

# Transcript

## Template 3 – MINDSET – Conclusion

So, at his point you have learned about all the dimensions using the template 3a. and you've learned how to observe any moment of a situation, about its past, present or future, and you've learned about the interactions during these moments between dimensions. You also learned to see the difference between what may be an experience at the dimension that may be conducive versus non-conductive and that brings about good observation and eventual knowledge about yourself that is complete, thorough and multidimensional through having done and doing these exercises in different situations and different moments.

Now one way to continue to use these dimensions is actually to use template 3c. So, this template helps you integrating what you have learned and been using from step two and three, so it is a way to gather information for any situation that you might want to use, to observe yourself and understand yourself by collecting, in a way, what you can now keep in mind of all your elements that sustain a definition of happiness that you may write here. A few points that you think are very important just to keep them in mind.

And for any situation, so for any moment in time you will be able to observe yourself and make a list of your experiences at every dimension according to whether you see them as being non-conductive or conducive. So, let's take an example that you have, or you are to meet your boss to report on a project. So, that's the situation you want to analyze. So, you first note that you're somewhat nervous and maybe afraid. So, that's not too conducive to happiness. You may be afraid of what she is thinking of you and that you may tend to catastrophize what may happen; that she may judge you, or she may say things are quite negative and you notice that you're very much in the extrinsic mode. Really believing that how you will feel and what you will think about yourself would come very much from her thoughts, so the outside-in. And that you are nervous also physically, feeling the tension, even your heart rate going up and that you would tend to not be able to speak freely or even freeze at times and that you have a notion of yourself that you may have not performed well "I am not good enough..." and so on. But you also notice that you are nevertheless anchored in some confidence and optimism and that you are able to bring you back to a logical and more objective thinking. And so this example is how you were able to observe yourself and take notes and see what may be going on, keeping in mind of what is your own definition of happiness, but you have notice of what your experiences at the dimensional level maybe non-conductive or sometime conducive to happiness.

So, that's an example on how you may use both knowledge of yourself, your definition of happiness and knowledge through observation and note about yourself during this situation. And this may be done with other situations at any time or any point in time. It could be a past situation where you basically relive, observe and analyze the situation or sometime even in the present, let's say at the meeting or being somewhere taking a coffee, you could just do this observation analysis or a situation that you can envision happening in the future. Again, maybe meeting the boss or doing something else and so and so

forth. So, eventually you have the whole thing mapped out with better understanding of what is happiness for you and how you may be in a specific situation?