

23.3

inspero

# Contents

3

QOTD

4

Exploring Emotion  
More Podcast!

5

Future

7

Values In Action (P)

8

Focus

Issue Summary

Take Action!

Listen to the Pod.

Vision of the Future

PERMA-V

Forest to Focus



“Aspirations  
are  
great.

Actions  
are  
essential.”

— John Sterman

OOD  
ET  
D

# Exploring Emotion

The podcast is now available on

**iTunes** (search “inspero podcast”)



**Google Podcasts**

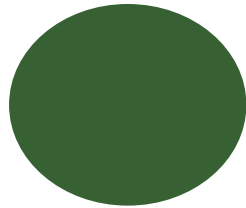
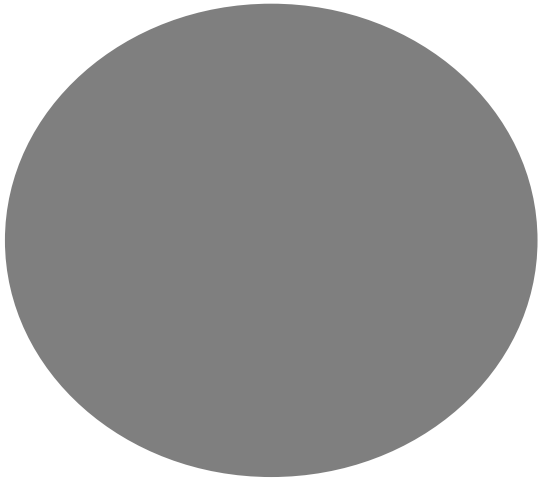
(click the logo)



And our inspero webapp

(in the Conversations section).





Your future self in  
action article

Intention Viewer  
Glasses...AI  
embedded glasses

# Going Beyond smart-wear...

## “Facial Recognition AI Glasses

The smart security solution, consisting of GLXSS smart glasses, mobile client and web-side backend server. The solution integrates the offline face recognition technology and is compatible with mainstream online intelligent recognition platforms and edge intelligent devices. Helping users to quickly and accurately identify and judge under varying conditions. Whether that's personal screening (airport, train station, event security etc), identity verification (checkpoints, patrol, community security etc) or dispatch control (criminal investigation, police etc).”



<http://www.issdigital.co.uk/facial-recognition-ai-glasses.html>

A real product, already available (the quote is from the website). Now, imagine taking it a step further. What will these glasses be able to do in 5 years? Will you have AI-enabled glasses that help you diagnose caries? Will these glasses help you know if patients are telling the truth?

What else will be possible? What excites you? What scares you?

The first of a 6-part series about cultivating a flourishing life...Values based living through Positive Psychology.

# Values In Action

The "P" in PERMA-V refers to Positive Emotion, which is an essential element of the positive psychology framework developed by Martin Seligman. Positive emotion refers to experiencing positive feelings, such as joy, gratitude, contentment, and happiness, that contribute to overall well-being and life satisfaction.

An example of positive emotion could be the feeling of excitement and joy after completing a challenging project or achieving a personal goal.

**Name a challenge you've overcome recently and the associated feeling:**

One tool for enhancing positive emotion in daily life is practicing gratitude. Gratitude is the act of intentionally focusing on the things in life for which you are grateful and acknowledging them, which can help. A simple way to practice gratitude is to write down three things you are grateful for each day, whether it be something as small as a sunny day or as significant as a supportive friend. This practice can help to cultivate a positive mindset and increase overall well-being.

**1<sup>st</sup> thing:**

**2<sup>nd</sup> thing:**

**3<sup>rd</sup> Thing:**

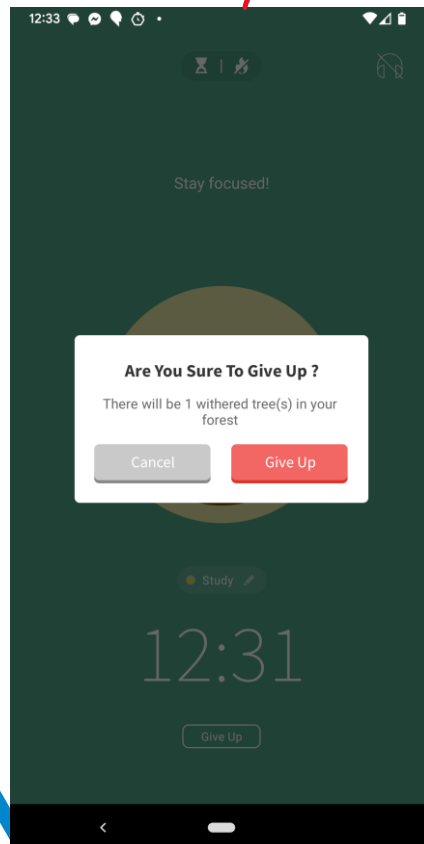
# Forest to focus

Forest is an app designed to prompt you to avoid looking at your phone during times you are trying to **focus**. The app is free to download and use with a couple basic features. To add features and remove ads you have to pay!

Once downloaded you can setup if you want to focus for work, study, exercise, reading, and other options. You also select the time from a few minutes up to 2 hours. Once you start, your tree or coral starts to grow. If you interrupt, it you get a warning (the middle pic).

If you make it through, then you get a healthy plant to add to your forest (left and right pics).

The forest grows anew each day.





## To do

Check out the [Trinidad 2023 Workshop!](#)

Check out the [May EI Workshop](#)

Look up flights to Trinidad.

Check out the [Adaptive Strategy info](#)

[Look into bring inspero to you!](#)

## Doing

[Listen](#) to the new Inspero Podcast!

Have a great morning Huddle!

Read the Inspero Newsletter

## Done

Open the Inspero Newsletter

# inspero