

23.5

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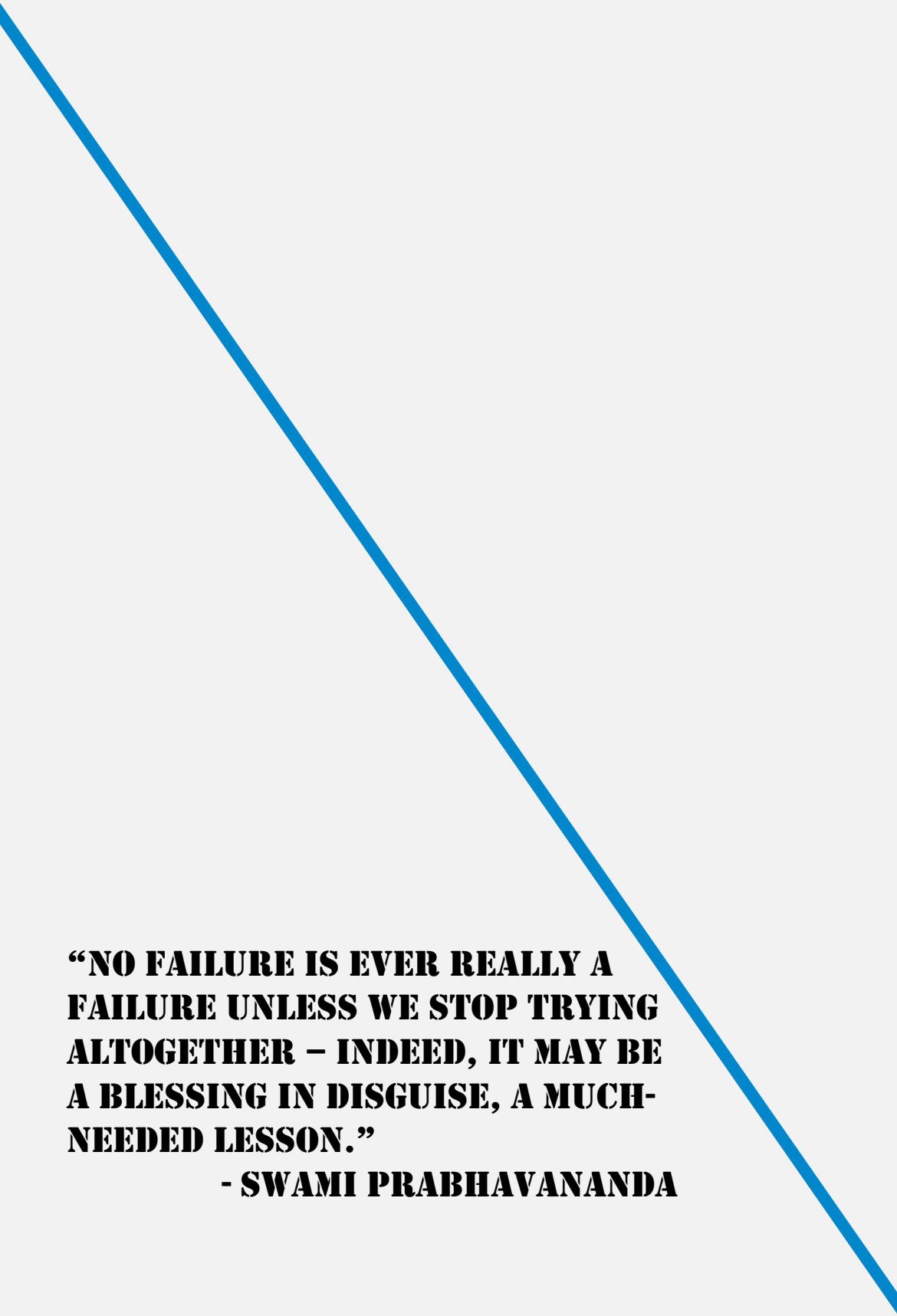
Case Presentation

Relationships

Focus

Things to do





**“NO FAILURE IS EVER REALLY A
FAILURE UNLESS WE STOP TRYING
ALTOGETHER – INDEED, IT MAY BE
A BLESSING IN DISGUISE, A MUCH-
NEEDED LESSON.”**

- SWAMI PRABHAVANANDA

**QOQ
ET
D**

Exploring Emotion

Let's check in!

