

# THE JORDAN HARBINGER SHOW

## Worksheet for David Eagleman | How Your Brain Makes Sense of the World (Episode 27)

Your brain is a large part of what makes you *you*. It governs the senses through which you perceive the world, and provides the means for the world to perceive you uniquely. If you damage your hand, it's inconvenient. If you damage your brain -- even a little -- the person you *are* may no longer be the person you *were*.

Stanford neuroscientist David Eagleman joined us for [episode 27](#) to shed some light on the neuroprotective benefits of lifelong learning, why seeing (or hearing or touching or smelling or tasting) *shouldn't be* believing, and the not-too-distant future of sensory superpowers.

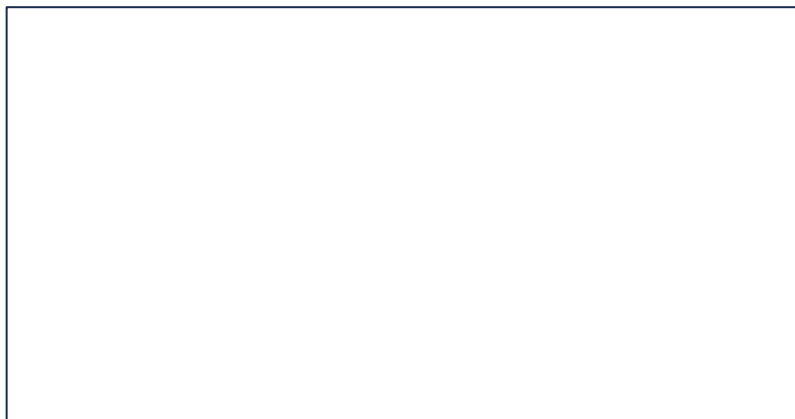
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## The Tip of the Iceberg

David explains that consciousness is like a newspaper -- it is reporting the things our brain has already done. Our consciousness is only the top layer and we are incorporating so much data into decisions, we are not even aware of how much work is going on.

**What are the streams of data affecting your processes? Now that you have named the obvious ones, dig deeper and think about others, both current and past, that will affect your thoughts and decisions.**



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## In Your Own Way

David explains that we are creatures of our space and time because we are obligated to learn how to survive in our space and time. You would be a completely different person if you had the same DNA but were born in a different time and under different circumstances.

**Look back on your experiences and choose some that are unique to your upbringing. Why did they happen? How have they shaped your beliefs? Think about how they might have been different had you been born in a different year, a different area, to different parents, etc.**

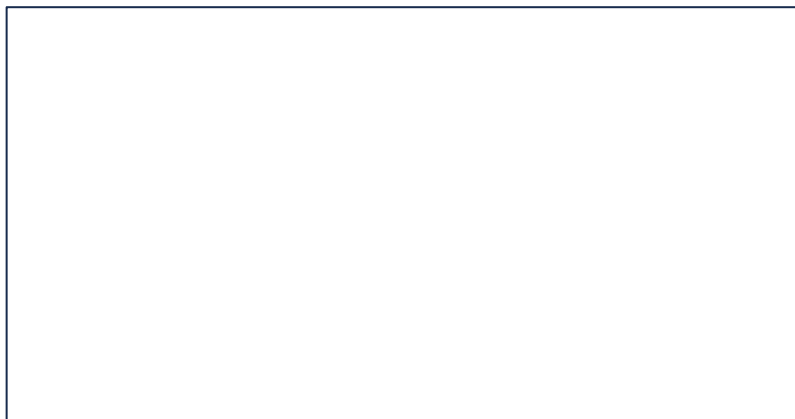
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## Tangled in the Wires of the Oculus

David believes lucid dreaming will become more common as we utilize VR more in our lives because it forces us to distinguish other versions of ourselves that are outside the situation at hand.

**If you have not already done so, create a plan to experience some form of VR. How are you able to distinguish between what is happening in the VR world and what is happening in the real world? How could you do this in your dreams?**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

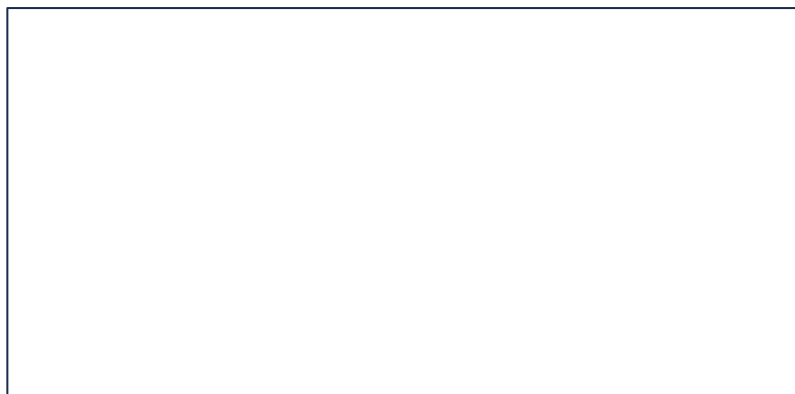
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## Is That What I Think It Is?

David and Jordan discuss how most of what we think about ourselves is made up based on our experiences filtered through imperfect memory. It is amazing how much guesswork goes into what we think we know about other people's brains and conclusions (e.g., your idea of an ideal croissant probably differs greatly from anyone else's).

**Bring up a recent pleasant memory and question the details you think you're sure of. Dive deep and see if your recall and memory of the situation may have been different from what you remember.**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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**Now do this with a recent painful memory.**



## Cognitive Exercises

David explains that AI is lousy today, but one area where a computer has us beat is memory. In a game of 20 questions, it will use different planes to eliminate obvious wrong choices. Find an online game of 20 questions and try it out; you will be surprised how easily it guesses your answer.

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**The next time you are faced with a binary decision, flip a coin. When it lands, see if you are disappointed in the choice. If you are, probe why this is. It doesn't mean it was the wrong decision, but it is important you explore *why* you're disappointed -- what's going on under the hood?**

*Full show notes and resources for this episode [can be found here](#).*

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## About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

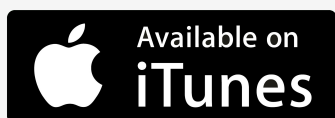
We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.



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