



Guiding Values

Helpful Skills

28-Day Positive Habit Improvement

Providing positive
values, skills, encouragement,
and helping you increase resilience,
to transform your habits and
have a happier life...



Encouragement

Resilience



Over 90% of people
have an unhealthy habit...

Wiser
Habits



Wiser
World

Healthy, Wiser Habits Create a Healthy, Wiser World



28-Day Positive Habit Improvement

MONTHLY ONLINE MEETING

Our Habit Improvement Reflection Circle

Helping you stay on track to your goal

Monthly Check-In & Insights
What's Working for You

28-Day
Positive Habit
Improvement



Adjusting Your Strategies
Encouragement Boosting



Third Sunday, 2 PM, ET

Register Here



28-Day Positive Habit Improvement

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Our Community & Sponsorship



The 9 Points of Our Positive Habit Improvement Community



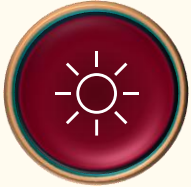
1. Over 90% of people have an unhealthy habit.

2. Many people can be hyper, foolish, and even toxic.

3. It is not easy to make beneficial friends – who have healthy habits – and are kind, encouraging, and wise with us.



4. We can grow our Positive Habit Improvement Community by inviting people to use our free Habit Improvement Resources. We just gently share our experience with them.



5. We can help people through positive habit improvement.

6. If you benefited from these insights, strategies, tools, and resources, you may show your gratitude by being a sponsor.



7. Our sponsors support our free help to people worldwide.

8. If you can provide support for world habit improvement your support is greatly appreciated.

9. Healthy habits create a healthy world.

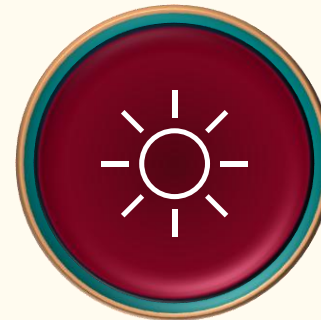
Our Community & Sponsorship

Valuable Benefits of Our Positive Habit Improvement Community

POSITIVE HABIT
IMPROVEMENT
PDF & Workbook

MONTHLY ONLINE
Habit Improvement
Reflection Circle
Gatherings

ANNUAL ONLINE
Positive Habit
Improvement
Workshop



Our Sponsorship Program



Transforming Lives Through Positive Habits

At Wisocracy

we seek to create wise democracy.

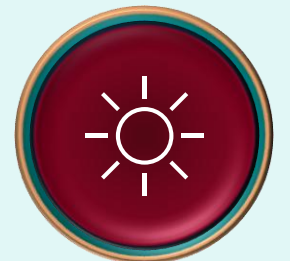
**We believe everyone deserves a fresh start
– an opportunity to break free from unhealthy habits
and step into a life of purpose, clarity, and well-being.**

Our **28-Day Positive Habit Improvement** PDF

**is a powerful, free resource designed to help people overcome
unwise habits or addictions, replace negative patterns,
and build lasting, positive habits.**

**To ensure this life-changing guide reaches many people,
we invite individuals and organizations to sponsor our mission.**

**Your support will directly help people access the tools, guidance,
and community they need to embark on a path of lasting change.**



Our Sponsorship Program

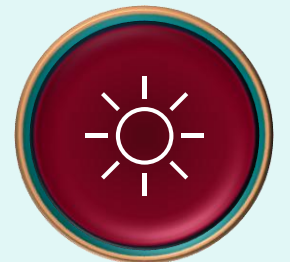


Why This Matters: The Global Habit Crisis

**Unhealthy habits are a global challenge,
affecting nearly everyone in some way:**

- **Diet & Exercise:** The World Health Organization (WHO) reports that **39% of adults worldwide are overweight**, largely due to poor diet and lack of physical activity.
- **Smoking & Alcohol:** About **22% of the global population smokes**, with over **8 million deaths per year** related to smoking and over **3 million deaths per year** linked to alcohol consumption.
- **Sleep & Stress:** More than **30% of adults worldwide don't get enough sleep**, leading to mental and physical health issues.
- **Technology & Social Media:** Many people now spend **7+ hours per day on screens**, contributing to stress, anxiety, and reduced productivity.

**With unhealthy habits affecting nearly 90% of people,
the need for positive habit Improvement has never been greater.**



Serious Negative Habits Worldwide

Cause	Deaths Each Year
Smoking	8 million+ each year
Obesity & Poor Diet	5 million each year
Alcohol	3 million each year
Drugs	600,000 each year
Yearly Total	16 million+ each year

“Habits are first cobwebs, then cables.”

Spanish Proverb

Our Monthly Reflection Circle



Join Our Monthly REFLECTION CIRCLE Stay on Track & Keep Growing!



Success isn't built in a day.

It's created through small, consistent improvements over time.

Your goals become reality through daily action, and we're here to help you stay on track!

Each month, join our Reflection Circle to pause, assess, and refine your journey:

- ✓ **What's working?** Recognize your wins – big or small.
- ✓ **What needs tweaking?** Adjust your strategies for even better results.
- ✓ **What's next?** Keep building momentum with renewed focus.

Imagine a year from now, looking back on everything you've accomplished – simply because you decided to start today. **Success is in your hands!**

Take action now: Track your progress, adjust as needed, and never give up.
Join us in celebrating small wins and creating lasting change!

Mark your calendar & commit to your growth.
See you in the Reflection Circle!

Third
Sunday

[Register Here](#)

2 PM, ET



Our Habit Improvement Monthly Reflection Circle



January	February	March	April	May	June
Feelings & Needs	Cues & Triggers	Mindfulness & Serenity	Self- Compassion & Self- Kindness	Never Giving Up	Starting Fresh Each Day
July	August	September	October	November	December
One Day At A Time & Other Recovery Tips	Better Thinking	Better Feelings	Better Patterns	Better Relationships	Life's Journey Learning Growing Enjoying

Third Sunday, 2 PM, ET

[Register Here](#)



Monthly Check-In & Insights
What's Working for You

Adjusting Your Strategies
Encouragement Boosting



Our Sponsorship Program



Insights

Strategies



Transforming Lives Through Positive Habit Sponsorship

If you benefited from these insights, strategies, tools, and resources, you can show your gratitude by being a sponsor. Help people through positive habit improvement.

Gratitude Giver	\$1	Mindful Supporter	\$5
Awareness Advocate	\$10	Habit Breaker	\$25
Improvement Champion		\$50	



Tools

Resources



Your Sponsorship Here



Help Us Transform Lives Worldwide
Through Wiser, Positive Habits

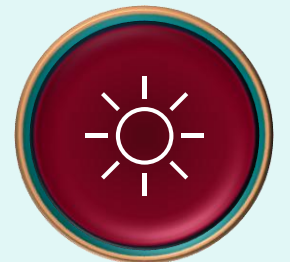


You can contact us
to begin your sponsorship support
to help billions of people worldwide
create wiser habits.

You Can Provide Your Sponsorship Support Here



If you can provide support for world habit Improvement
your support is greatly appreciated.



The Positive Habit Improvement Community

Guiding
Values

Helpful
Skills

Our Appreciation
to
Your Name



Being a Member-Sponsor

Supporting free help to people worldwide for
personal & world habit improvement

Insights

Strategies

Tools

Resources

Encouragement

Resilience

Healthy, Wiser Habits Create a Healthy, Wiser World

Introduction



28-Day Positive Habit Improvement

28-Day
Positive Habit
Improvement



Monthly
Reflection
Circles

Dear Friend,

The **28-Day Positive Habit Improvement** program helps you let go of all that is frustrating, disappointing, and bothering you. It helps you stop taking useless actions that don't help you, others, and the world.

It helps you create and nurture your own sanctuary of **serenity, compassion, wisdom**, and actions that are **deeply enriching and personally meaningful**.

This gives you the space to **explore what is possible**, away from the noise of an insane world of self-promotion and superficial relationships that lead you to unhealthy behaviors and unhelpful habits.

The program presents **positive values and skills**, provides **encouragement**, and helps you increase **resilience** that **improves your habits**, to lead a **happier life**.

You will reconnect with your **higher-better self** and do what is **positive and healthy for you**, making a note of your progress for 28 days. This all will truly be **enjoyable** for you day by day, in a **healthy way**!

Your Positive Habit Improvement Coach,
Sandy Hinden

28-Day Positive Habit Improvement

**28-Day
Positive Habit
Improvement**

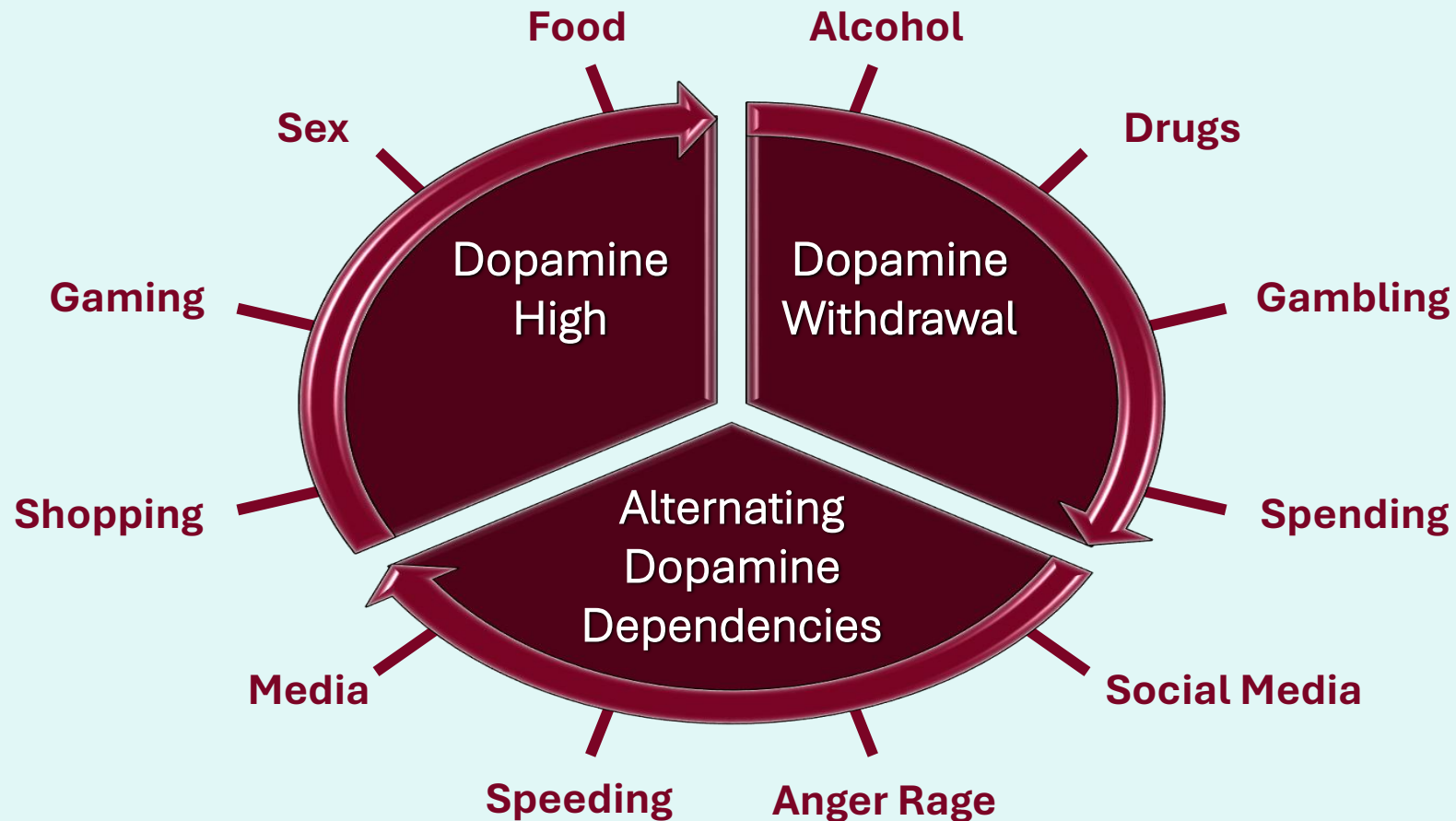


**Depending
on what they are,
our habits will either
make us or break us.**

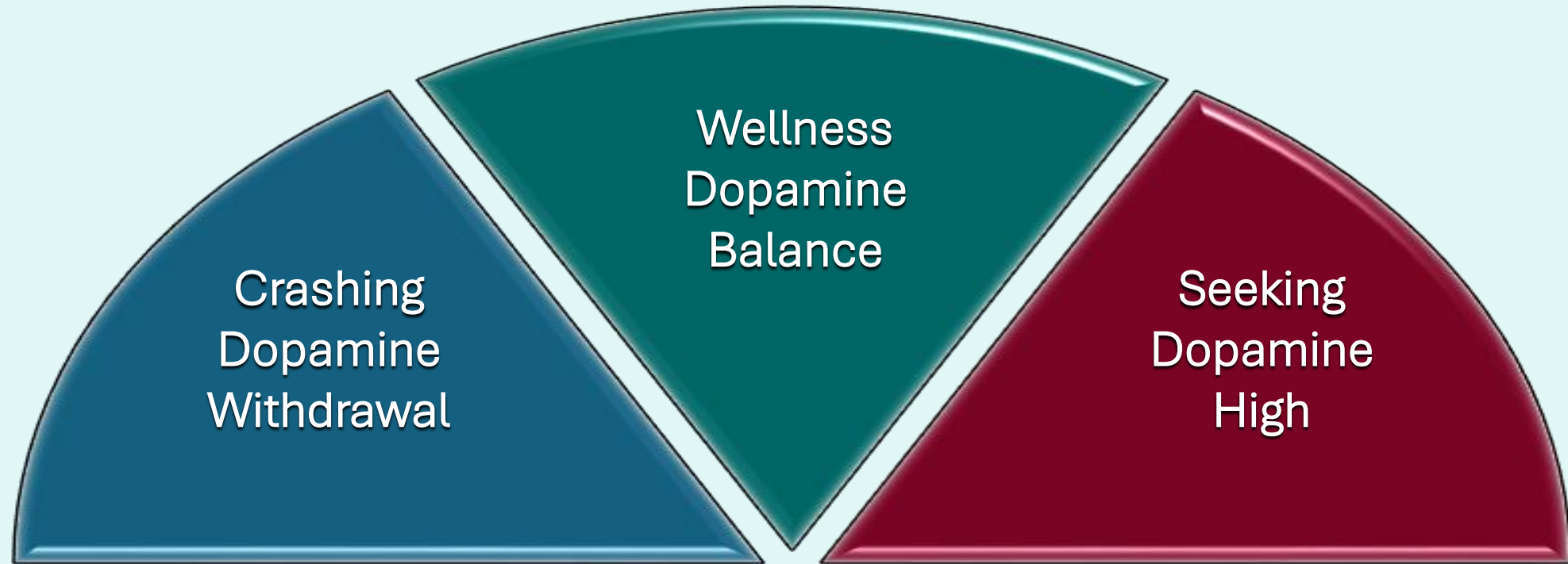
**We become
what we repeatedly
do.**

From Co-Unhealthy Habits & Co-Addictions to Wellness

Do you use something to feel high on a dopamine rush, then crash and feel dopamine withdrawal, and then turn to something else to get another dopamine high?



From Co-Unhealthy Habits & Co-Addictions to Wellness



**This program helps you
regain dopamine brain balance
and feel happier naturally.**

Overcoming Unhealthy Habits or Addictions – 1, 2, 3



28-Day
Positive Habit
Improvement
Journal



28-Day Positive Habit Improvement Journal

Use a letter to describe your day.

- S = Seeking Dopamine Balance
- W = Wellness Dopamine Balance
- H = Seeking Dopamine High
- W = Dopamine Withdrawal

1		8		15		22	
2		9		16		23	
3		10		17		24	
4		11		18		25	
5		12		19		26	
6		13		20		27	
7		14		21		28	

28-Day Positive Habit Improvement Journal

Describe your day, any insights, or progress

1

2

3

4

5

6

7

28-Day Positive Habit Improvement Journal

Describe your day and any progress made.

8

9

10

11

12

13

14

28-Day Positive Habit Improvement Journal

Describe your day and any progress made.