How are you feeling...right now?

Take a minute and really check in with yourself. What are you feeling?
Name it.

Is there a cause? What is it?

Is there a solution or the need for a solution?

Whether you think you need to or not, naming the emotions you feel has tremendous power to help diffuse powerful emotions and increase self awareness and self management. Even when you are feeling great, naming that emotion has benefits. It reveals its true power in moments of feeling not-so-great when defining an emotion can provide a direct link to accepting and working through the emotion.

Try doing this
once a day
to positively
impact
your
life!

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Vroom vroom?!

“Luvly says its main innovation is in its production and assembly process, which it intends to license and allow for different cars to be built with its same processes. A sporty model, a small cargo van, or a three-wheeler are all potential configurations.”

[Build Your Own Car](#)

“But what if you park on the street and don’t have access to a charging point? Well, you can just take the battery with you into your apartment and charge it there. “



Top speed	Range up to	Energy consumption	Battery system	Trunk space	Dimensions (cm)	Total weight	Price from
90 km/h	100 km	6 kWh/100km	Easy swap	267 litres	L:270 W:153 H:144	< 400 kg	€ 10 000

Your future self in action

Click the link on the previous page, read the article about the Luvly microcar, and then answer these questions:

What does a future with this car look like?

If you have to assemble your own car, what concerns do you have?

Are there situations this car makes sense in a future city?

What other concerns do you have?

What could you do to enable something like this to happen?

What could you do to prevent something like this from happening?

So, you wanna be a Prosthodontist?

Part 2



A periodontal examination revealed probing depths <3mm except for site #30 where a fistula is present. Gingival tissues are pink and healthy with a band of keratinized tissue surrounding all teeth. The periodontal phenotype could be described as thick and scalloped with moderate size exostosis present buccal to anterior and posterior dentition. Salivary quality and quantity were normal with no evidence of dry mouth, with no active carious lesions. Significant anterior and posterior occlusal and incisal tooth substance loss with enamel wear facets that approximate in MIP and excursive movements. The Angle classification appeared to be Class 1 at the vertical dimension. Non-carious cervical lesions present on #5 and #28. Patient presented with right and left group function, with super eruption of #2 palatal cusp. Full coverage restorations on #3 and 30 were all intact with closed margins when checked clinically. According to the patient, the crowns are about 7 years old, and were done due to fractured teeth. Wear patterns were matched, with compensatory super eruption on #23-26, #6, 7 and 8 creating an uneven gingival zenith architecture. The patient's closest speaking space is approximately 3mm. Patient has been missing #19 for 10 years due to failed endodontic treatment.

Dr. Kaveh Azarnoush is a pros in Texas. He has shared his board case with us to share with you!

Please email me with any questions/comments and I will contact Kaveh for response.

Values In Action

Part 3 of a 6-part series about cultivating a flourishing life...Values based living through Positive Psychology.

R = Relationships

The “R” in PERMA stands for Positive Relationships. It refers to feeling supported, loved, and valued by others. Positive relationships encompass all the various interactions individuals have with partners, friends, family members, colleagues, etc.

What are you thankful for today?

Build your positive relationships. Expressing gratitude is a powerful way to strengthen relationships. It can help you feel more positive emotions and build stronger connections with others. Expressions of gratitude can be done in any number of ways. First, think about what you are thankful for, then think about who you are thankful for.

Who are you thankful for today?

Now, how will you express that gratitude today?
Email, text, handwritten note, coffee, lunch, or something else?

Plan for expressing gratitude:

Notice!

How frequently is your attention
divi-ded?

Notice!

Resist the impulse to do
two things at once.

Notice!

Then **focus** on what you intended in the
first place.

To do

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

Check out the
[Adaptive
Strategy info](#)

Eat something
healthy and
delicious for
dinner!

Doing

[Listen](#) to the
Inspero
Podcast!

Done

Open the
Inspero
Newsletter

COMING SOON!!
[May EI Workshop](#)

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