

Nibble of Synthesis

FULL CONTROL

- *Sketches and diagrams*
- *Trying too hard*
- *Sculpting it with consciousness*

BAITING THE HOOK

- *Active Attempts; Decisioning*
- *Executive Control Network (ECN)*

PARTIAL CONTROL

- *Letting your guard down*
- *Input from external parties*

THRESHOLD OF CONSCIOUS AWARENESS

MINDLESS WORK

- *Resting-State Functional Connectivity (RSFC)*
- *Default Mode Network Activation*

ZERO CONTROL

- *Daydreaming*
- *Relaxed preoccupation*
- *Mindless work*