15

16

17

18

19

20

21

28-Day Positive Habit Improvement Journal

Describe your day and any progress made.

22

23

24

25

26

27

28

Better Thinking



Day

1

Power of Intentions

The Power of Intentions



- Setting an intention is important because it provides a clear focus and direction for your actions, helping you make conscious choices that align with your values and goals.
- It leads to a more fulfilling life by boosting motivation, cultivating a positive mindset, and enhancing your sense of purpose.
- Create an **INTENTION**: a **GOAL**, a **VALUE**, or a **QUALITY** you want to have in your life.
- Along with your **INTENTION** make it **FUN**, **PEACEFUL**, and **HARMONIOUS**.
- **WHAT YOU FOCUS YOUR ATTENTION ON GROWS**, so spend a few minutes every day reading the intentions you create out loud.
- A good time might be before you get started with your day/night.
- The more often you read your intentions, the more powerful they are.
- If you find yourself slipping into negative thoughts, such as *“This will never work,”* or *“I’ll never be able to have what I want”*... **JUST REMIND YOURSELF GENTLY TO FOCUS ON WHAT YOU DO WANT.**

My Intentions

This year I would like...

1. _____
2. _____
3. _____

**To sustain the long-term effort,
*try to make it fun...***



Intentions, Choices, Actions

- You hold the power to co-create the life you want through your intentions and the conscious choices you make from moment to moment.
- Your intentions are your memo to yourself that direct your energy.
- Like a tuning fork being struck, intention creates a vibrational space which is the present moment.
- When you bring awareness and energy to this space, you are open to co-create what you want in your life.



Clarifying My Intentions

- 
- ☐ Health
 - ☐ Relationships
 - ☐ Career
 - ☐ Finances
 - ☐ Hobbies

- **Consider areas such as health, relationships, career and finances. Be as clear as you can.**
- **What matters most to me?**
- **What are my non-negotiables?**
- **What makes my heart sing? Joyful? Inspired? Fulfilled?**
- **What is my purpose?**
- **What kind of health and well-being do I want?**
- **What kind of relationships do I want in my life?**
- **What kind of environment do I want to live in?**

The Power of Intentions

Something I Want In My Life

Intentions I Set	Strategies I Can Use	Actions I Take

Actions That Seem “Impossible” to Do	Actions I Might Be Willing To Do	Things I Can Do To Get What I Want

6 Ways Quick To Intentionally Be Happier

1) Meditate

- Even 5 minutes a day can reset your brain.
- Meditation lowers stress and boosts focus.
- Close your eyes and breathe deeply.
- Let the confusion and chaos melt away.
- Return to serenity, clarity, and simplicity.

2) Exercise Daily

- Move your body every single day.
- A 30-minute walk, yoga session, or gym workout releases endorphins.
- These are your body's natural happiness drugs.
- No movement means no energy and no joy.

3) Cut Toxic People

- Your happiness can be enhanced by the company you keep.
- Distance yourself from constant complainers or manipulators who drain you.
- Surround yourself with people who energize you.

4) Be Kind to Others

- Science says giving is better than receiving.
- Hold the door, compliment a colleague, or help a stranger.
- Every act of kindness gives you a dopamine hit and makes the world a little better.

5) Get 8 Hours of Sleep

- Sleep is non-negotiable.
- You wouldn't skip charging your phone, so why skip charging your body and brain?
- Set a bedtime, ditch the screens, and commit to quality rest.

6) Appreciate Small Things

- Gratitude turns what you have into enough.
- Start small with a sunny morning, a great meal, or a kind word.
- Each day, write three things you're grateful for.
- This practice rewires your brain to see the good.

We Can't Fix, Change, or Control Others – Only Ourselves

"It is as if the town drunk was hired to drive a busload of our children and grandchildren down a steep mountain road, with hairpin curves and steep drop-offs. In the name of too much government, the guardrails, the speed limit, and curve warning signs have been removed. As a cost-cutting measure, road maintenance has been cut back.

Pretty good chance of disaster."

Bill Chisholm



Don't obsess about negative people and leaders.

Don't go down the rabbit hole of outrage, worry, and anxiety.

Don't let their negativity take over your mind.

A v o i d t o x i c m e d i a .

It is important to keep supporting solving problems.

It is critically important to take care of ourselves.

Find the room in life for some joy, happiness, fun, and laughter.

Be compassionate, kind, gentle, and loving with yourself and others.

Day

2

Creating the
Life You Want

Creating the Life You Want

	Not Urgent	Urgent
Important	<p>2.</p> <p>HEALTHY HABITS</p> <p>Learning, envisioning, creating a plan to improve</p> <p>Helps you achieve your long-term personal and professional goals and complete important work</p>	<p>1.</p> <p>PRESSING ISSUES</p> <p>Today's immediate needs</p> <p>The crisis that needs to be handled</p>
Not Important	<p>4.</p> <p>UNHEALTHY HABITS</p> <p>Hype & Crazy Media</p> <p>Intense people who waste your time and energy</p> <p>These activities are just a distraction – avoid them when possible</p> <p>You can simply ignore or cancel many of them</p>	<p>3.</p> <p>UNHEALTHY HABITS</p> <p>Activities that other people want you to do, though they don't contribute to your desired outcomes</p> <p>These people and activities can prevent you from achieving your long-term goals</p> <p>If you can, say "no" politely and explain why you cannot do it</p>

Language of Positive Habit Change



- Self-aware
- Self-care
- Self-control
- Self-directing
- Self-choosing
- Self-regulating
- Self-transforming
- Self-composing
- Self-authoring
- Self-editing
- Self-designing
- Self-creating

Affirmations for My New Life

**I have more positive energy flow,
clarity, vitality, happiness, and well-being.**

**My life is easier as I enjoy transforming
challenging situations into opportunities and benefits.**

I manifest the fullest expression of myself.

I share this expanded experience of life in my relationships.

I release unneeded behavioral patterns and energetic blocks.

I have a much larger view of who I am.

I feel happier and energized.

**I come home to my heart and feel
self-compassion, self-forgiveness, and self-kindness.**

Taking Small Steps Each Day

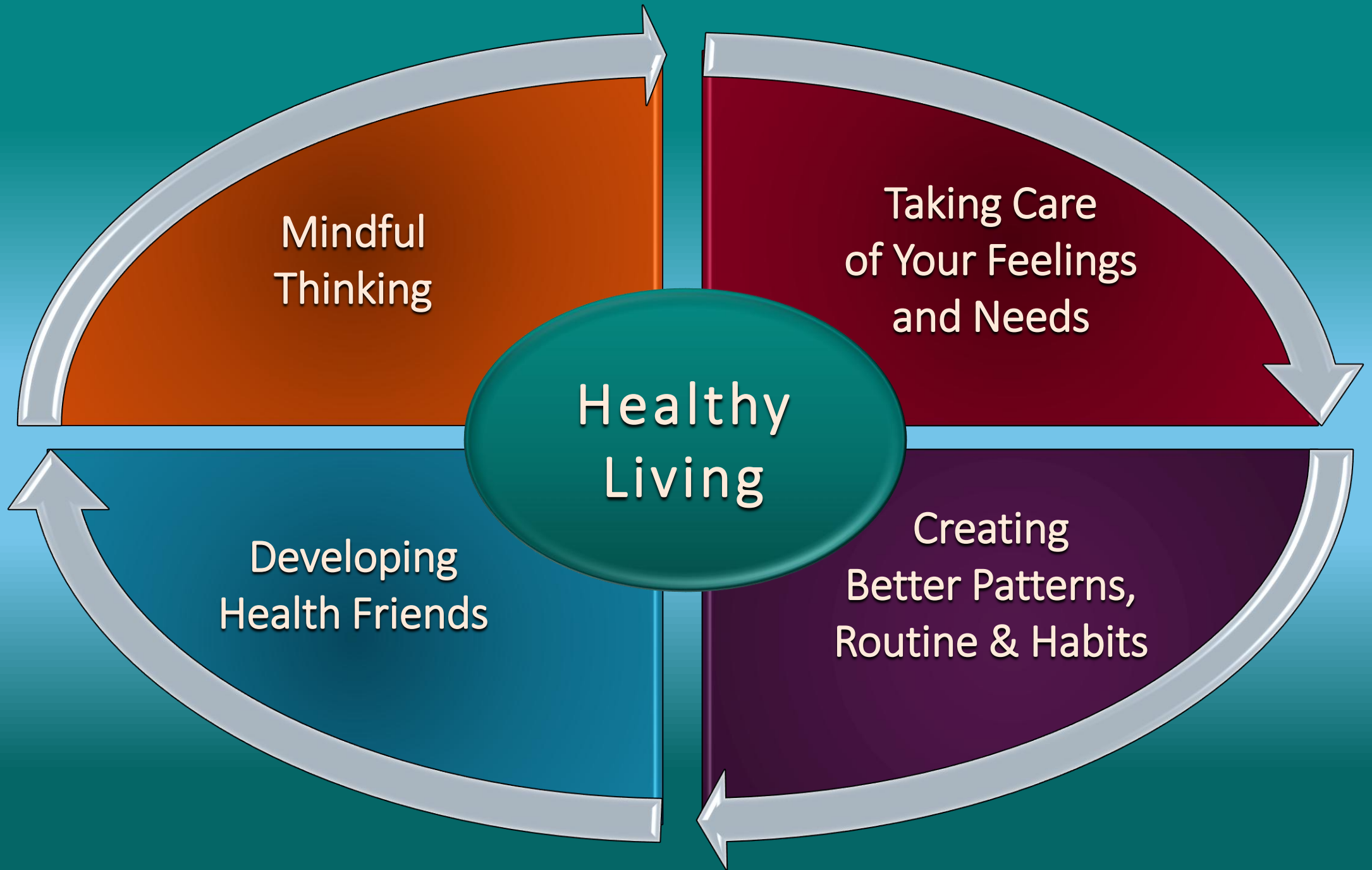
I take small steps
in the direction of my intention.

I keep taking small steps each day.

My new normal keeps improving.

My reality keeps changing for the better.

I override my upper limits.



Day

3

My Intentions
& Goals

Area	I Would Like to Improve	Progress
Health, Physical		
Emotional		
Intellectual		
Spiritual		
Relationships		
Family		
Social		
Career		
Financial		
Learning		
Hobby		

My New Intentions

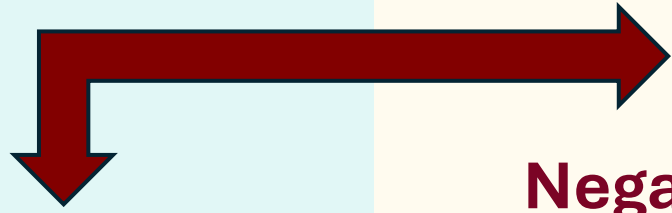
I would like...

1.

2.

3.

Lifestyle Pattern Awareness



Negativity

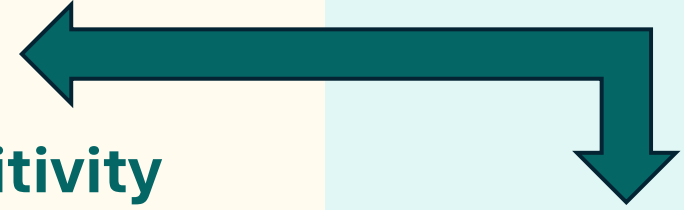
**Intensity
Stress**

Conflict

Foolishness

Unbalance

Mindlessness



Positivity

**Serenity
Calm**

Compassion

Wisdom

Wellness

Mindfulness

Using
addictive
behaviors
or unhealthy
pleasure to
numb the pain

Pursuing
positive
interests &
goals with
healthy
people

Day 3 – My Intentions & Goals

What I would like to improve?

How can I begin?

A step I can take now.

Day

4

Mindfulness

Mindfulness & Serenity Skills

**In a fast-paced world,
mindfulness offers a way
to find calm and clarity.**

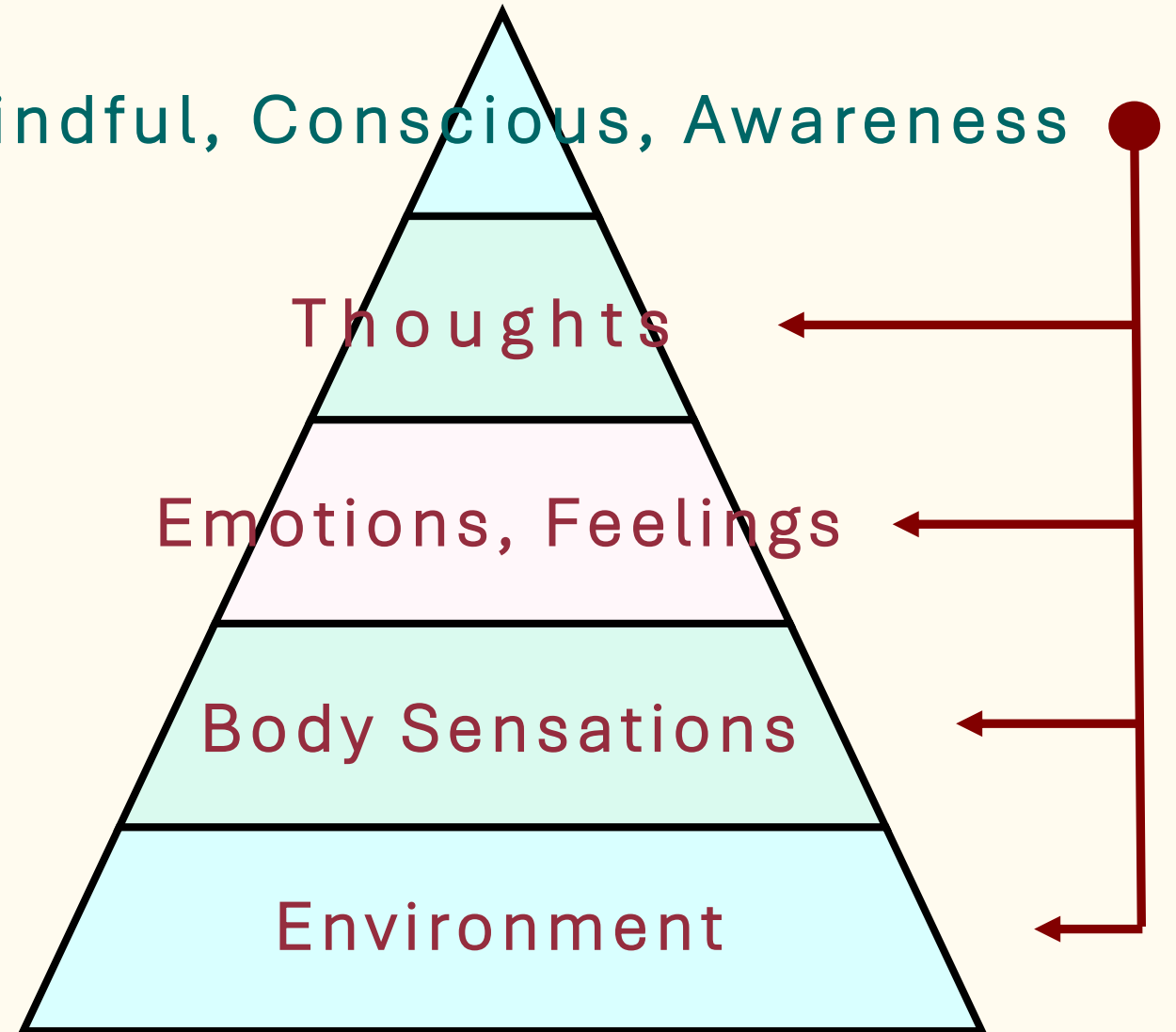
**This section
introduces the technique of
mindful meditation and mindfulness
to help you manage stress and stay grounded
in the present moment.**

Meditating with Mindfulness Awareness

Mindfulness

is just
gently noticing
the flow of your
thoughts, emotions
and sensations...
and
what is going on
around you...
and
not being
attached to them

Mindful, Conscious, Awareness



Mindfulness Questions

- **How am I feeling?**

Identify your current emotional state

- **What can I do for self-care?**

Think about what actions can nourish and rejuvenate you

- **What am I grateful for?**

Identify things you're thankful for to shift your focus to what's good in your life

- **What does my body need?**

Consider if your body needs rest, movement, nutrition, or relaxation

- **What can I forgive myself for?**

Reflect on whether there's something you're holding against yourself

- **What needs aren't being met?**

Identify what needs you might be neglecting, like connection, rest, or recognition

- **What sounds can I hear?**

Focus your attention on sounds to build memory for maintaining focus

Mindfulness Questions

- What is my current state of mind?

