

DAILY EXERCISE · 5 TO 10 MINUTES

# Possibility / *Exponentiality* Training

*Retraining the two reflexes that cost the most right now. The instinct to call something impossible. The instinct to assume change is linear. Both were usually right for most of human history. Both are now usually wrong.*

A TRAINING EXERCISE

FOR A WORLD MOVING EXPONENTIALLY

BEFORE YOU START

*Discipline. Training. Effort.*

The world is changing faster than at any point in human history. Not linearly. Exponentially. A hockey stick. And the human brain, mine included, was not built for this.

We are linear thinkers evolved for a linear world, now living in an exponential one. **That gap is the most expensive cognitive bias of our moment.**

So I train. Every day. The way an athlete trains muscle, I train the two instincts that cost the most right now... the instinct to call something impossible, and the instinct to assume change is linear.

Retraining them is hard because they are older than we are.

One of the exercises is reading the quotes below. Slowly. Letting them do their work.

SCROLL



# *I*

PART ONE

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THE ANCHOR FOR PART ONE

# *II*

PART TWO

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THE PUCK NOW ACCELERATES

WAYNE GRETZKY

He said that when the puck moved at linear speed.

**The puck now accelerates.**

A skater aimed at today's puck arrives years behind where the puck actually ends up.

*We have to skate to where the puck will be in an exponential world.*

That is a different aim point. And it requires a different brain.

Read the quotes. Not once. Daily, or weekly, for a while.

Notice what happens to the reflex that says *that's impossible* or *that's a long way off*.

Those reflexes were trained over decades. They take time to retrain. The retraining is the work.

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If anyone has a proof from first principles that something we're building violates physics, send it.

I will read it carefully and change course if it holds.

Until then, let's build... fast, at the speed physics allows, with brains that are learning to match the world as it actually is.

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— JED