

Outside of us...

Inside of us...

Peeling it back, other factors to consider

Life isn't working out the way I want

- Environment
- Food
- Family
- Finance
- Emotional and mental health
- Water
- Exercise
- Nature/nurture

- Relationships
- Self-awareness
- Habits and behavioural patterns
- Work/career
- Physical

Why do we perceive life isn't working out the way we want?

How do Neurology and Cognition come into the picture?

- Ignorance to our own inner perceptions
- Un-serving decisions / choices
- Series of choices
- Low understanding of how thoughts interact to craft our reality.
- Low self-awareness
- Low emotional Intelligence
- Lack of understanding around where we really live

- Thoughts sculpting our brain-scape
- The mind is not serving
- Brain function
- Neurology
- What's happening in our minds?

Where is it all really happening?

- Beliefs
- Symbolism
- What we believe about ourselves
- The meaning we are making of things
- The stories we tell ourselves
- Quantum physics
- Epigenetics
- Cells
- How does it all interact?

What else is going on?