- How connected do I feel to my surroundings?

- What intentions do I want to set for my day?

- What is one thing I can let go of today?

- What makes me feel alive?

- What are my core values?

- What is my happy place?

- When do I feel most like 'me'?

10 Steps to a Creative Mindful Meditation Practice

1. Set Your Space

Choose a quiet, comfortable spot where you can sit or lie down undisturbed. Add elements like soft lighting, candles, or inspiring objects that spark creativity.

2. Start with Your Breath

Close your eyes and take three deep breaths, inhaling through your nose and exhaling through your mouth. Focus on the rhythm of your breath to ground yourself in the present moment.

3. Set an Intention

Think of a word or phrase (e.g., “explore,” “create,” or “discover”) to guide your practice. Repeat it silently to yourself to center your mind.

4. Activate Your Senses

Spend a moment noticing the sensations around you: feel the temperature, sounds in the room, smells nearby. Allow your senses to heighten your awareness.

5. Visualize a Creative Sanctuary

Imagine a peaceful place in your mind—a lush forest, a cozy studio, or a vast sky. Visualize it in detail and allow your imagination to roam freely in this space.

6. Use a Mantra or Affirmation

Silently repeat a creative affirmation like, “I welcome inspiration,” or, “My mind is open to new ideas.” Let the words flow naturally with your breath.

7. Observe Without Judgment

If your mind wanders, gently notice where it goes. Treat every thought as part of the creative process, without judging it as good or bad.

8. Engage in Free-Form Visualization

Let your mind paint vivid scenes, invent new ideas, or imagine solutions to challenges. Allow images and thoughts to come and go effortlessly.

9. Ask Your Inner Wisdom a Question

Imagine connecting with a calm, wise part of yourself—your Inner Wisdom. Silently ask a question. Then quietly listen for an answer.

10. Reflect and Journal

When your meditation ends, write down any ideas, feelings, or insights—especially any messages from your Inner Wisdom. This will help capture your creative breakthroughs for future inspiration.

①

B r e a t h e

②

R e l a x

③

R e s e t

④

R e f o c u s

Mindfulness & Understanding Practice

Mindfully notice, then understand your feelings, needs, wants, and what you would prefer or like.

I notice...	I feel...	Need / Want / Prefer / Like

Day

5

Fantasy
& True Needs

Stop Fantasizing

**Fantasizing
can trigger using your
unhealthy habit, process, or substance.**

**Stopping or reducing fantasizing
can be challenging, especially if it's a way
to cope with stress or boredom.**

**Gradually reduce
the frequency of your fantasizing.**

**Focus more on the present
and actionable steps in your life.**

The 3-Second Rule



1. Unhealthy thought patterns can lead a person struggling with self-control to spiral into a relapse long before any specific behavior occurs.
2. The **3 Second Rule** can help prevent fantasy from spreading to dangerous proportions.
3. Fantasy is the act of imagining scenarios that fulfill an idealized wish.
4. Obsession is a recurrent thought outside a person's control.
5. Mood changes can lead to loss of self-control and the use of unhealthy habits.
6. This can begin to occur long before actual habit activity begins.
7. Since the primary habit organ is the brain, long-term habit improvement requires dedicated attention to unhealthy thought patterns that can burn like the fuse on a bomb.

The 3-Second Rule



8. This is where the **3-second rule** comes in. The philosophy of the **3-second rule** starts with the understanding that it is difficult to predict or control the thoughts that will come into your head.
9. Some people have spent decades using fantasy on a regular basis.
10. Their brains can go there in an instant in response to the slightest emotional disturbance.
11. This is an automatic process, not a conscious decision.
12. This process is a form of self-medication and is dangerous to a person struggling to control unhealthy impulses.
13. The goal of the **3-second rule** is to prevent a potentially unhealthy thought from lingering any longer than is necessary to recognize and deal with it.
14. Think about a match dropped in a dry forest. At first, the fire is small and can easily be extinguished.

The 3-Second Rule



15. But if action is not taken right away, even a small flame can quickly spread out of control to destroy everything in its path.
16. It is the same with thoughts. While you are not responsible for the first thought that comes into your head, after about three seconds, you "own" them, or more accurately, they own you.
17. So, the 3-second rule is a term to remind you to notice your thoughts right away and quickly change ones that will light the match of unhealthy habits.
18. **"Working the 3-second rule "** can be an extremely useful tool for preventing the spread of thought patterns that can undermine hard-won habit improvement
19. This requires a degree of **mindful self-observation** that may be difficult at first.
20. **Mindful self-observation** grows stronger and easier with regular practice and brings benefits almost immediately.

Adapted from
Bill Herring
LCSW, CSAT

The 3-Second Rule

**In habit improvement,
we cannot control our thoughts
we have or the fact that we feel triggered.**

**We can control what we do
with those thoughts and feelings.**

**We can turn away from
the triggering thought within
three seconds and refocus.**

How to Stop Fantasizing

1. Identify Triggers

Recognize what prompts your fantasies. Is it boredom, stress, or certain environments? Understanding the triggers can help you address the underlying issues.

2. Engage in Mindfulness:

Practice mindfulness or meditation to help you stay present. This can reduce the tendency to drift into fantasies.

3. Set Goals

Focus on setting and achieving realistic goals. This can shift your attention from fantasy to tangible accomplishments.

4. Find Alternatives

Replace fantasy with constructive activities, such as reading, exercising, or pursuing a hobby that captures your interest.

5. Limit Alone Time

If you find that you fantasize more when alone, try to spend more time with friends or family, or engage in group activities.

6. Journaling

Write down your thoughts, feelings, and needs. This can help you process emotions and reduce the urge to escape into fantasy.

7. Challenge Negative Thoughts

If your fantasies are rooted in negative emotions or situations, work on reframing those thoughts into more positive or realistic perspectives. Have compassion for your unmet needs. Try to meet needs in a healthy way.

8. Seek Professional Help:

If fantasizing is interfering with your daily life or mental health, consider speaking with a therapist or counselor. They can provide tailored strategies and support.

Understanding Your Needs

**When your needs are met,
you may feel peaceful, pleased, happy, or hopeful.**

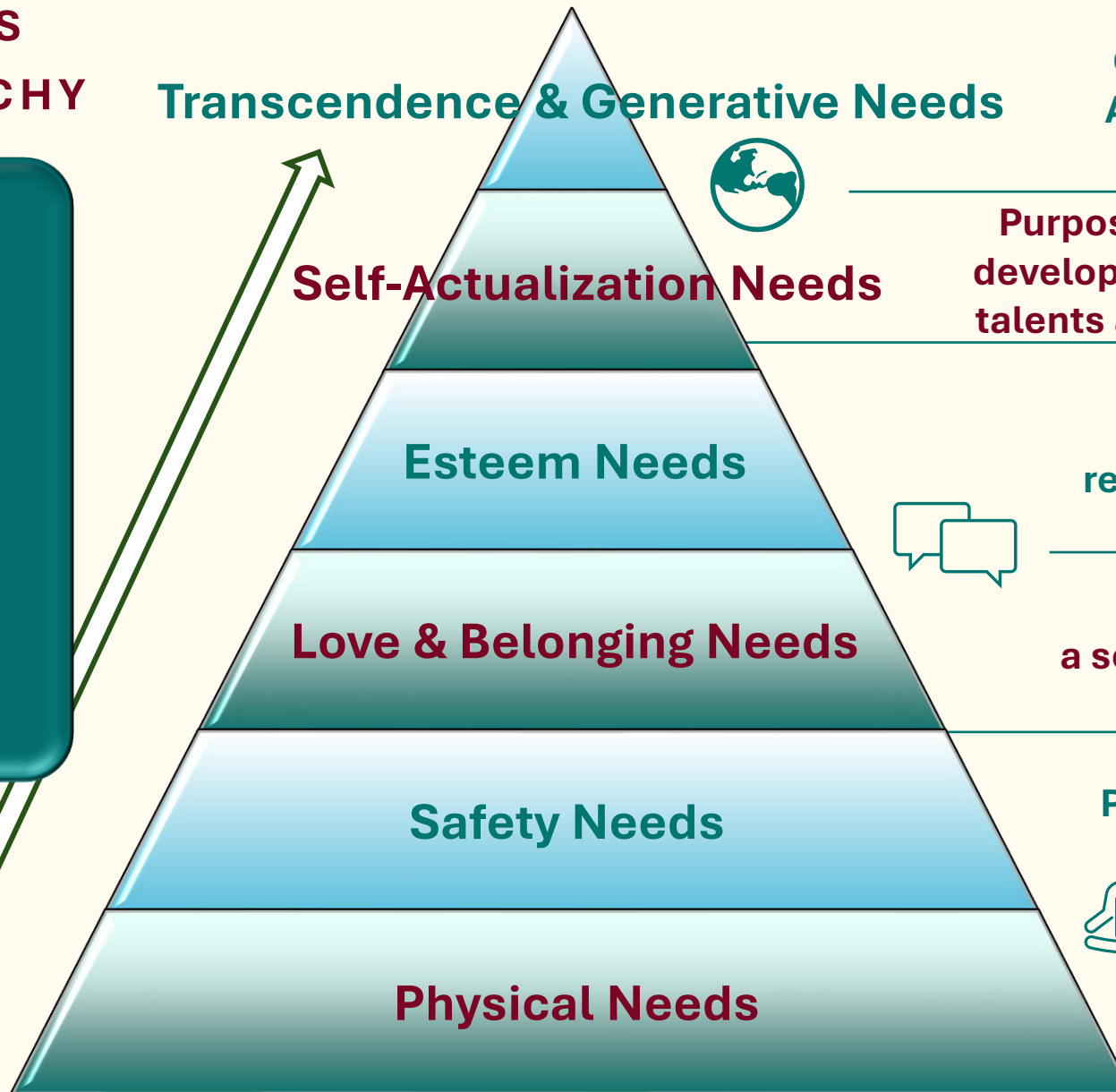
**When your needs are not met,
you may feel stressed, overwhelmed, agitated,
frustrated, unhappy or hopeless.**

**When your needs are not met, you may then
return to an unhealthy habit to numb the pain.**

**When your needs go unfulfilled, you can
be compassionate and kind with yourself and
do healthy things for yourself.**

NEEDS HIERARCHY

What
we
value
and
seek
may
come
from
our
needs



Oneness with
Creation-Universe, Sun, Earth,
Ancestors, Future Generations,
Care for Earth & the Whole

Purposeful effort to
develop and use one's
talents and potentials

Freedom, Meaning,
Purpose, Direction,
Creativity, Aesthetics

Self-respect, self-esteem,
respect from others, appreciation



Friendship, intimacy, family,
a sense of connection, compassion,
and community

Personal security, employment,
resources, health, peace



Air, water, food, shelter,
sleep, clothing, pleasure,
reproduction

Need Satisfiers – Ways of Meeting Needs

Violators	<ul style="list-style-type: none">• Claim to be satisfying needs, yet in fact make it more difficult to satisfy a need.
Pseudo Satisfiers	<ul style="list-style-type: none">• Claim to be satisfying a need, yet in fact have little to no effect on really meeting such a need.
Inhibiting Satisfiers	<ul style="list-style-type: none">• Over-satisfy a given need, while seriously inhibiting the possibility of satisfaction of other needs.
Singular Satisfiers	<ul style="list-style-type: none">• Satisfy one need only.• Neutral to the satisfaction of other needs.
Synergistic Satisfiers	<ul style="list-style-type: none">• Satisfy a given need, while simultaneously contributing to the satisfaction of other needs.

Day

6

Your Influences

Influence - Influencers

Who and what
is influencing you?

**Are they helpful, respectful, kind,
honest, truthful, and wise?**

Will they lead you to an
addictive or productive behavior
for your future?

Who or What is Influencing You?

People

Places

Ideas

Organizations

Things

Processes

Influences

Future Influences

Aspirations, Goals

People

Processes

Guiding Influences

Values, Role Models

Places

Things

Present Influences

Recent Influences

Past Influences

Experiences, Hurts, Mentors

Ideas

Organizations

Positive Influences

- ☐ Daily self-care to take care of your feelings and needs
- ☐ Appreciate yourself
- ☐ Appreciate others
- ☐ Appreciate life
- ☐ Appreciate your blessings
- ☐ Compliment yourself and others
- ☐ Daily meditation and mindfulness
- ☐ Think positive and talk positive
- ☐ Eat healthy
- ☐ Stay hydrated
- ☐ Daily exercise
- ☐ Get enough sleep
- ☐ Enjoy old and new positive people in your life
- ☐ Welcome positive people, possibilities, and opportunities in your life

Day

7

Paths to
Obsessionland

Paths to Obsessionland

There are 5 paths to Obsessionland.

They are irrational ideas and obsessions with sex, money, power, status, and addictions.



Leaving Obsessionland



To leave Obsessionland and heal, people need to focus on self-awareness, healing, and purposeful Improvement. People leave Obsessionland by reconnecting with their authentic selves, cultivating compassion for themselves and others, and pursuing balanced, purposeful lives. Here's a brief overview of leaving each "path"...

- 1. Irrational Ideas:** People can leave this path by practicing critical thinking and grounding themselves in evidence-based perspectives. Meditation and mindfulness can help quiet irrational fears and beliefs.
- 2. Obsessions with Sex:** Healing comes from developing healthier relationships and addressing unmet emotional needs. Reflection can help explore the root causes of trauma and obsessions.
- 3. Obsessions with Money and Power:** People can shift by fostering gratitude, engaging in service to others, and recognizing that true wealth comes from meaningful connections, not material possessions.
- 4. Status Fixation:** Individuals can break free by focusing on intrinsic self-worth rather than external validation. Journaling, self-reflection, and spending time with people who value authenticity can help.
- 5. Addictions:** Recovery is possible through reflection, a healthy program, addressing underlying emotional wounds driving the addiction, healthy and helpful thinking, feelings, and relationships.

Decoding What Our Mind Is Trying to Tell Us

When someone or something occupies our thoughts persistently, it is not just about them – it's about us.



- When someone or something lingers in our mind, don't ignore it.
- Our mind is sending us a message.
- We can decode it and unlock deeper self-awareness and personal growth.
- When we decode our thoughts, we turn an obsessive mental loop into a roadmap for self-improvement.
- Our minds are like treasure maps, where every thought and emotion can lead us closer to understanding who we truly are.
- We can see it as an invitation to explore the depths of our unconscious.
- It is not about the person or the process. It is about us.
- Who or what is living “rent-free” in our thoughts often holds the key to our own development.
- Take a deep breath. Dive in. We can decode, learn, heal, and grow.

Decoding What Our Mind Is Trying to Tell Us

Step One: Reflect

Start by asking:

What emotions arise when I think about this person or process?

Pinpointing your feelings is the first step in understanding what they represent



- Am I inspired by their confidence?
- Frustrated by their aloofness?
- Drawn to their sense of adventure?
- Am I distraught by my inability to have a meaningful, healthy, loving relationship?
- Do I need to deeply feel empathy and compassion for myself?
- If you admire their creativity, perhaps you're craving more of it in your own life.
- If their rejection stings, it may be triggering old wounds around self-worth.

Journaling or meditating about these emotions can help reveal what is going on beneath the surface.

Decoding What Our Mind Is Trying to Tell Us

Step Two: Analyze

By exploring these questions, we transform repetitive thoughts into valuable insights. Our unconscious mind isn't trying to torment us.

It is guiding us toward self-discovery.

Dig deeper into the meaning behind these emotions.

- Why does this keep showing up in my life?
- What am I supposed to learn from it?
- Is this triggering an unresolved emotion?
- Does this represent a path I am afraid to take?
- Is this situation nudging me toward a decision I've been avoiding?

Step Three: Act


Use these insights to foster growth.

- Work on building confidence.
- Embrace your creative side.
- Heal emotional wounds from the past.

This isn't about changing the other person or the process.

It is about transforming ourselves.





