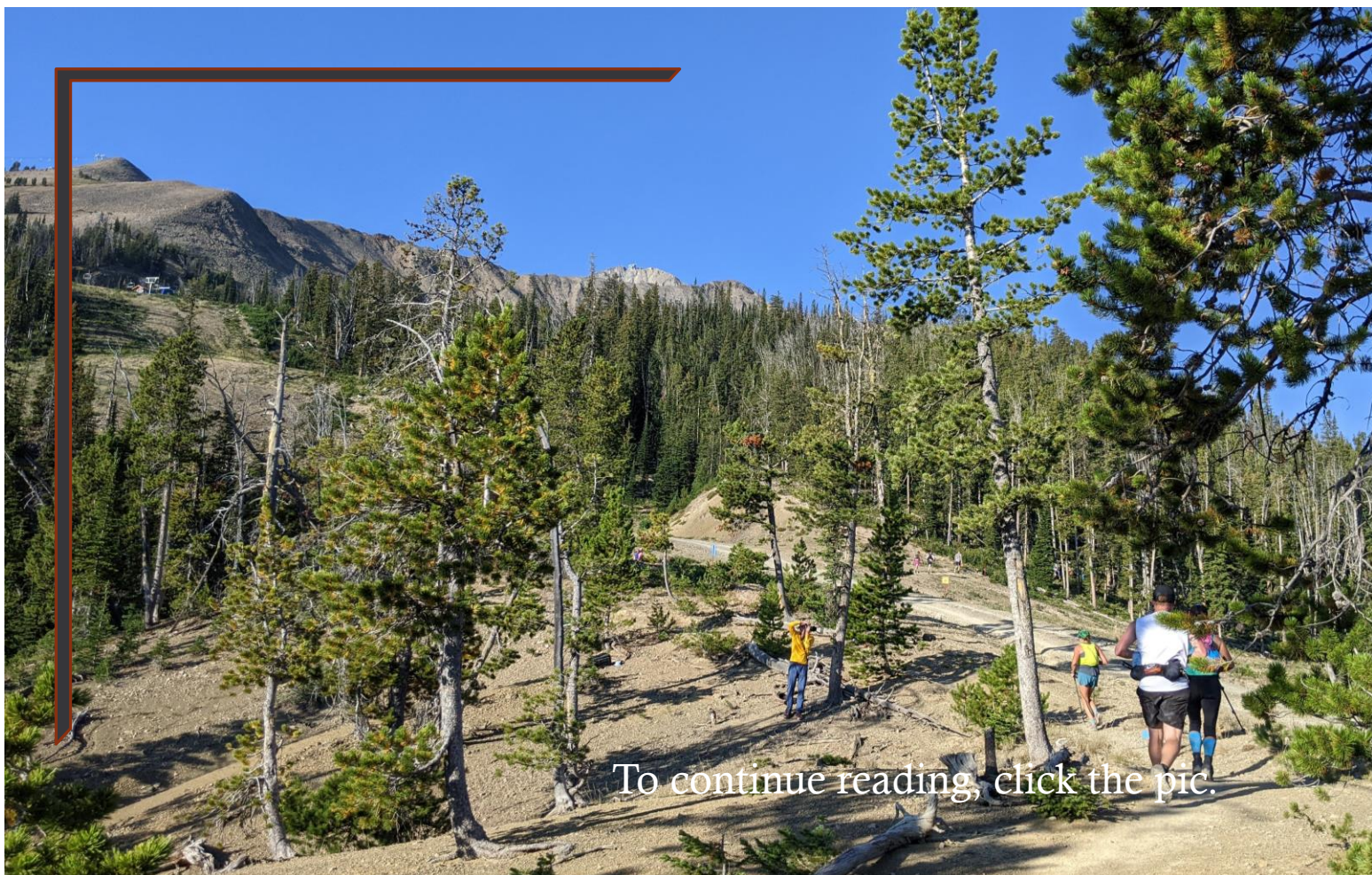


So, more hiking along this ridge led to the final climb to the top. The trail is at a very steep angle climbing the remaining 30 minutes. Switchback, gravel, large rocks, and dirt. Many places where I was on all 4's climbing up. About 10 minutes from the top I could hear the cowbells from the people at the top. With a final push I crested the last bit and crossed the finish line. The 360 views were incredible. It felt like being on top of the world. The best news of the day was that the tram was available to begin the ride down...

Day 2...28km, 7600 feet elevation gain.

We woke up early to prepare for the day. After the challenging day 1 we were recalculating our expected finish times (adding an hour to the estimate). Due to the large number of runners this stage went off in 5 minute increments. The start looped around the front of the mountain and then up a steep climb and along a ridge. Other than a sketchy little downclimb area this was straightforward. There was a nice mix of climbing and running. Most of the downhill was runnable (the parts that weren't contained large rocks).

A little past the half way point we joined the trail that we had climbed yesterday to start the big climb of the day. This took us back up the top of Lone Peak...



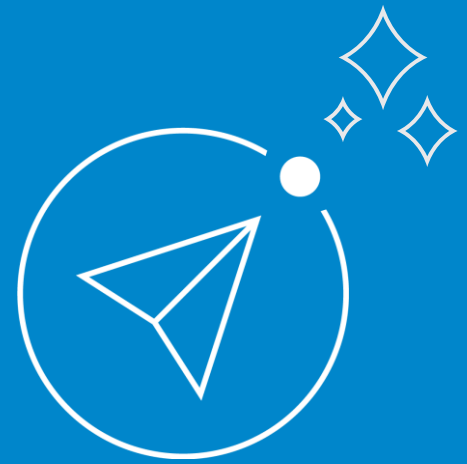
To continue reading, click the pic.



NEW

## Small Group Doctor Retreat!

Decision Fatigue? In Need of a Fresh Strategic Direction?  
Learn, Share, Relax, Think, Write, Move.



**RESCHEDULED for May 18-21, 2023**



A stellar ASP Retreat 3 for four offices from around the country. A wide range of practice experience and plans for the future. So much fun helping this crew uncover and develop their preferred future.  
Facilitators: Bob Frazer, Jason Luchtefeld, and Lisa Alvarado

RLF&A

Emotional Intelligence

November 4-5, 2022

March 10-11, 2023

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