Examples

- Diagram and descriptions
- Relationship ping-pong
- Ocean fishing
- Habits
- Food-limited population
- Home heating
the congressman and the lobbyist
Relationship Ping-Pong

Past | Internal | Between | Internal | Past
---|---|---|---|---
learned from playmates at age 3
regret for being mean to brother
parents’ divorce
humiliation in 6th grade
father’s modeling
regrets from previous relationship
Ocean Fishing
Ocean Fishing

- Skilled Labor Pool
- Fish Stock
- Fleet

and

Total Catch
Ocean Fishing

Skilled Labor Pool → and → Total Catch
Fish Stock → and → Total Catch
Fleet → and → Total Catch
Ocean Fishing

Skilled Labor Pool → and → Total Catch
Fish Stock → and → Total Catch
Fleet → and → Total Catch
Constraints

A → and → Result
B → and → Result
C → and → Result
Constraints

A → B → C → and → Result

A → B → C → Result
The Logical Thinking Process

Constraints
Habits

- Fast associational thinking
- Subconscious
- Slow reflective thinking

Monitor & modify
Habits

The Power of Habit
Why We Do What We Do in Life and Business

Charles Duhigg
Habits

Context → Cue → Routine → Reward → and → Context
Habits
Habits
Habits
Habits