A
thought
comes to
mind

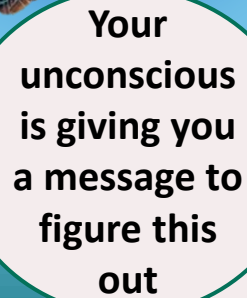
Obsession

Person, Place, Idea, Organization,
Thing, Substance, or Process



Ask

- 1) What part of me is this
Person, Place, Idea, Organization,
Thing, Substance, or Process reflecting?
- 2) What feeling and need of mine is
not being fulfilled in a healthy way?



Your
unconscious
is giving you
a message to
figure this
out



Have compassion for your feelings and unfulfilled need.

Feelings & Needs Below the Surface

Day

8

Understanding
Obsessions

An Obsessive World

**We seem to live
in an obsessive world.**

**Our world culture
seems obsessed with
sex, beauty, money, power, status,
luxury, and celebrity.**

**Do you have any obsessions?
What are they?**

Historic, Psychological, Social & Economic Factors Feeding Obsession

Our world is heavily influenced by a combination of factors —historical, psychological, social, and economic— that feed into obsession. Here's a breakdown:

1. Cultural Narratives and Media

- Amplification by media
- Stories of scarcity

2. Consumer Capitalism

- Market manipulation
- The illusion of happiness

3. Psychological Factors

- Unmet needs
- Escapism

4. Evolutionary Psychology

- Biological drives
- Tribalism

5. Loss of Deeper Values

- Disconnected from purpose
- Erosion of community

Factors Feeding Obsession

1. Cultural Narratives and Media

- **Amplification by media:** The 24/7 news cycle, reality TV, social media, and advertising create an environment where certain values—like beauty, luxury, and celebrity—are glorified and amplified. This constant exposure shapes our aspirations and what we consider "success."
- **Stories of scarcity:** Many cultures push narratives of "not enough"—not enough wealth, love, beauty, or success—making people feel incomplete unless they pursue these ideals.

Factors Feeding Obsession

2. Evolutionary Psychology

- **Biological drives:** Human beings are wired to seek reproduction (sex), survival (resources, money, power), and social connection (status, approval). When these basic drives are amplified by cultural messaging, they can turn into obsessions.
- **Tribalism:** Status within a group was historically essential for survival. This tribal instinct has transformed into a fixation on celebrity and social hierarchy in modern contexts.

Factors Feeding Obsession

3. Consumer Capitalism

- **Market manipulation:** The global economy thrives on creating desires and selling products as solutions to perceived inadequacies—beauty products, luxury goods, or "get-rich-quick" schemes.
- **The illusion of happiness:** Materialism often markets the idea that happiness comes from external acquisitions rather than inner fulfillment.

Factors Feeding Obsession

4. Psychological Factors

- **Unmet needs:** People often turn to external validation and material wealth to fill internal voids like loneliness, fear, or lack of purpose.
- **Escapism:** In a world filled with challenges like climate change, political instability, and inequality, focusing on luxury and celebrity can serve as a distraction from deeper systemic problems.

Factors Feeding Obsession

5. Loss of Deeper Values

- **Disconnected from purpose:** Many traditional wisdom traditions emphasize inner growth, connection, and service. In an era dominated by secularism and individualism, these deeper values often take a backseat.
- **Erosion of community:** In a hyper-individualistic society, people often feel isolated, and the pursuit of wealth and status is seen as a way to stand out or matter.

Moving Forward



It is possible to counter this cultural obsession with intentional shifts in values and actions:

Cultivate self-awareness

Understand how cultural conditioning shapes our desires and question its validity.

Redefine success

Encourage narratives that value purpose, kindness, creativity, and community over material wealth or status.

Promote wisdom traditions

Reconnect with philosophies and practices that emphasize inner contentment, simplicity, and interconnectedness.



My Obsessions

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Abandonment | <input type="checkbox"/> Disorganization | <input type="checkbox"/> Liked | <input type="checkbox"/> Road Rage |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Drugs | <input type="checkbox"/> Luxury | <input type="checkbox"/> Screens |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Fitness | <input type="checkbox"/> Lying | <input type="checkbox"/> Selfishness |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Food | <input type="checkbox"/> Magic | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Appearances | <input type="checkbox"/> Gambling | <input type="checkbox"/> Media | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Arguing | <input type="checkbox"/> Gaming | <input type="checkbox"/> Money | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Betrayal | <input type="checkbox"/> Gossiping | <input type="checkbox"/> Negativity | <input type="checkbox"/> Spending |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Greed | <input type="checkbox"/> Nicotine | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Caffeine | <input type="checkbox"/> Guns | <input type="checkbox"/> Organization | <input type="checkbox"/> Status |
| <input type="checkbox"/> Cars | <input type="checkbox"/> Health | <input type="checkbox"/> Perfection | <input type="checkbox"/> Stubbornness |
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Height | <input type="checkbox"/> Politics | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Closed-mindedness | <input type="checkbox"/> Hoarding | <input type="checkbox"/> Pornography | <input type="checkbox"/> TV Binging |
| <input type="checkbox"/> Codependence | <input type="checkbox"/> Houses | <input type="checkbox"/> Positivity | <input type="checkbox"/> Vaping |
| <input type="checkbox"/> Coldness | <input type="checkbox"/> Ignored | <input type="checkbox"/> Power | <input type="checkbox"/> Violence |
| <input type="checkbox"/> Compulsion | <input type="checkbox"/> Intensity | <input type="checkbox"/> Procrastination | <input type="checkbox"/> War |
| <input type="checkbox"/> Conflict | <input type="checkbox"/> Internet | <input type="checkbox"/> Rejection | <input type="checkbox"/> Weight |
| <input type="checkbox"/> Conspiracies | <input type="checkbox"/> Isolation | <input type="checkbox"/> Religion | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Control | <input type="checkbox"/> Laziness | <input type="checkbox"/> Resentment | <input type="checkbox"/> Work-a-holism |

My Obsessions



Ongoing Obsessions	Frequent Obsessions	Occasional Obsessions

Understanding Other Causes of Obsessions

Genetics

Twin studies suggest that genetics may account for 45–65% of obsessive-compulsive disorder (OCD) symptoms.

Environment

Stressful life events, especially during childhood, can contribute to obsessions.

Trauma

Experiencing trauma, such as abuse or betrayal, can increase the risk of OCD.

Brain Activity

Imaging studies have shown that people with OCD have hyperactivity in areas of the brain that control impulse control, emotional regulation, and decision-making.

Chemical differences

Chemical differences in the brain may contribute to OCD.

Learning & Culture

Obsessive fears and compulsive behaviors can be learned from family members and society over time.

Insecure attachment style

Childhood experiences that lead to an insecure attachment style may cause a fear of abandonment, which can lead to obsessive tendencies.

Feelings

Obsessions can also occur outside of mental health conditions. For example, you might obsess over someone because you feel lonely, want a connection, or are afraid of being rejected or abandoned.

Key Signs of An Obsession



- **Intrusive thoughts:** You can't stop thinking about the subject, even when you don't want to.
- **Excessive time spent:** A significant portion of your day is dedicated to this interest, often at the expense of other activities.
- **Difficulty focusing:** You struggle to concentrate on other tasks due to your preoccupation.
- **Emotional distress:** Feeling anxious or upset when you can't engage with the obsession.
- **Compulsive behavior:** Feeling the need to repeatedly check or perform actions related to the obsession.
- **Social impact:** Your obsession starts to interfere with relationships and social interactions.

Important to note

- **Not all strong interests are obsessions:** Having a passion for something is normal, but when it becomes all-consuming and disruptive, it could be an obsession.
- **Seek professional help:** If you are concerned that your obsession is affecting your well-being, consider consulting a therapist or mental health professional.

Why People Keep Getting Into Trouble

 NEGATIVE MIND	POSITIVE MIND 
Guided by Negative Values	Guided by Positive Values
Overstimulated Mind	Peaceful Mind
Confused Thinking	Clear Thinking
Wrong Choices	Helpful Choices
Negative Friends	Positive Friends

Key Signs of An Obsession



**Money seems to have become
the grand obsession of our time.**

People can come from wealth or gain new wealth.

**They can love money but have no core values of
Integrity, Authenticity, Truth, and Honesty
to guide them.**

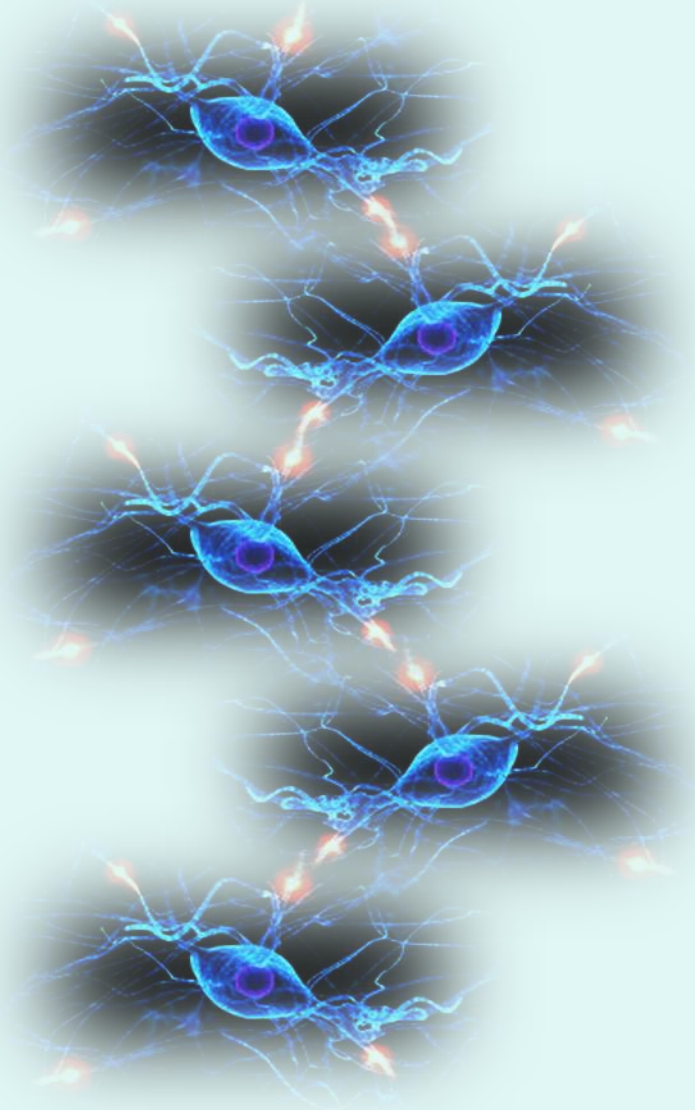
**They can engage in deceptions and addictions
and waste much money they could use
to help others, society, and nature.**

Day

9

Refocus & Return

Time to Create a New Habit



- **Because the old habit is just replaced with a new one, the neural pathway in the brain for the old habit is still there.**
- **When a person is under extreme stress, hurt, anger, hunger, tiredness, loneliness, sadness, or boredom, the pleasure of the old habit can be reactivated.**
- **It is said in Recovery, “*The old habit is in the next room doing push-ups.*”**
- **A person can slip up and return to the old habit.**

Learning to Notice & Flow

1. The mind becomes controlled, stuck, warped by nonsense.
2. The mind does not know it is stuck in nonsense.
3. The mind realizes it is stuck in nonsense and has a hard time becoming unstuck.
4. The mind keeps trying to become unstuck.
5. The mind learns **mindfulness to notice** what it is noticing.
6. The mind notices when it is becoming stuck.
7. The mind notices when it is stuck and unstuck quicker.
8. **The mind spends less time being stuck, and more time in the creative flow.**

Emotional Pain Killers

stress, hurt, anger, hunger, tiredness, loneliness,
sadness, or boredom,

Bored

Stressed



Sad - Loveless - Lonely

- **When we are feeling hurt, bored, stressed, sad, loveless, or lonely, we may turn to numerous negative habits to alleviate our pain.**
- **These addictive substances and processes are emotional pain killers.**

Emotional Uplifters



- When we are feeling serene, peaceful, creative, compassionate, and kind with ourselves, we become involved with positive activities and positive goals.
- Positive Habits & Positive Goals support our development of mindfulness in this process.
- We encourage each other to never give up on our effort to live a happier, meaningful, and enjoyable life, with healthy relationships.

Feelings, Habits & Goals

Bored

Stressed



Unhealthy Habits & Goals

Sad - Loveless - Lonely

Serenity



Positive Habits & Goals

Creativity

Kindness

Keep Returning to Emotional Uplifters

Positive Feelings

**Serenity
Peace
Mindful Awareness**

**Kindness
Compassion
Empathy
Loved
Loving**

**Creativity
Exploration
Adventure
Enthusiasm
Aliveness
Fun 😊**

Positive Habits

Meditate each day

Walk, exercise each day

Sleep earlier, rather than later

Positive Goals

Better Feelings



Day

10

Reducing Stress

The 5 Brain Waves & Stress

Beta waves
are one of the five types of brain waves.
It can be associated with stress.

Stress management techniques,
such as meditation, deep breathing exercises,
journaling, or engaging in hobbies,
can help regulate brainwave activity
and lower the impact of stress.

The 5 Brain Waves & Stress

DELTA WAVES

Associated with deep, recovery sleep and restoration of mind and body.

THETA WAVES

Associated with meditation, light sleep, inspiration, creativity, and insight.

ALPHA WAVES

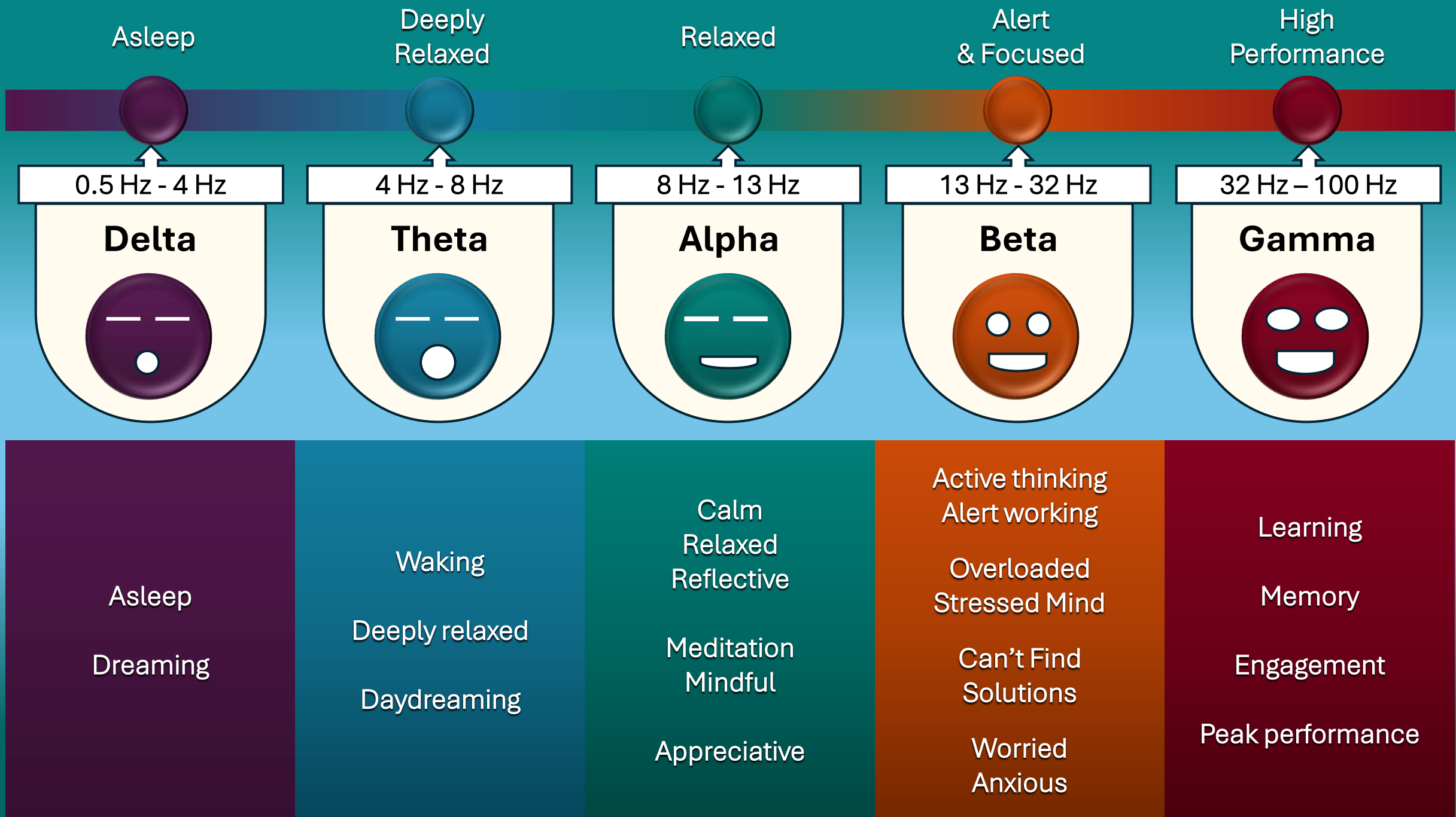
Associated with deep relaxation, memory, concentration, and imagination.
They can help improve sleep quality and reduce stress.

