

# Meta Mindsets

## EXPERIMENT

## PRODUCTION

Identifying **Desired Outcomes** ..... Determining **Objectives**

Dopamine Desire Circuit ..... Dopamine Control Circuit

In Flux / Dynamic..... Fixed / Static

Could Be Wrong..... Must Be Right

*Get Better*..... *Be Good\**

*Creativity*..... *Productivity\**

*Scout*..... *Soldier\**

Developing Creative Tension ..... Relieving Psychological Tension

Focused on *Why*..... Focused on *What* or *How*

Pursuing What You Want ..... Reducing Uncertainty

Evaluating Feedback to Adjust Course ..... Interpreting Feedback as Judgement

Exploring What You Don't Know ..... Exploiting What You Know

Generating Provisional Assessments ..... Looking for Definitive Statements

Asking Questions ..... Seeking Answers

Embracing Plasticity..... Aiming for Authenticity

Using Guidelines..... Following Rules

Discovering..... Performing

Curious ..... Cautious

Resilient..... Resolute

Work-in-Progress..... Finished Product

Role of Quester..... Role of Expert

\*sub-mindsets