WIN

Wisdom Improvement Network

Habit Improvement Wednesday

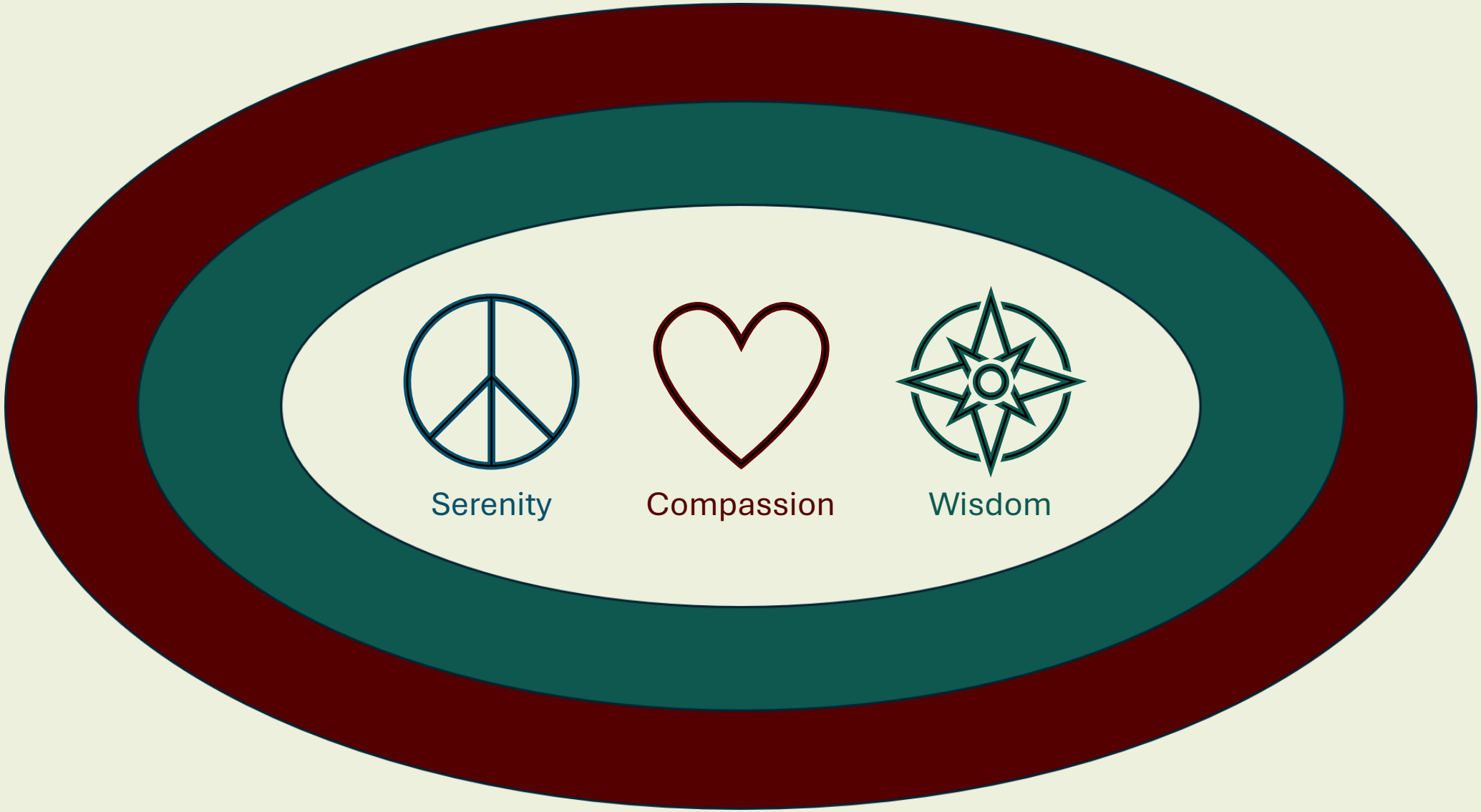
Higher Power

with

Serenity ❖ Compassion ❖ Wisdom

Wednesday Meetings

8:30 PM ET on Zoom


Serenity
Compassion
Wisdom

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Habit Improvement Wednesday

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The Three-Layer Model



Understanding the three parts of yourself and how they can compete.

Why You Need W. I. N.



Most habit changes fail, and how we can improve the system.

1. **Habits:** 80% of people worldwide have one to three unhealthy, unhelpful habits.
2. **Change:** 95% of people try and fail to change habits in the first month of each year.
3. **Unhealthy Rooms:** Many recovery rooms can be filled with triggering addiction war stories, magical thinking, and even predators.
4. **Benefits:** WIN provides serenity, compassion, tools, skills, wisdom, and encouragement.
5. **Support Group:** WIN provides the accountability, support, and wisdom you need to improve your habit pattern.
6. **Affordable:** WIN has a sliding scale fee of $50, $75, and $100 based on assets and income for 50 Wednesday sessions each year.

W. I. N. is Growth-Oriented



Beyond habit change that is filled with cons, shame, and failure.

1. **Growth edges / Learning edges:** Acknowledges areas that are currently expanding or waiting for more development rather than being permanently broken.
2. **Developmental opportunities:** Frames the behavior or habit as a chance to learn new skills and emotional tools.
3. **Blind spots:** Refers to patterns or reactions you might not notice in real time, removes shame, and focuses on awareness.
4. **Adaptive responses / Coping strategies:** Sees defensive or difficult behaviors (like shutting down, controlling, or overworking) as things you once learned to survive or manage stress, even if they no longer serve you well.
5. **Habits to unlearn:** Treats the behavior like an old software program or routine you can replace, not a permanent identity.
6. **Areas for growth / Areas of focus:** Looks forward rather than backward.

The W. I. N. Facilitator



A facilitator who has been there, practiced habit improvement for 50 years, and coached thousands of people locally and globally.

Sandy Hinden
developed and facilitated
more than 200 interactive sessions
for local libraries, organizations, and online,
in habit improvement, meditation, meaning and purpose,
wellbeing, relationships and communication, wisdom,
and Community Conversation Circles.

He is the author of 7 Keys to Love, founder of
Wisocracy and the World Wisdom Council
for Local Wisdom Councils, and
host of Wisocracy World Café.

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