BETA WAVES

Associated with alertness, focus, and mental processing.
They are prominent during periods of stress.
An excess of beta waves can cause stress, restlessness, and anxiety.

GAMMA WAVES

Associated with hyper-focus, learning, engagement, and peak performance.





Gamma Brainwaves
32 Hz - 100 Hz



Beta Brainwaves
13 Hz - 32 Hz



Alpha Brainwaves
8 Hz - 13 Hz



Theta Brainwaves
4 Hz - 8 Hz



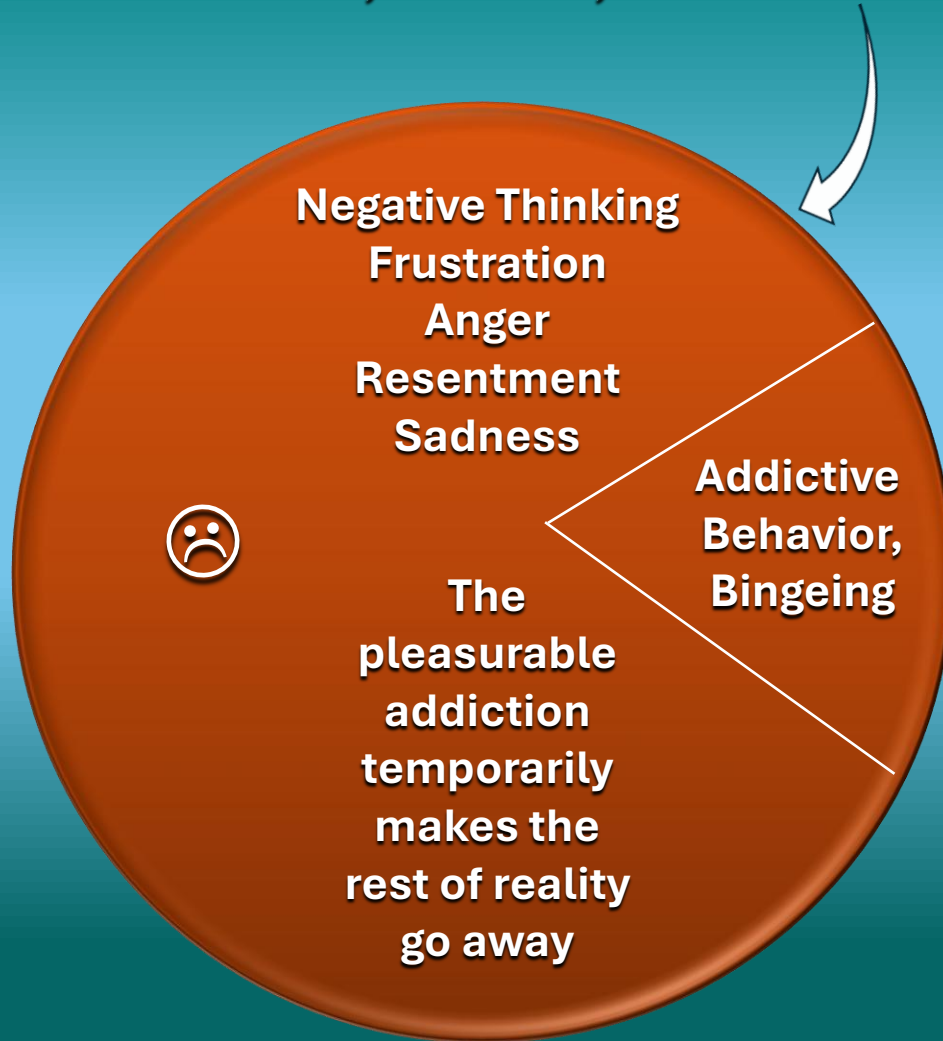
Delta Brainwaves
.5 Hz - 4 Hz



Calm
Relaxed
Reflective
Meditation
Mindful
Appreciative

Beta Overload

Can't Find Solutions
Stressed Mind, Worried, Anxious



Take an Alphawave Break

Meditation, Mindful
Calm, Relaxed, Reflective, Appreciative



AI Alpha Brain Wave Relaxation Rhyme ☺

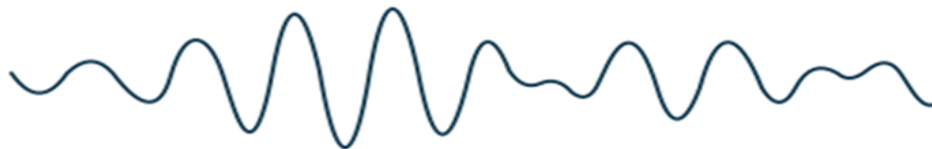


When the day's chaos becomes a blur...
Alpha waves bring peace,
that's for sure.

In meditation, find your flow...
Relaxation's gift will
surely grow.

Breathing deep and letting go,
In Calm's embrace,
the mind will glow...

Alpha waves, a soothing tide...
In their rhythm,
stress will hide.



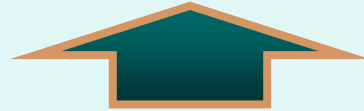
Alpha Brainwaves
8 Hz - 13 Hz

Day

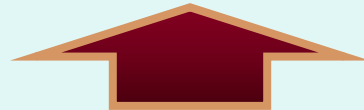
11

Elevating
Your Emotions

③ Create Your Possibilities



② Elevate Your Emotions



① Choose Your Thoughts

1

I Set A Clear Intention

I clarify what I want

I choose my thoughts

I accept, believe

2

I Elevate My Emotion

**I am serene, grateful,
appreciative,
self-loving, happy,
healthy, caring,
kind, inspired**

3

I Create My Possibilities

**I Act to Create a New
Potential Possibility**

**I move into a
New State of Being**

Elevate Emotions

Your Inner Control Panel for a Good Life - I AM...



Peaceful



Positive



Grateful



Happy



Warm



Kind



Friendly



Fun



Mindful



Wise



Communicative



Co-creative

Your Learning Process



1. Understand the Consequences of Not Improving and the Benefits of Improving
2. **Believe that Creating Healthy Habits is Possible**
3. **Set a Clear, Realistic, Attainable Goal & Make a Plan to Practice & Learn**
4. Break the Cycle of Cue-Trigger-Response-Reward
5. **Be Patient. Small Steps Improve by 1% a Day + Time = New Positive Habits**
6. **Be As Consistent & Steady As Possible**
7. Stay On Your Daily Program – Try To Make It Fun 😊
8. **Heal & Transform Your Feelings Each Day**
9. **Monitor, Track, Measure & Affirm Your Progress**
10. Grow from Your Lessons Learned, Day-by-Day
11. **Learn from All Mistakes, Slipups & Setbacks & Start Again the Next Day**
12. **Have Some Healthy Pleasure & Healthy Fun Every Day 😊**
13. Celebrate Learning, Improving, and Achievements with Treats
14. **Enjoy a Fulfilling & Satisfying Life with Peace, Serenity, Positivity, Compassion, Gratitude, Happiness, Warmth, Kindness, Friendliness, Fun, Creativity, and Wisdom**

Positive Habit Improvement

1. Learn more and more.
2. Understand your feelings, values, needs.
3. Identify triggers-cues within and around you.
4. Recognize your patterned thinking-imagination.
5. Know your habitual behaviors.
6. Become calm and mindful in the moment.
7. Self-regulate, self-direct.
8. Never give up the effort to change.

**Self-knowledge leads to
self-choosing and self-care...**



Each day make quiet time to meditate to find inner calm...

Continue living and learning one day at a time...

Embrace each moment... stay the course...

Have peaceful, positive energy...

Daily Wellness



1. Daily Meditation to Access Your Inner Wisdom

2. Positivity, Serenity, Simplicity

3. Conscious, Mindful, Awareness

4. Self-Appreciation, Self-Respect

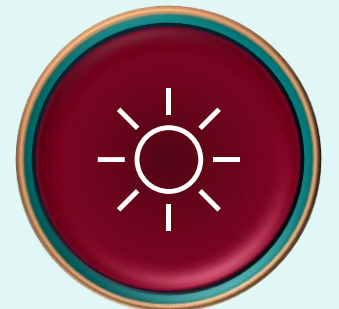
5. Self-Compassion, Self-Forgiveness

6. Self-Love, Self-Kindness

7. Self-Care

8. Acting On My Values, Interests, Goals Each Day

9. Doing What Makes Me Feel Grateful & Gently Happy



Day

12

Life Satisfaction

No Satisfaction

"I can't get no satisfaction..."
Mick Jagger

The world can be a very difficult place...

People can be disappointing and rejecting...

**We can be relentlessly hounded by
advertising telling us we are not enough...
and we should buy this or that product
to make us feel better...**

Never Enough

On a scale of 1 through 10, how satisfied are you with your life?

Unsatisfied

Satisfied

1	2	3	4	5	6	7	8	9	10

**If you are not very satisfied,
you may turn to unhealthy habits and addictions
to numb the pain of dissatisfaction.**

**When you eat, are you satiated or satisfied?
No matter how much you eat, is it never enough for you?**

**Are you always seeking more?
Is never enough your Modus Operandi with food, clothes, travel, money?
Are you an over-consumer, a clutterer, a hoarder?**

I Am Satisfied

To improve habits, tell yourself...

I am
Peaceful
Positive
Serene
Satisfied
Grateful



I Am Satisfied

Life satisfaction is associated with better physical health, higher performance, and stronger social relationships.

How satisfied you are with your life is important for your well-being.

We can be content with what we have, and free ourselves of our dependence on commercial goods, and still work to change the system for good.



I Am Satisfied

A doughnut or bagel is empty in the center.

**One day, I realized I was feeling empty in my core
because I have little impact in helping
the world for the future.**

**This can cause me to never feel satiated or satisfied
when I eat, making me eat more and more to feel good
in the moment. The constant eating blocks the mental
pain of a difficult world I can do little about.**

**Instead, I can be mindful
and be compassionate with myself and others.**



Day

13

A Guide to
Satisfaction
& Contentment

Feeling Satisfied and Content: A Simple Guide

Use this guide to remind yourself of simple ways to stay grounded, content, and joyful in everyday life.



- 1. Core Principles**
- 2. Mindset Practices**
- 3. Self-Care and Personal Growth**
- 4. Relationships and Connection**
- 5. Everyday Simplicity and Joy**
- 6. Additional Ideas to Foster Contentment**

Feeling Satisfied and Content: A Simple Guide



1. Core Principles

- **Keep it simple:** Simplify your goals, daily routines, and outlook on life to reduce overwhelm and create space for joy.
- **Embrace gratitude:** Reflect on what you're thankful for and express your appreciation daily.
- **Be present:** Mindfully enjoy each moment without being distracted by the past or future.

Feeling Satisfied and Content: A Simple Guide



2. Mindset Practices

- **Release past regrets:** Avoid dwelling on things you can't control.
- **Stop comparisons:** Focus on your blessings and avoid comparing your journey to others.
- **Reassess your desires:** When you want something, ask if it's truly needed or if you're overlooking what you already have.
- **Breathe and smile:** Take a moment to breathe deeply and smile – it can shift your mood instantly.

Feeling Satisfied and Content: A Simple Guide



3. Self-Care and Personal Growth

- **Prioritize self-care:** Make time for rest, exercise, and activities that nourish your body and mind.
- **Celebrate small wins:** Acknowledge even the smallest of achievements – it builds momentum and confidence.
- **Learn and grow:** Stay curious and challenge yourself with new skills, hobbies, or knowledge.

Feeling Satisfied and Content: A Simple Guide



4. Relationships and Connection

- **Cultivate meaningful relationships:** Spend quality time with supportive, uplifting people.
- **Show appreciation:** Go beyond internal gratitude – tell people you value them through words and actions.
- **Enjoy simple activities together:** Strengthen bonds by sharing simple joys like a walk, a conversation, or a meal.

Feeling Satisfied and Content: A Simple Guide



5. Everyday Simplicity and Joy

- **Appreciate the simple things:** Notice the beauty in conversations, walks, and nature.
- **Find purpose in work or hobbies:** Engage in activities that bring meaning and fulfillment.
- **Take time to reflect:** Regularly think about the good things in life and let that reflection guide your actions.
- **Enjoy low-cost joys:** Spend time outdoors, play games, watch a movie, or try an inexpensive hobby.

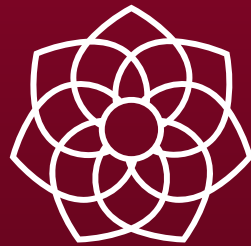
Feeling Satisfied and Content: A Simple Guide



6. Additional Ideas to Foster Contentment

- **Practice daily mindfulness:** Dedicate a few minutes each day to focus on your breath or surroundings.
- **Create a gratitude journal:** Write down three things you're grateful for each evening.
- **Declutter your space:** A tidy, uncluttered environment promotes a sense of calm and satisfaction.
- **Unplug and recharge:** Step away from devices periodically to enjoy uninterrupted time for yourself or with others.
- **Serve others:** Helping someone else can bring a deep sense of satisfaction and connection.

Better Habits



Day

14

Habit Awareness

Positive Habit Research



90% of people engage in at least one unhealthy habit is supported by available research, underscoring the widespread nature of this issue.

- Research suggests that a vast majority of people -- **likely over 90%** -- engage in at least one unhealthy habit.
- The definition of "unhealthy habits" can include anything from poor diet, lack of exercise, smoking, excessive alcohol consumption, substance abuse, procrastination, poor sleep, and even chronic stress or negative thinking patterns.
- Recent studies indicate that a significant majority of individuals engage in at least one unhealthy habit.
- A study by [Oregon State University](#) found that only **2.7% of Americans maintain a healthy lifestyle**, defined by criteria such as a balanced diet, regular exercise, not smoking, and maintaining a healthy body fat percentage.
- This implies that over **97%** of Americans exhibit at least one unhealthy behavior.
- Globally, the [World Health Organization \(WHO\)](#) estimates that **60% of factors affecting individual health and quality of life are linked to lifestyle choices**, including poor diet, lack of exercise, smoking, and excessive alcohol consumption.

Positive Habit Improvement



1. **HARM:** Many teens and adults have at least one unhealthy, harmful habit.
2. **GIVING-UP:** While many people make New Year's resolutions to change or improve their lives, most of these efforts end quickly.
3. **ROUTINES:** You can learn how unhealthy habits and addictions form and how to replace them with healthy productive routines and patterns.
4. **LEARNING:** We will explore why it is important to measure habit change progress by what you learn along the way to habit improvement.
5. **TRUE NEEDS:** When we gain awareness of the true needs the unhealthy habit fulfills, we can find better, less costly ways to meet our needs.
6. **REFOCUS:** Though New Year's goals may seem elusive you can learn how to take the long view how to get back on track refocus and be compassionate, forgiving, and kind to yourself all year long.
7. **RESTART:** Learn the power of restarting any day of the week, all year round, never giving up on your habit improvement program, and having a good sense of humor about all this.

Beyond Resolutions to New Routines



1. Every year, more than 50% of people make New Year's resolutions to lose weight, quit smoking, work out, save money, get a promotion, get a raise, and more.
2. Around 80% of New Year's resolutions are abandoned by March.
3. Less than 10% of people stick to their resolutions each year.

Your Long-Term Process

Not Ready to improve

- ☐ I deny the need to improve and resist improvement.

Crisis or Choice

- ☐ I accept the need for improvement.

Not Willing to Live the Old Way

- ☐ I am willing to improve my pattern.

