Finding Mastery

Sharing insights about the applied field of sport psychology

A Foundation

We are custodians

Go upstream

Science x Extraordinaires x Technology
The Path Ahead

Sharing insights about the applied field of sport psychology

Our Path Together

Map Mission Mastery
The Observed Map

The Observed Map
The Observed Map
The Observed Map

The Observed Map
The Observed Map
The Observed Map

The Observed Map
The Observed Map

The Observed Map
The Observed Map

Rio 2016

FINDING MASTERY

15,000,000 views
The Path Ahead

Want Success? Try These 11 Unusual Success Hacks

- 3 Ways to Become an Olympian
- How to get a bikini body in just TWO days:
  Yes girls, you do still have time to shape up for the beach!
- 100 Incredible Life Hacks That Make Life So Much Easier
- 25 (scientific) happiness hacks

How to Gain Muscle Without Working Out

- Secrets To Success: 6 Tips From The Most Successful People
  Unlock your mind’s hidden potential with this trick
- 9 Smart Ways to Work a Whole Lot Less

10 Questions That Will Unlock Your Potential

- A BEGINNER’S GUIDE TO BIOHACKING
  Hacking Creativity: Shortcut To A Creative Mental State

The Internal Map

Exploring the hard questions in life

Leads to clarity of mission
Mission

To help people live in the present moment more often by helping them train their mind.

Working Laboratory

1.
Projects and people on the frontier
Working Laboratory

1. Projects and people on the frontier

2. Training the mind at scale

3. Celebrate, Learn and Amplify
Working Laboratory

1. Projects and people on the frontier
2. Training the mind at scale
3. Celebrate, Learn, and Amplify
4. Research

Finding Mastery
the path of mastery
Data Analyses

1. Create a semantic-space based on purpose terms

2. Project terms of interest (e.g., purpose) on the semantic-space

3. Resulting in a cosine distance matrix among terms of interest

4. Analyzed by experts

It all comes down to...

love
life
movement
work
best
moment
time
moment
intention
family
believe
everything
question
world
people
pursuit
loving
mindset
mind
now
action
opportunities
courage
peacelived
beginning
opportunity
A Deeper Dive

Personal Meaning

Bigger Than You

Actively Pursuing The Goal

Path Analyses

PURPOSE + BEING ABSORBED
Particularly important for high achievers for identity cohesion*

Purpose as a catalyst

Freedom to take risks and be absorbed in the present moment

*Houtberg, et al., 2018
Our Path Together

Map ➤ Mission ➤ Mastery

THANK YOU