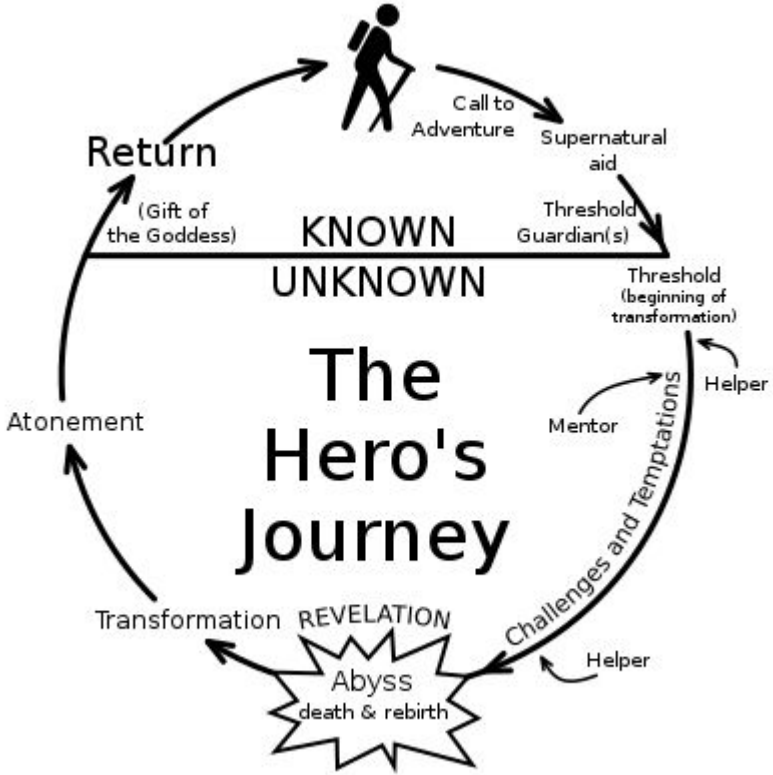
Hacking the Story of Self: Models to Think About

Patrick Corbett

A Hero's Journey -- The Monomyth



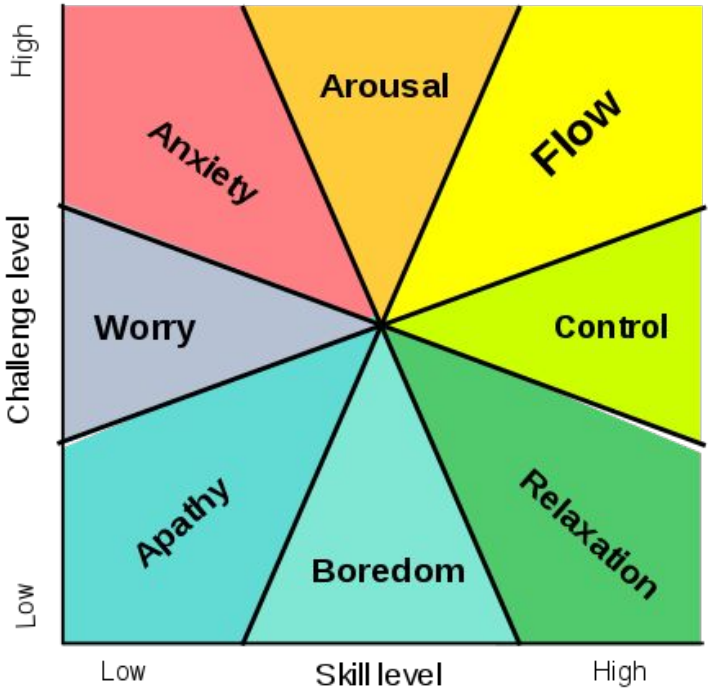
The alchemical self and transmutation. The crucible. Self-transformation. Mystical being.

- Understanding the narrative arc of story.
- Placing self at the center of story.
- Connecting to myth and popular culture.
- https://venngage.com/blog/heros-journey/

Image Credit:
https://en.wikipedia.org/wiki/Hero%27s_journey#/media/File:Heroesjourney.svg

SERIOUS CHANGE THROUGH PLAY

The Theory of Flow



Mental, physical, and emotional operation in a state of immersive awareness and engaged decision-making.