Ready to Improve

- ☐ I imagine myself improving my pattern.

Commitment to Improve

- ☐ I am committed to improving.
- ☐ I don't know how to improve.
- ☐ I don't know where to get help to improve.
- ☐ I know where to get help to improve.
- ☐ I go for help to improve.
- ☐ I get help improving.
- ☐ I continue to try to make improvements.
- ☐ I start to make progress by improving.
- ☐ I become aware of what triggers my habit.

Challenges

- ☐ I slip up and regress.
- ☐ I return to being on my program to improve.
- ☐ I continue to make improvements.
- ☐ I relapse.
- ☐ I release judgment, blame, shame, or guilt.
- ☐ I have forgiveness and compassion for myself.

Compassionate Mindful Awareness

- ☐ I reflect on what feelings I had when a need was not being met before I relapsed.
- ☐ I get completion on the past and what just happened.
- ☐ I create a clearing and a new possibility to begin again.

Fresh Start

- ☐ I bounce back and get back on my program with a FRESH START.
- ☐ I take care of my feelings and needs each day.
- ☐ I make a 1% improvement again each day.
- ☐ I take action on what matters to me, is important to me, is meaningful, purposeful, and what I value.
- ☐ I take one day at a time.
- ☐ I am patient with myself.
- ☐ I accept this is a lifelong lifestyle change.
- ☐ I never give up.
- ☐ I focus on creating a fulfilling, satisfying life.
- ☐ I try to have some healthy fun each day



Eight Phases of Habit Improvement

Although people can move through these phases in order, it's also common for people to go between phases, forward and backward, or be in more than one phase at a time.

1	Precontemplation	I am not willing to consider improvement at this point.
2	Contemplation	I am willing to search for motivators to inspire and maintain improving.
3	Preparation	I am willing to devise a solid plan for improvement.
4	Action	I am willing to put my improvement plan into effect.
5	Slip-up	I just mindfully recognize that I slipped-up without self-putdowns.
6	Relapse	I am willing to rethink my strategies, strengthen my plan, and get back on my program.
7	Maintenance	I am willing to maintain my improvement by revising my lifestyle to strengthen the pattern. I engineer my environment.
8	Successful Improvement	I have less temptation to return to the old habit. I sustain improvements much longer. I consider the next challenge.

The Seriousness of Negative Habits Worldwide

Cause	Deaths Each Year
Smoking	8 million+ each year
Obesity & Poor Diet	5 million each year
Alcohol	3 million each year
Drugs	600,000 each year
Yearly Total	16 million+ each year

“Habits are first cobwebs, then cables.”

Spanish Proverb

Habits That Can Become A Problem

Alcohol, Anger, Arguing, Bitterness, Caffeine,
Car Speeding, Cell Phone Compulsion, Closed-mindedness,
Codependence, Coldness, Conflict, Disorganization, Drugs,
Food, Gambling, Gaming, Gossiping, Greed, Hoarding,
Intensity, Internet Excess, Isolation, Laziness, Lying,
Negativity, Nicotine, Pornography, Procrastination,
Resentment, Road Rage, Screens, Selfishness,
Sex, Shopping, Smoking, Spending, Sports,
Stubbornness, TV Binging, Vaping,
Work-a-holism

Reflection

A powerful awareness from today's reading.

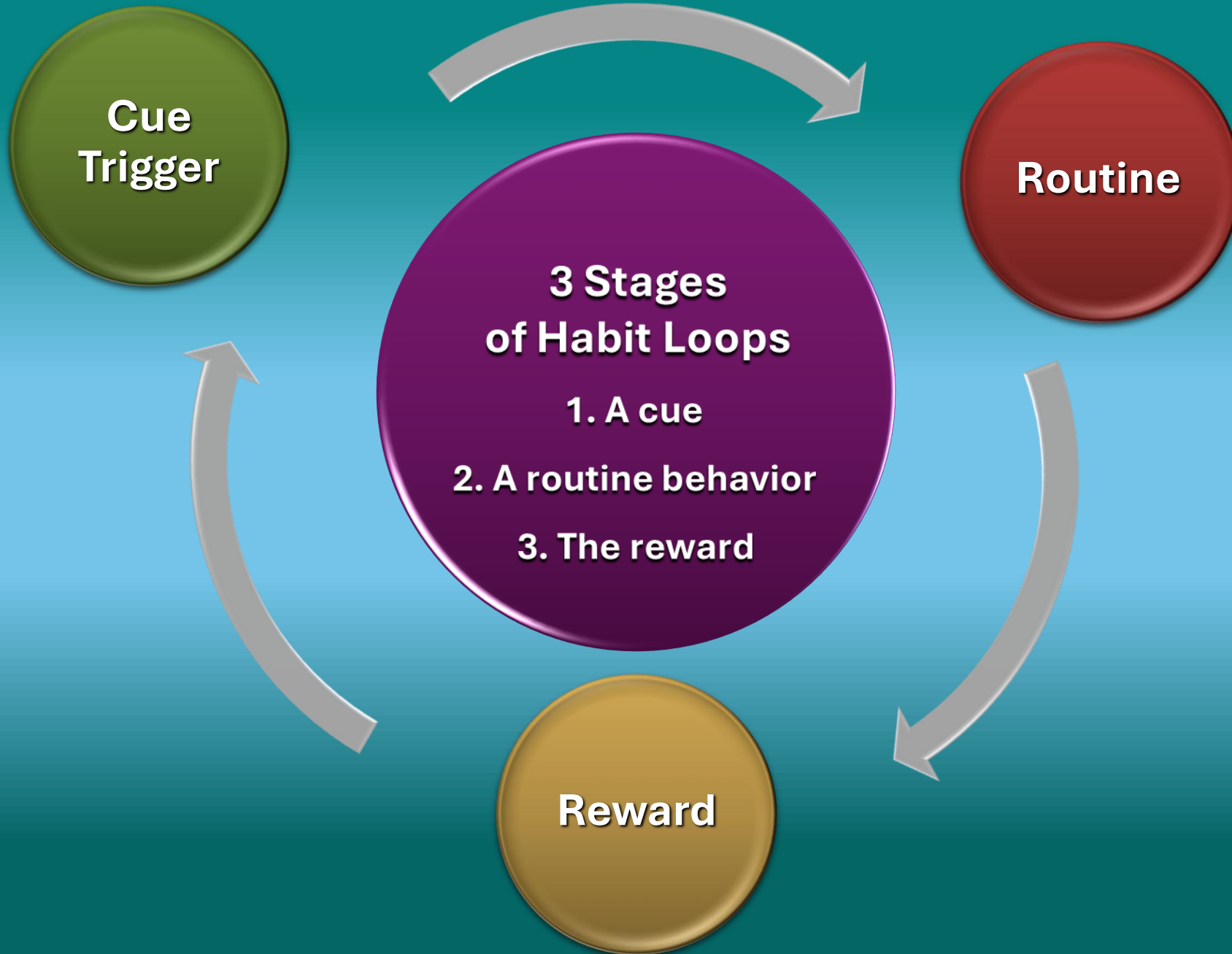
An action I want to now take.

My next step.

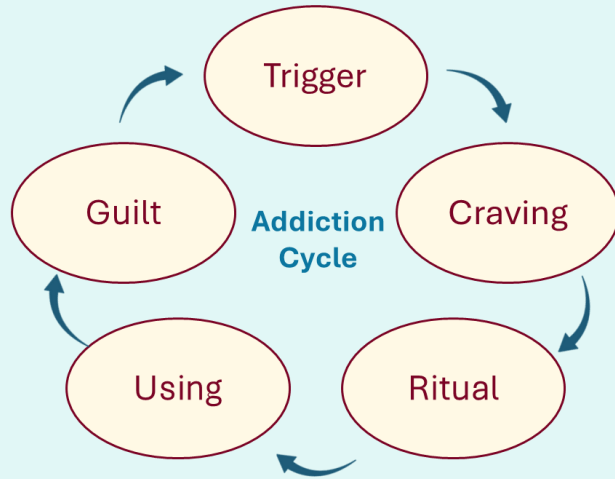
Day

15

Activating Triggers



Activating Triggers



3 Stages of Relapse



Emotional

The person starts to bottle up emotions and isolate themselves



Mental

The person starts to experience cravings and anxiety.



Physical

Discomfort starts to happen and the person relapses to numb painful experiences

Cue / Triggers

- Are an emotional, environmental, or social situation that brings up memories of past substance or process use.
- They stir strong emotions, leading to cravings and the impulse to use again.
- It does not always lead to relapse but can make resisting cravings difficult.

Addiction as a Chronic Condition

- Addictions have a similar relapse rate to other chronic conditions like diabetes.
- Stopping your daily program increases the likelihood of relapse.

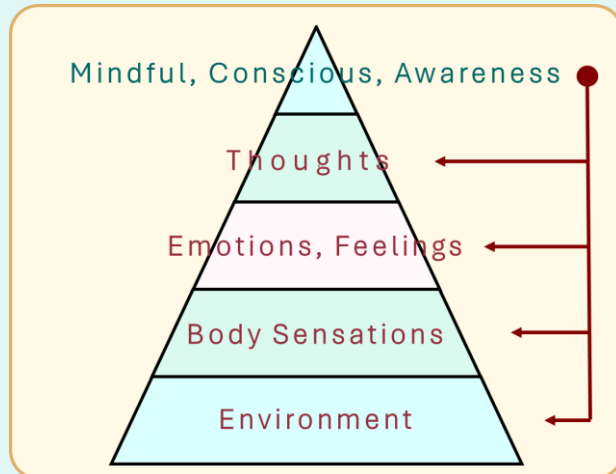
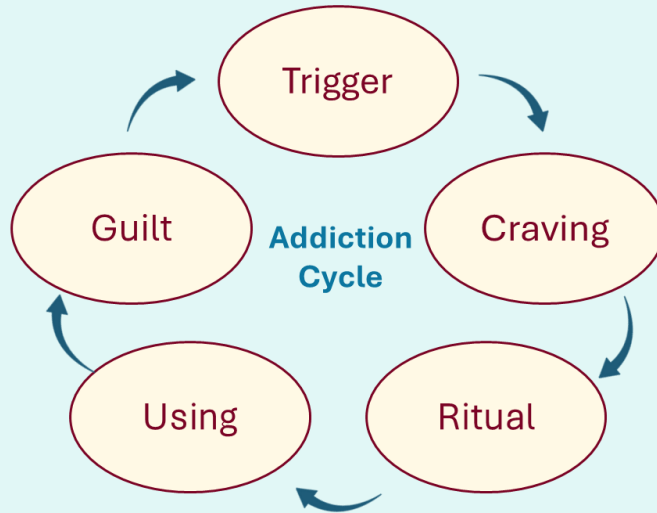
Cues / Triggers and Associations

- Long-term substance use creates associations between daily routines and intoxication experiences.
- Certain cues can instantly activate craving reflexes.

Managing Triggers in Recovery

- Triggers may decrease in frequency with continued abstinence.
- Being prepared to respond appropriately is crucial for recovery.

Captivating Triggers



- Triggers are captivating.
- The origin of the word **captivate** is the same as **capture** and **captive** – *to seize or take*.
- The trigger seizes and takes hold of your thinking.
- **It captures your imagination. You are its captive.**
- It gets hold of your mind – as in mind control.
- **You become under its control.**
- We are in the process of learning to get control of our own mind again.
ASK: What is controlling my mind?
- **Becoming *mindful* is the process we will use.**
See the section on *mindfulness*.

Activating Triggers

Being around other people who use,
Being around people who elevate your stress levels,
Being ignored, Betrayed, Bored, Celebrations and holidays,
Certain objects that remind you of using,
Depression, Difficult family situations,
Emotional distress, Exposure to the substance or process,
Financial troubles, Glorifying past substance use,
Guilt, Home and work responsibilities, Humiliation,
Hunger, Illness, Insult, Irrational anger,
Lack of family involvement, Loneliness,
New jobs and promotions, Overly confident, Peer pressure,
Relationship difficulties, Relationships and sex, Romantic relationships,
Social events like concerts, parties, going out to dinner,
Social influences, Social isolation, Stress,
Stressful or uncomfortable situations, Times of celebration,
Tiredness, Watching movies about substance or process use.

Activating Triggers

3 Stages of Relapse



Emotional

The person starts to bottle up emotions and isolate themselves



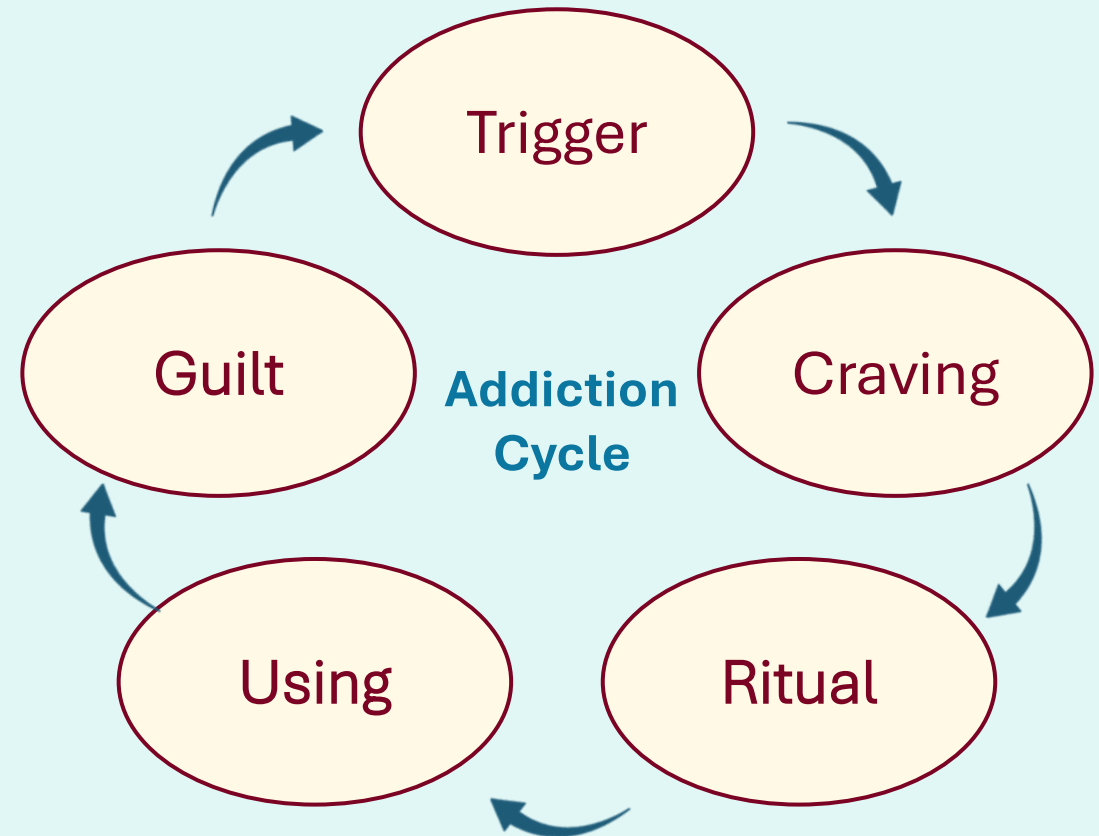
Mental

The person starts to experience cravings and anxiety.



Physical

Discomfort starts to happen and the person relapses to numb painful experiences



Avoiding Triggers

Relapse prevention means taking intentional steps to avoid triggers.

- 1. Redefine “Fun” to Create Healthy Fun**
- 2. Learn From Setbacks**
- 3. Manage Discomfort with Mindful Serenity**

Day 3 – Activating Triggers

What are your most likely triggers?

