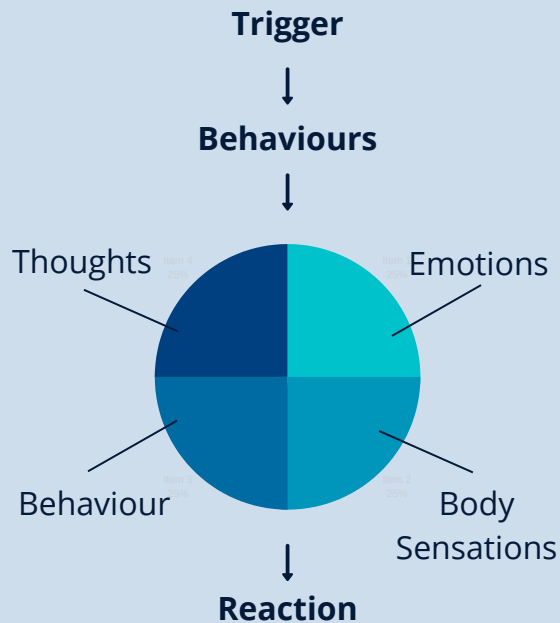


# BEHAVIOR CHANGE

## FIRST GEAR

- Aware of our automatic behaviours.



## SECOND GEAR

- What are the actual results of this behaviour?
- The brain won't change unless a new behavior is perceived as a bigger, better offer.

## THIRD GEAR

- I am ready to change.
- Practice mindfulness-based meditations such as SEE, HEAR, FEEL and THINK or RAIN or loving-kindness meditation.
- Curiosity & Self-Compassion are necessary for this change to occur.

