

23.6

inspero

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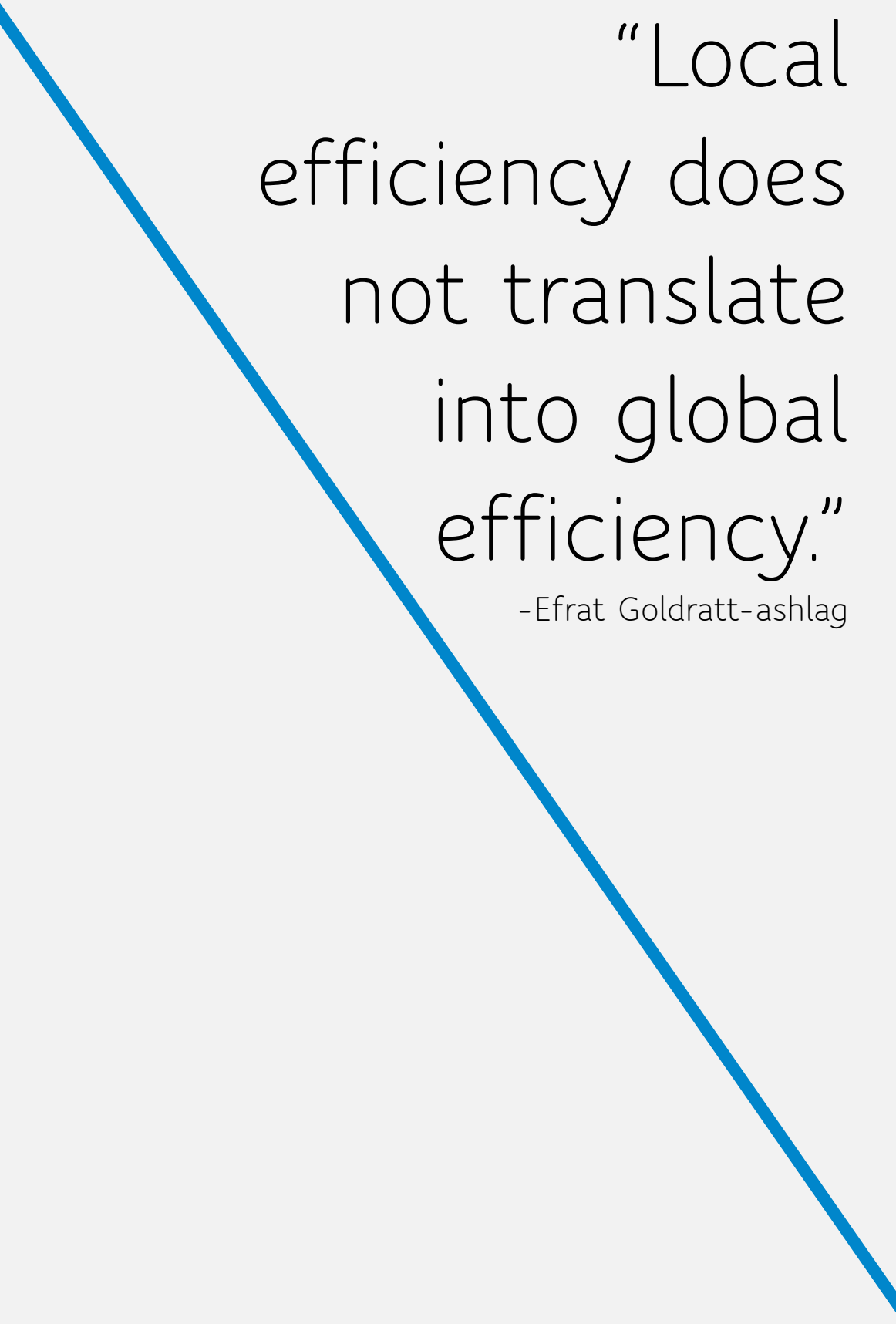
Future of Future Thinking

Case

Meaning

Updated items





“Local  
efficiency does  
not translate  
into global  
efficiency.”

-Efrat Goldratt-ashlag

**Q  
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# Exploring Emotion

## Self Awareness

A question came up recently during an emotional intelligence workshop. The attendee asked, “how do I know what an emotion is and what it means?”

We were talking about the physiological expressions of emotions as well as the benefits of getting granular with naming emotions.

My answer was, it takes a lot of practice...and paying attention! It will be slow and awkward at first. So, what can you do?