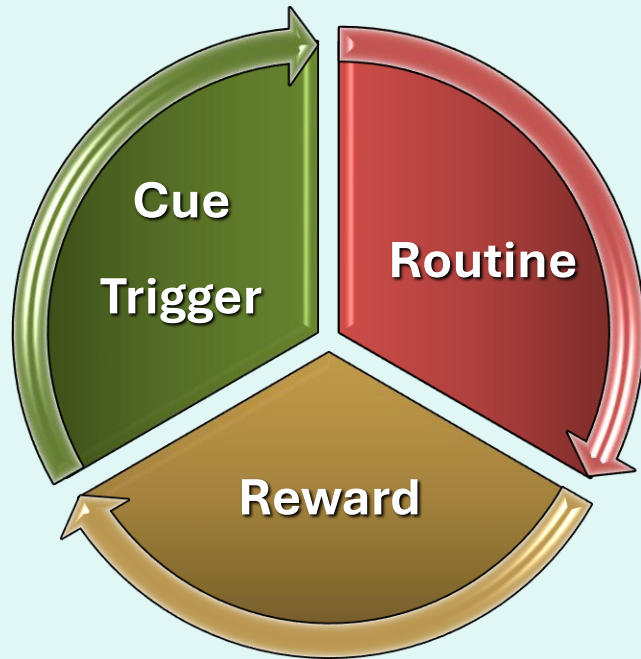
What can you do to avoid them or manage yourself?

How can you apply compassion to yourself?

Day

16

Learning
New Habits



- Every habit starts with a psychological pattern called a "habit loop," which is a three-part process.
- First, there's a cue or trigger that tells your brain to go into automatic mode and let a behavior unfold.
- Then there is what we think about when we think about habits – the routine – which is the behavior itself.
- The third step is the reward, something that your brain likes that helps it remember the "habit loop" in the future.
- Neuroscientists have traced our habit-making behaviors to a part of the brain called the **basal ganglia**, which also plays a key role in the development of emotions, memories, and pattern recognition.
- Meanwhile, decisions are made in a different part of the brain called the prefrontal cortex. But as soon as a behavior becomes automatic, the decision-making part of your brain goes into a “sleep mode” of sorts.
- In fact, the brain starts working less and less, it can almost completely shut down. This is a real advantage because it means you have all of this mental activity you can devote to something else.
- We are now THINKING & LEARNING *about* habits.

The Pinball Machine of the Mind

The over-stimulated brain...



Your imagination is hijacked
to lose control and binge...

Cue Trigger

- Some habits resist change because they require people to change socially.
- They need to modify the way they act in a group they belong to or they need to change their group.

Routine

- Behavior can become habitual through repetition.
- Once we acquire a bad habit it can be hard to change, because synaptic connections and neural pathways have developed in our brain.
- We have to practice a better response that creates new synaptic connections and neural pathways.

Reward


- Compulsions and addictions may seem nearly impossible to resist.
- They are behaviors that involve dependence on a chemical substance, like nicotine or alcohol.
- Or they are behaviors that seem rewarding like gambling, pornography or shopping.

Thinking Learning

- Habits are routines stored in neural pathways in the brain.



- You create new habits by consciously choosing to create new neural pathways and new brain patterns that change your routines, thoughts, feelings, and behavior.

A purple circle with a slight gradient and a soft shadow, containing the text "Thinking Learning" in white.


Thinking Learning

Behaviors can become habitual through chronic ways of interpreting the world.

A person's "story", that he doesn't belong with certain people can cause him to fall into a pattern.

"I am not a 'jock' so I don't exercise."

Modifying your "story" can improve your health.



Thinking
Learning


I Consciously Choose to Improve

*I appreciate myself and
think kindly of myself...*

I believe that if
I keep practicing
new behaviors
I will improve...

I am proud of myself
because I am trying to improve...

*I am kind, compassionate,
loving and friendly with myself...*



Thinking Learning

Never become complacent about your unhealthy habit.

**You can improve it, and then a triggering situation
it can cause you to slip up and binge.**

**This is because the habit is a well-established neural pathway.
It never fully disappears.**

In recovery, they say your addiction is in the next room doing push-ups.

It means that your habit is strong, and it is always waiting for you to be weak.

Maintain and work on your program because your habit is not taking any time off.

It is not going to go away. It is waiting for us when we are at our weakest.

It is just a warning not to take our new, healthy habits for granted.

Habit Development Definitions

Needs	Hormones, hunger, thirst, safety, security love, belonging, esteem, respect, curiosity, creativity, meaning, purpose, transcendence
Desire	Fueled by senses, imagination, fantasy
Urge	Signals, cues, triggers, impulse formation
Behavior	Understand actions, patterns, routines that form habits
Rewards	1) Pleasure 2) Return to familiar childhood guilt and shame 3) Return to the cave of isolation to nurture wounds
Learning	Awareness of all this, how habits form
Growth	More experience, knowledge, and know-how More compassion, wisdom, creating a community of care

Willingness to Change

1	Not Ready for Change
2	Facing a Crisis or Choice
3	Not Willing to Live the Old Way
4	Ready for Change
5	Commitment to Change

Your Learning Process



1. Understand Consequences of Not Improving and Benefits of Improving
2. **Believe that Creating Healthy Habits is Possible**
3. Set a Clear, Realistic, Attainable Goal & Make a Plan to Practice & Learn
4. **Break the Cycle of Cue-Trigger-Response-Reward**
5. Be Patient. Small Steps Improve by 1% a Day + Time = New Positive Habits
6. **Be As Consistent & Steady As Possible**
7. Stay On Your Daily Program – Try To Make It Fun 😊
8. **Heal & Transform Your Feelings Each Day**
9. Monitor, Track, Measure & Affirm Your Progress
10. **Grow from Your Lessons Learned, Day-by-Day**
11. Learn from All Mistakes, Slipups & Setbacks & Start Again the Next Day
12. **Have Some Healthy Pleasure & Healthy Fun Every Day 😊**
13. Celebrate Learning, Improving, and Achievements with Healthy Treats
14. **Enjoy a Fulfilling & Satisfying Life with Peace, Serenity, Positivity, Compassion, Gratitude, Happiness, Warmth, Kindness, Friendliness, Fun, Creativity, and Wisdom**

Day 4 – Learning New Habits

What have you learned about habit learning?

What new habit do you want to learn?

Are you ready to learn a new habit?

Day

17

Addictions &
Unhealthy Habits

The 7 Addictions

These 7 addictions are increasing in our culture and era.



Alcohol



Drugs



Pornography



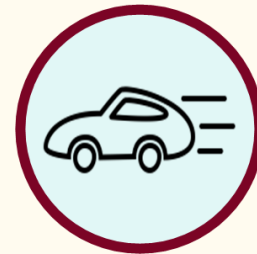
Anger



Food



Gambling



Car Speeding

Food



Insight Overeating is often less about hunger and more about a need to self-soothe or fill emotional voids. Processed foods are engineered to exploit this emotional vulnerability by triggering addictive dopamine responses.

Why It Is Increasing

- The prevalence of ultra-processed foods high in sugar, salt, and fat create a biochemical loop of dependency.
- Stressful modern lifestyles, social isolation, and poor work-life balance encourages "comfort eating."
- Constant exposure to food marketing and availability normalizes overindulgence.

Alcohol



Insight Alcohol often becomes a socially acceptable escape mechanism, masking deeper dissatisfaction or stress while disrupting emotional growth.

Why It Is Increasing

- The normalization of drinking culture (e.g., "Wine o'clock" memes) makes excessive alcohol consumption seem harmless or even glamorous.
- Rising stress, anxiety, and loneliness in the digital era push people toward alcohol as a numbing agent.
- Aggressive marketing by alcohol companies, often targeted at younger demographics, perpetuates consumption cycles.

Drugs



Insight Drug use thrives on the promise of immediate gratification in a *Culture of Instant Rewards* through technology and convenience.

Why It Is Increasing

- Rising stress levels and untreated mental health conditions drive people toward escapism through drugs.
- Overprescription of medications, especially opioids, created a gateway to broader substance abuse.
- The internet facilitates access to drugs, reducing barriers to experimentation and use.

Pornography



Insight Pornography creates a hyperstimulated version of intimacy, which can dull the brain's capacity to appreciate and engage in real, meaningful relationships.

Why It Is Increasing

- Ubiquity of internet access and privacy of consumption make it easier than ever to engage with porn.
- A culture of instant gratification primes people for quick, dopamine-driven experiences like porn.
- Decreasing social connection and rising loneliness lead people to replace emotional intimacy with virtual alternatives.

Anger

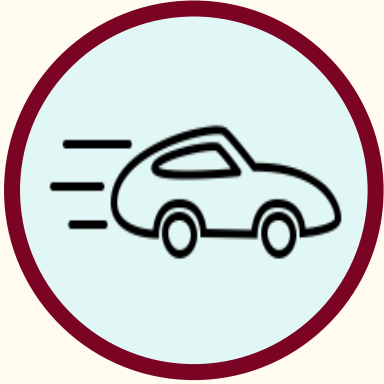


Insight Anger is often rooted in a sense of powerlessness, which is amplified in a culture where individuals feel increasingly disconnected, unheard, or overshadowed.

Why It Is Increasing

- Social media algorithms reward and amplify outrage, creating an environment of perpetual hostility.
- Rising economic inequality, political polarization, and global uncertainty fuel a sense of collective frustration.
- Instant communication platforms allow for impulsive expression without accountability.

Car Speeding



Insight Speeding can be an unconscious attempt to assert control or feel a sense of excitement in a fast-paced but emotionally flat world.

Why It Is Increasing

- Car advertisements glorify speed as a symbol of freedom and power.
- Urbanization and traffic stress create environments where drivers act out their frustration.
- A culture obsessed with productivity fosters impatience, even on the road.

Gambling

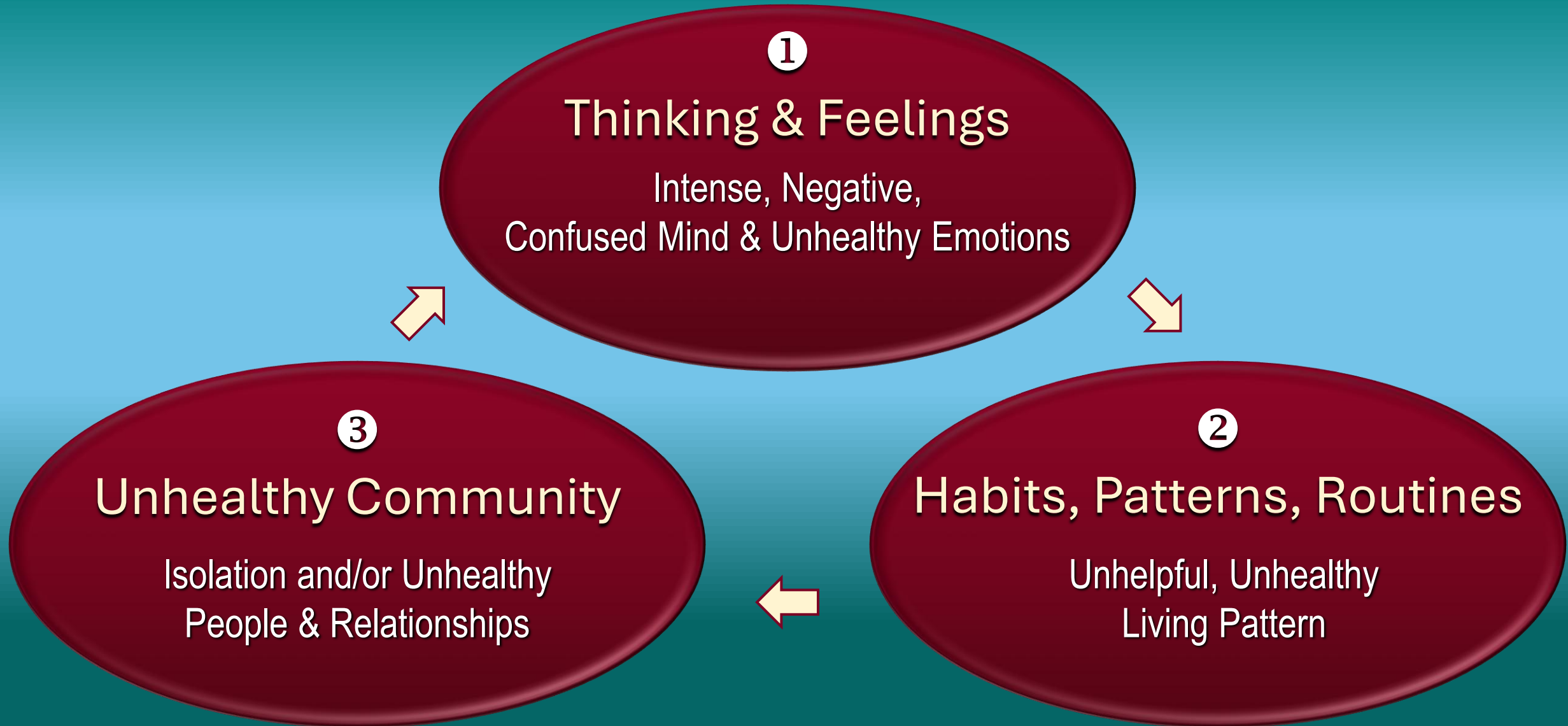


Insight Gambling appeals to the human brain's need for uncertainty and hope, offering a temporary escape from life's predictability or hardships.

Why It Is Increasing

- Online gambling makes it easy to gamble anonymously and conveniently, 24/7.
- Increasing financial pressures and economic instability push people toward the illusion of "quick fixes."
- Gamification in apps and social media blurs the line between harmless fun and addictive behavior.

Bad Habits or Addictions – 1, 2, 3



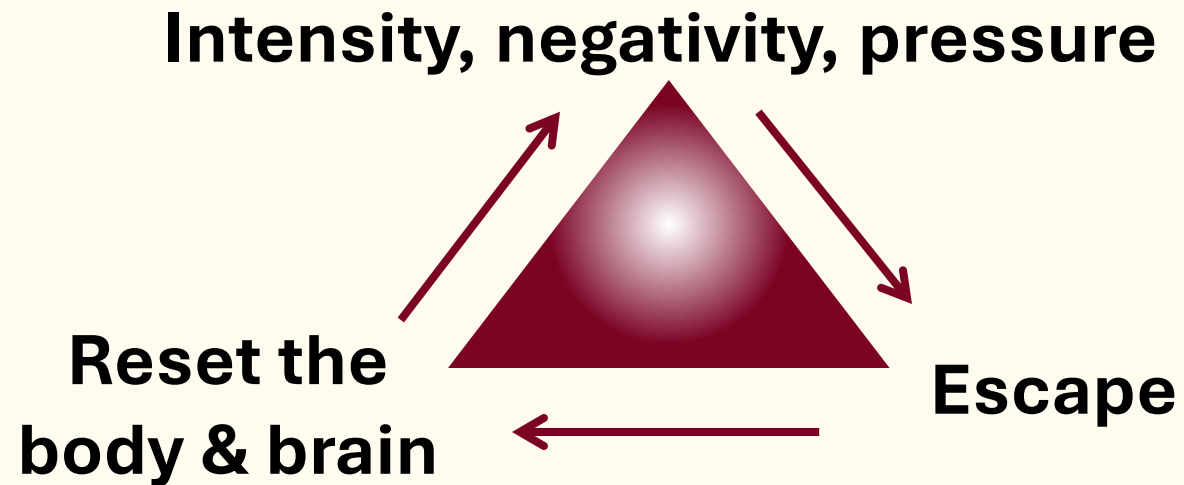
Habits Patterns Can Serve To Escape Pressure



- We live in very intense times with much negativity in the world.
- When **intensity** and **negativity** get high, they build **pressure in the body and brain**, leading to the **need to escape**, through some form of **pleasure-seeking** to release pressure and tension.
- People may turn to food, smoking, alcohol, drugs, computer games, sex, pornography, shopping **as a process to escape**.