- “Being in the zone”
- Best work is done -- “hyperfocus”
- Enjoyment of activity
- Product of confidence + skill
- https://en.wikipedia.org/wiki/Flow_(psychology)

Image credit: https://en.wikipedia.org/wiki/Anxiety

SERIOUS CHANGE THROUGH PLAY

Finding Your Ikigai

“Ikigai” is a Japanese concept meaning “reason for existing.”

- An important consideration for making meaning.
- Find something that is worth doing regardless of status, money, or markers of success or social equity.

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https://img.elephantjournal.com/wp-content/uploads/2016/03/24060549246_6768f4750d_z.j

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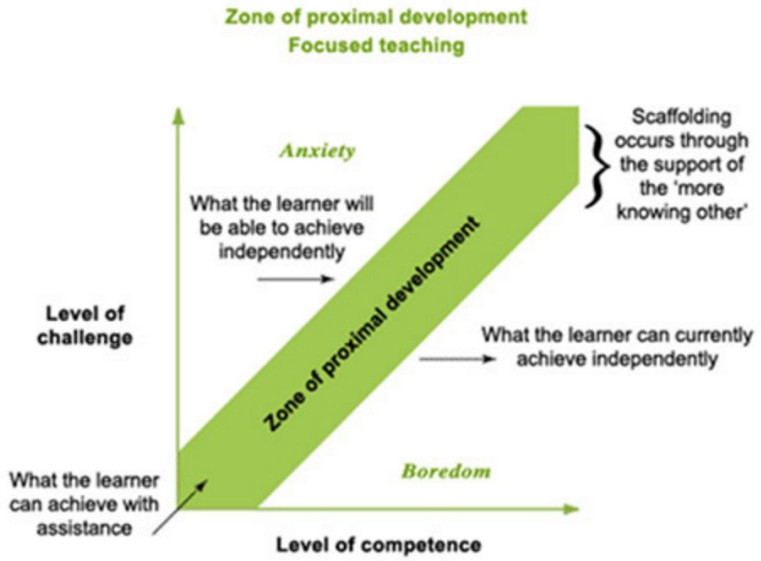
Zone of Proximal Development

Graph: Zone of proximal development: Vygotsky



How we learn most effectively:

- Necessary ingredients for learning.
- When we learn well and when we don't.

Image credit: https://edufolios.org/lhswong/wp-content/uploads/sites/118/2016/09/Screen-Shot-2016-09-20-at-7.46.14-pm.png

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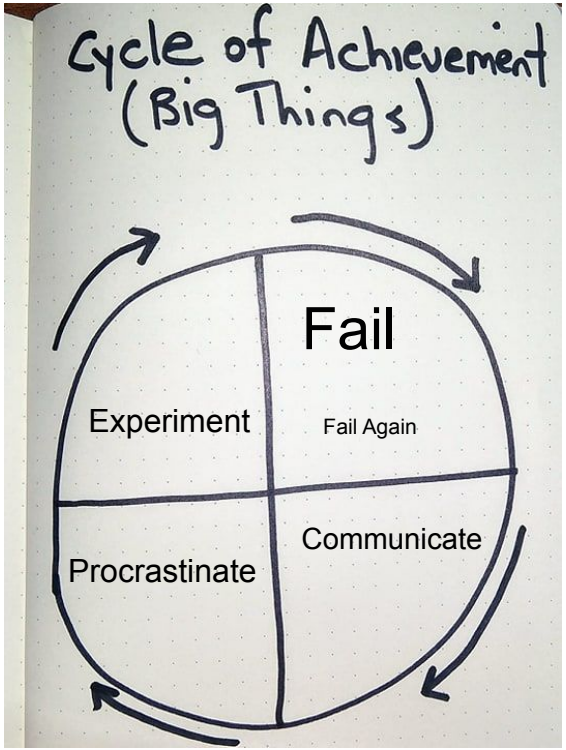
Cycle of Great Achievements



How do you accomplish the most important work of your life?

SERIOUS CHANGE THROUGH PLAY

How to Live to 100 Years Old

https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/transcript?language=en

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