1. Journal! Carry a journal or notepad around with you so you can jot notes about your responses throughout the day. Note a few details about the experience including what you felt physically and emotionally.
2. Practice Mindfulness. My first mention of this in the workshop resulted in some crinkled noses because they thought I was referring to meditation. I clarified that you don't have to meditate to be mindful. Mindfulness, as I intended it, is to simply be aware, in the moment, of what you are doing, why you are doing it, and how you feel about it.
3. Read! Reading fiction can help you explore the emotions that others feel along with what caused the feeling. Ask a friend for their favorite fiction books, pick a few up, and see how your emotional vocabulary expands!

# Going meta (and I don't mean facebook)

“Creating this just and regenerative future cannot be done by any one organization alone. We will need all sorts of people, engineers, artists, storytellers, scientists, healers, farmers, builders, and more to step up not just to imagine inspiring futures, but realize them.”

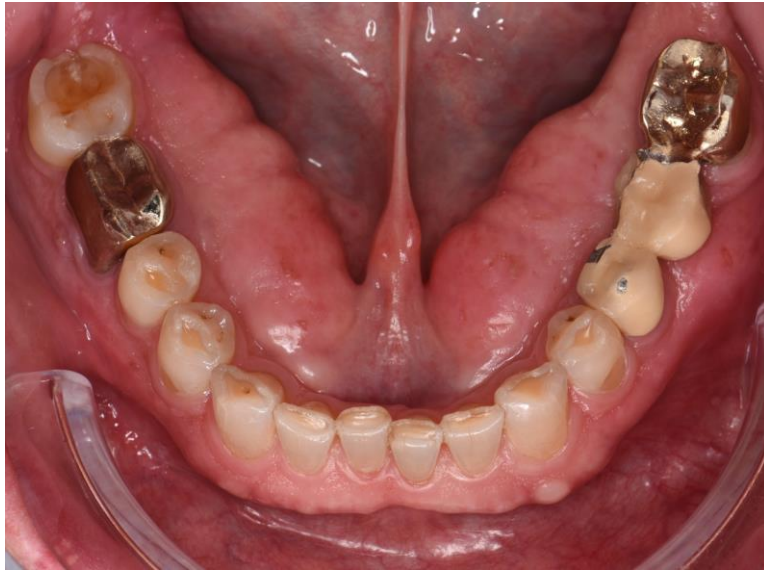
*The Future of Future Thinking*

What is the value in thinking (and planning) about the future? How will the way in which we think shape our personal decisions as well as the decisions of our businesses, communities, and countries?



# So, you wanna be a Prosthodontist?

## Part 3



### Mandibular occlusal view:

Large bilateral mandibular tori are present, the degree of incisal wear into dentin on the anterior teeth is noticeable, with posterior wear less significant than anterior tooth substance loss. Catastrophic loss of veneering porcelain on #18-20 prosthesis is better appreciated in this view, and restoration loss of #31 occlusally. Vitality testing with cold and an electronic pulp tester demonstrated vital pulps, and mild crowding of the mandibular anteriors are observed.

### Maxillary occlusal view:

Wear to dentin is visible on premolars with severity of wear being relatively greater anteriorly. There is comparatively less incisal wear to the mandibular anterior teeth than the maxillary anteriors. #14 is discolored with a leaking composite restoration, with maxillary second molars having minimal damage.



A pre-treatment panoramic radiograph was made during the initial exam appointment. The radiograph demonstrates densely trabecular jawbone with an intact mandibular border and no antegonial notching. Bilaterally, the condylar heads exhibit normal articulating surfaces. The maxillary sinus floors are intact bilaterally with no visible pathology. Missing teeth include #1, 17, 19 and 32 with bony impaction of #16. Endo treated #30 with Apical radiolucency present on mesial root, with occlusal radiolucency on #31 due to lost restoration. Generalized occlusal wear is observed, all posterior teeth exhibit moderate to long root trunks.

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

M = Meaning

The “M” in PERMA stands for Meaning. We are meaning making beings and will search and search for meaning in even the smallest of experiences. Meaning is how we develop purpose and direction in life. It can help one feel fulfilled and satisfied.

What is your first thought for what you perceive as your purpose or meaning in life?

Cultivating meaning comes from living in concert with our core values. Core Values are those foundational beliefs that serve to guide actions, choices and the standards we set for ourselves (and our businesses). If you haven't already, define your core values ([here](#)). Once you have them, write them down with definitions.

Core Values:

Once that is done, start listing actions that demonstrate the core values in everyday life...This will result in living a more meaningful life!

Core Values in Action:

## To do

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

Check out the  
[Adaptive  
Strategy info](#)

Jason will be at  
the [PCSP  
meeting](#) in  
Whistler at the  
end of June.  
Come say hi!

## Doing

[Listen](#) to the  
Inspero  
Podcast!

## Done

Open the  
Inspero  
Newsletter

The May EI  
Workshop was a  
raving success!  
Spring 2024 will be  
the next one.

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