**Chalk Talk week 3 – September 8th 2020**

**“Passion Paradox” and the “Curious Mind” – Brad Stulberg**

*Brad Stulberg explores the principles of health, wellbeing, and mastery that transcend capabilities and domains. Whether you’re trying to qualify for the Olympics, break ground in mathematical theory, launch a business, craft an artistic masterpiece, or raise a family, many of the practices underlying sustainable success and wellbeing are the same and supported by scientific evidence. Brad writes about these topics in his regular column in*[*Outside Magazine*](https://www.outsideonline.com/1747941/bradley-stulberg)*, as well as for the*[*New York Times*](https://www.nytimes.com/2019/03/19/well/mind/the-right-way-to-follow-your-passion.html)*,*[*Wired*](https://www.wired.com/author/brad-stulberg/)*,*[*New York Magazine*](https://nymag.com/author/brad-stulberg/)*,*[*NPR*](https://www.npr.org/)*, Forbes, and*[*Sports Illustrated*](https://www.si.com/author/brad-stulberg-and-steve-magness)*. After completing a stint in the White House with the National Economic Forum, he’s now the author of two best-selling books, with co-author*[*Steve Magness*](https://www.scienceofrunning.com/)*,*[*The Passion Paradox: A Guide to Going All In, Finding Success, and Discovering the Benefits of an Unbalanced Life*](https://www.passionparadoxbook.com/)*, and*[*Peak Performance: Elevate Your Game, Avoid Burnout, And Thrive with the New Science of Success*](https://www.amazon.com/Peak-Performance-Elevate-Burnout-Science/dp/162336793X/ref=pd_bxgy_14_img_2/138-1007984-0304031?_encoding=UTF8&pd_rd_i=162336793X&pd_rd_r=f81654f0-057b-465e-b4c3-1f11f4c1a04f&pd_rd_w=ffH3U&pd_rd_wg=Sh5i2&pf_rd_p=09627863-9889-4290-b90a-5e9f86682449&pf_rd_r=5T3TFX3GPDAGBKNDAGNY&psc=1&refRID=5T3TFX3GPDAGBKNDAGNY)*.*

We are not wired for contentment but to keep pushing. You are not able to turn this off. Is contentment a false goal?

Wired for the chase – we have been told that our drive and passion is a good thing – is it?

Should we realize that we can’t be content and give in to divineness? Or do we suppress our desire to achieve in place of contentment?

Two sides of the barbell –

* one side is drive, push, create, doing.
* The other side is being, fulfillment, contentment.

If you are wired towards either side it makes no sense trying to change it. We need creatives and medalists – we also need happy, fulfilled, joyful people without the need to push.

You cannot neglect either side of the barbell. Accepting that you will have highs and lows and when you’re in the low, realize that it is a natural place. Respect it, listen to it – chill out.

Other times you need to work your way out of the low.

High performers need to pay close attention to their mind/body systems. The only way out of a rut is to gently just start doing things.

The science of dopamine – primarily fuels the chase. Evolution of the hunt, kill, and drive to harvest. All humans are wired to crave the chase – that drive was crucial a millennia ago.

Today – followers on Twitter, corporate ladder, race.

Some have an intolerance to dopamine which means we need MORE of it to feel good – meaning **we need to chase more things!**

**Research shows that the profile of a super driven/passionate person is the same as someone suffering from addiction!**

In the passionate driven person – drive is pointed towards things that society says is good.

In the addict – drive is pointed towards things that society says is harmful.

**The high is not the hit – the high is the chase – they feel good for a while but then they must do more.**

Book project, test scores, audition success, elite or distance race, promotion, success in all forms – may lead to the crave for more.

Most long-distance elite “Ironman” Dirty Kanza, Cape Epic, triathletes – not surprising that most are individuals are currently in recovery have suffered or have family members that are addicts.

Do you ever feel like you have arrived? Instead, focus on the process and the journey!

**48 hour rule –** after a big win or big loss (give yourself this much time to grieve or celebrate). Get back to doing the work and move on. You are short circuiting your brains reaction and instead focusing on what nourishes you – spending less time in the results world.

**Checking data –** (Strava, results, social media, looking at different sponsors linked in, financial dashboards. **Peanut M&M’s vs Brown Rice.**

You will chose M&Ms every time – results world make you feel empty.

Brown Rice will make you feel better over time and is actually doing the work. Over time, Brown Rice is better.

**\*\*\*Why do we NEED so much EXTERNAL validation?** Lack of community, real relationships and love. People that feel imbedded in a community do not NEED external validation. Vulnerability, belonging and community is what we crave.

People that are absorbed in getting the next promotion, medal, crowd out the true need and time for community and seek identity from all the wrong places.

Athletes typically become overly obsessed about what other people are doing. Same is true for driven musicians, entrepreneurs, and students.

Vulnerability builds trust and community – in person! There is a different level of trust when you experience personal trust F2F vs a digital connectedness.

Group workouts vs going solo – do more that celebrate the humanity of the sport and less likely to seek those places that are inauthentic.

**Obsessive Passion vs Harmonious Passion**

No one is completely one or the other.

Key is that you want the majority to be of the harmonious variety – greater satisfaction, well-being, and long term sustained performance.

Obsessive passion – depression, anxiety, burn out and cheating – Lance Armstrong

Still love what they do but are obsessed with validation. When performance isn’t great, they do anything to close the gap or become deeply depressed.

Mood follows action – you must act your way into being harmonious. When obsessing about metrics – checking – force yourself to stop and just go do! Set up a system to counter checking – STRAVA – quit and go read..

Checking results, worrying about others accomplishment’s does not make you a better athlete/musician.

**Mindfulness –** build the community around you that helps you stay real and true. When you find yourself obsessing about the future, race, audition, interview, pick up the phone, talk to a friend and go do.

Grazing and stalking on social media makes you feel worse.

**The “TURD” of the self-help psychotherapy model.**

Positive self-help bro science model – look at yourself in the mirror, seize the day, you can do it, repeat a mantra ^%#@$^\*!!

Acceptance and Commitment model - your feeling like crap, that’s ok, don’t judge, what are your core values, act and be kind to yourself along the way – find a community, be real.