WHAT MAKES US WHO WE ARE?

Dr Antoine Eid | April 28, 2023

Original LinkedIn article

We are a combination of:

- #Talents and #Potentials inherited through our #DNA,
- The way our #Brains are wired after years of life and experience, and
- Our infinite ability to experiment, learn, and adapt our #Behaviors.

Our Talents and Potentials

This starts showing with children at early age. You can see that some have a musical ear before they even learn music, some can paint before they even learn arts. It is true, our #Talents define a certain level of #Performance before #Learning even happens.

Our Brain

Years of life and experience wire our #Brains to think in a certain way. Our #thinking is flexible, we adapt to situations and people we interact with. However, we develop thinking inclinations, such as analytical, imaginative, social and other thinking #preferences. These define motivators to think in a certain way before we exercise conscious energy to think differently when required. Our #brain is in the centre of this process:

> Our thinking is affected by our #genetics... Our thinking affects our #behavior

(Research how our #genetics and #environment affect brain #myelination and how this influences our #learning and #cognitivefunctions)

Our Environment

It is truly amazing how our #brains learn and adapt. The infinite ability to process and retain information, the memory and #coginitive functions, is all a miracle of life. Our different experiences and environments - parents, teachers, peers, bosses and colleagues, friends and family, as well as our personal learning, reading, observation and more - all contribute to a level of #learning which leads to acquired #skills and #competences. These skills allow us to perform tasks, and have a significant role in shaping our behavior over the course of our lives.

How does it all work together?

Human beings are too complex to be understood through a few indicators. What makes it even more complex is our ongoing learning process. Although #performance is affected by our genetics, brains, and psychology, there are more factors that play a role

such as, our physical abilities, social factors, technological factors, task complexity, and time.

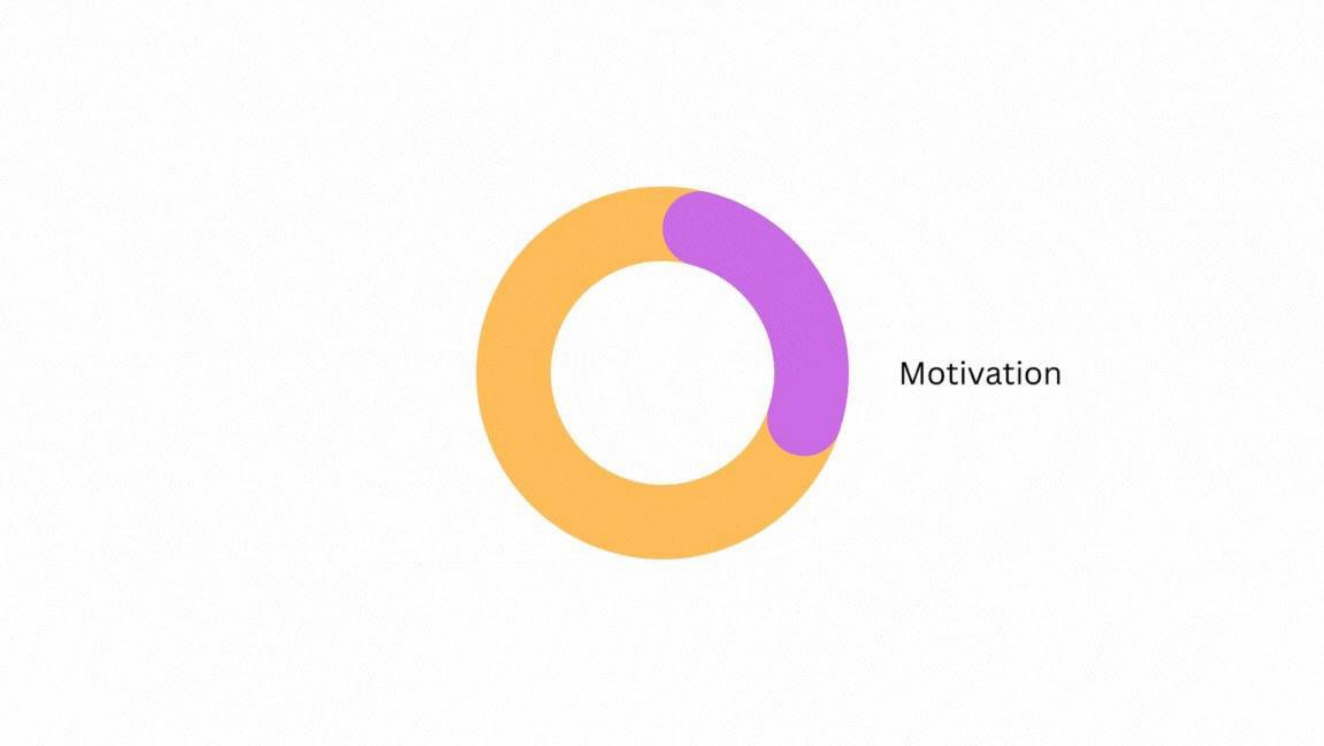
However, the main questions to be answered here are:

Do you know what are your Hidden Talents and Potentials?

Do you know what are your Brain Preferences?

Do you know what is your level of Learning and Skills compared to what you can achieve?

The Cycle of Potential



The Cycle of Potential

Your level of Motivation is naturally higher when working within your Talents and Potentials. With higher Motivation and a starting level of Performance influenced by your genetic Talents, you feel more productive. With Productivity comes a greater feeling of success and accomplishment, which makes you happier. Happy individuals are more motivated, and the cycle goes on. However, the cycle is initially triggered by identifying your true Potential. The learning here is: Identifying your true Potential will lead to Happiness

To Conclude

We are a combination of Potential, Thinking and Behavior. Together they form a level of Performance. For Performance to be higher, Skills and Behaviors need to be developed in areas of higher Potential. This not only leads to higher Performance, but also to a healthier #Wellbeing , #Happiness and Motivation.

The advice is to seek scientific metrics to:

- Identify your Potential through #DNAtesting
- Discover your Brain Preferences through #Neuroscience-based assessment
- Measure your level of acquired Skills and Behaviors

Only then you can undertand your Strengths and how you can live and work within them.

Contact Meet Yourself™ to have a conversation about how you can explore and achieve your Potential.