

# SHOW NOTES

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## Episode 30: The Mind & Who You Are (Part 1)

**Brain:** organ of soft nervous tissue contained in the skull of vertebrates, functioning as the coordinating center of sensation and intellectual and nervous activity.

**Mind:** the element of a person that enables them to be aware of the world and their experiences; to think, to feel, the faculty of consciousness and thought.

**Soul:** your whole consciousness

**Consciousness:** knowing you exist, self recognition.

**Higher Consciousness:** imagination, empathy, impartial judgement, beyond the self interest. Critical and curious. Smaller amounts of ego.

**Lower Consciousness:** reptilian brain. Survival. Just me. What I Need. Lots of ego.

\*Mindset pioneer mentioned: Carol Dweck

**Mindset:** Mental attitude. The way you think or feel reflected in behavior

**Growth Mindset:** believe intelligence and skill can be developed and/or nurtured

**Fixed Mindset:** intelligence and skill are things you are born with.