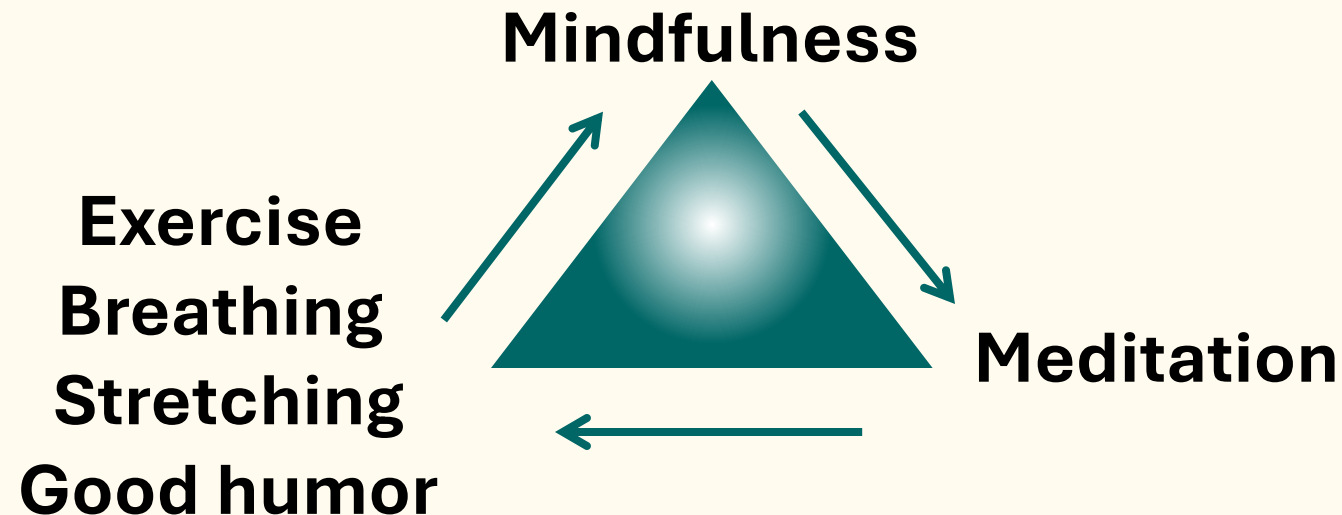
The Escape Process

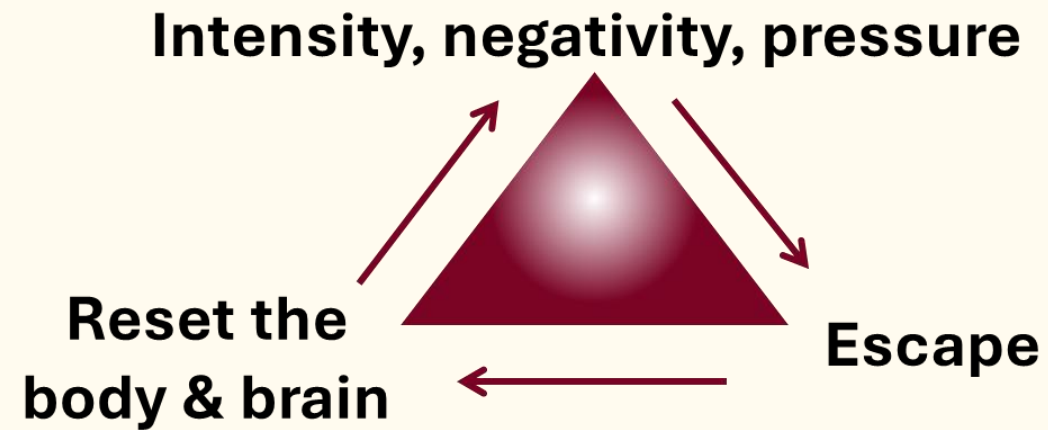
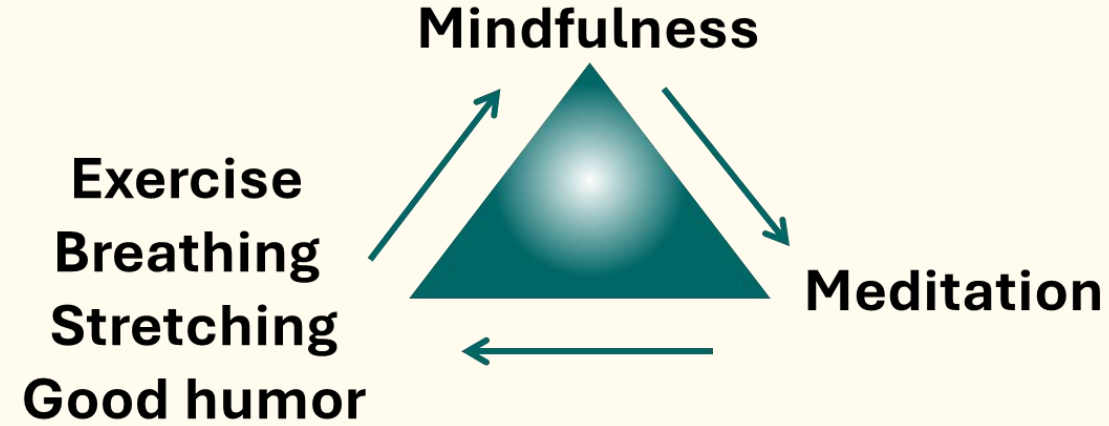
- The **escape process** changes the perspective and **resets the body and brain – temporarily** – until the intensity, negativity, and pressure build again.



Daily Positive Calming Pattern

- It is very helpful to develop a **positive daily calming pattern of mindfulness, meditation, breathing, stretching and exercise...** and a good sense of humor 😊





Inner Atmosphere

- Become aware each day of the amount of **negativity** and **intensity** in your use of **media**.
- It will affect your **internal positivity** and **serenity level**.
- They will affect your mental (cognitive) and emotional (feeling) **atmosphere, energy, “vibes”**.

Negativity

1	2	3	4	5	6	7	8	9	10

Positivity

Intensity

1	2	3	4	5	6	7	8	9	10

Serenity

My Inner Atmosphere

Intense Negativity

Hostile

Intense Positivity

Creative

Passive Negativity

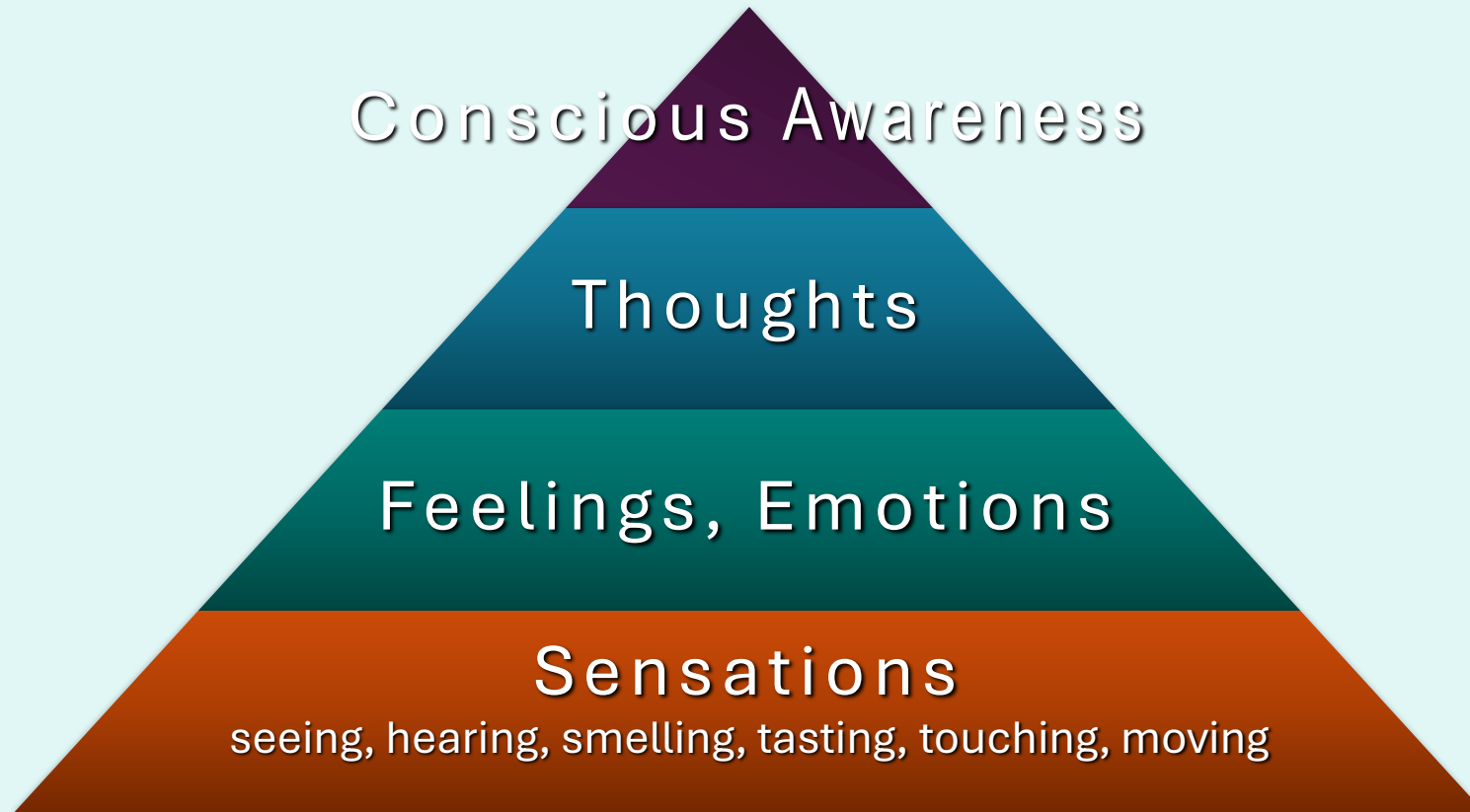
Depressed

Serene Positivity

Wise

Mindful Meditation

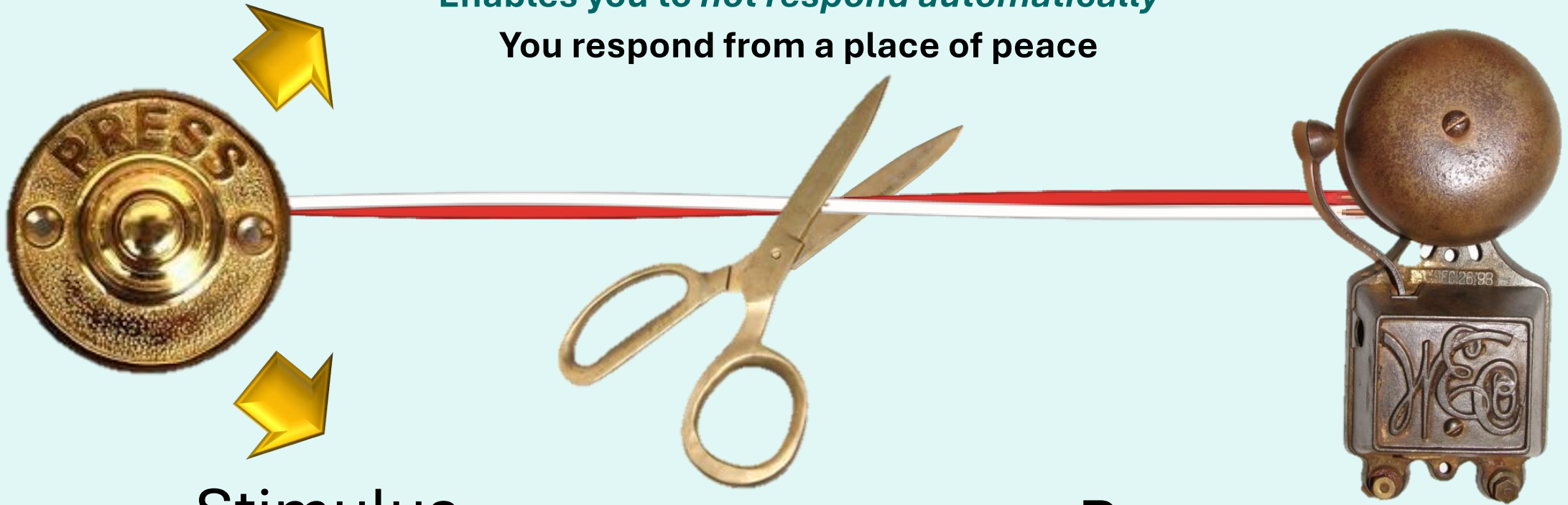
Meditation helps you gain mindfulness – just gently noticing and being consciously aware of your thoughts, feelings and sensations – what is going within and around you, without being intense, attached or upset.



Relaxed, Mindful, Aware Response

Enables you to *not respond automatically*

You respond from a place of peace



Stimulus

When people or life try to
push your buttons...
image the wire has been cut
to the automatic response...

automatic response

Response

With the wire cut
to the automatic
response... you don't
react impulsively...

C.I.N. → U.S.E.

C Confusion + I Intensity + N Negativity

→ U Using S Stuff to E Escape

	UNHEALTHY HABITS	HEALTHY HABITS
①	Confusion	Clarity, Simplicity
②	Intensity	Serenity
③	Negativity	Positivity
④	Addiction	Healthy Living

Day

18

Overcoming Habits
& Procrastination

Positive Habit Improvement

**“Continuing to listen
and grow is important because we
get into bad habits in relationships.”**

Goldie Hawn

**“Chains of habit are too light to be felt
– until they are too heavy to be broken.”**

Warren Buffett

**“Your net worth is your
good habits minus your bad habits”.**

Ben Franklin

Recognizing a Pattern of Addiction



- 1. Increasing preoccupation with unhealthy activity.**
- 2. Increasing frequency and duration of time engaging in unhealthy activities.**
- 3. Increasing time used with unhealthy activity when expected to fulfill occupational, domestic, social, or educational responsibilities.**
- 4. Continuation of behavior despite knowledge of having reoccurring social, educational, financial, psychological, or physical problems that are caused or exasperated by the activity.**
- 5. Giving up or limiting social, educational, occupational, or healthy recreational activities because of unhealthy behavior.**
- 6. Upsetment, distress, tension, restlessness, or irritability if unable to engage in the unhealthy behavior.**
- 7. Need to increase the amount and frequency of use to maintain the level of being high/excited.**
- 8. Persistent wish to stop, reduce, or control the unhealthy behavior.**
- 9. Reoccurring failure to stop unhealthy activities.**

Overcoming Addictions & Unhealthy Habits



- Overcoming all addictions and unhealthy habits require **patience** and **new skills**.
- Most people don't understand how their mind works and how their **thinking, feelings, and communication** are related.
- When they *Consciously Choose to Improve*, people learn to **understand their own minds, emotions, and relationships** and then **create a healthy living pattern**.

The Addiction Marketplace



- All addictions are driven by people who **make money from people being addicted.**
- The **advertisers and sellers** of addictive substances and processes all make money. They all want you to buy their product or service and be addicted.
- To transcend a habit or addiction, requires the development of a **helpful self-directed mind, healthy living patterns and healthy relationships.**
- To develop a helpful **self-directed mind, a healthy living pattern and finding healthy people and relationships** all require **effort, over one's lifetime.**

Positive Habit Improvement



- **You now have an awareness of how addictive and unhealthy habits form, the needs they serve, and how to replace them with a healthy, productive pattern, to meet your real needs to live a better life.**
- **When New Year's goals seem elusive, take the long view, get back on track, refocus, and be compassionate with yourself, day by day, week by week, month by month, year by year.**
- **Measure progress by what you learn along the way.**

Healthy Habits & Overcoming Addictions – 1, 2, 3



Day

19

Don't Give Up

**“Change might not be fast
and isn't always easy.
But with time and effort,
almost any habit can
be reshaped.”**

Charles Duhigg

**“Today's
new behavior
is the beginning
of tomorrow's
new habit.”**

Robin Sharma

**“You'll never change your life
until you change something you do daily.
The secret to your success is found
in your daily routine.”**

John C. Maxwell

**“Once you understand
that habits can change, you have the freedom
– and the responsibility – to remake them.**

**Once you understand
that habits can be rebuilt,
the power becomes easier to grasp,
and the only option left is to get to work.”**

Charles Duhigg

**“The Power of Habit:
Why We Do What We Do in Life and Business”**

New Habit Formation

1	Pattern	<ul style="list-style-type: none">• Consciously, intentionally and deliberately design the pattern you want.• This process will produce long-term improvement you are seeking.
2	Routine	<ul style="list-style-type: none">• Practice it on a regular basis as a predictable routine.• Repeat it again and again over a long time.
3	Habit	<ul style="list-style-type: none">• Allow for slip-ups and starting the routine over again and again.• It can take 28 days to two years to go from starting a new behavior to automatically do it as a permanent habit.



We learn about improvement
from mistakes and setbacks

Overcoming Procrastination



- **Procrastination isn't just about being lazy.**
- **It often stems from deep-seated fears, personality traits, or coping mechanisms.**
- **Understanding your procrastination style can help you develop strategies to change your tendencies, can help you break the cycle, and then take action.**
- **Below are common procrastination styles, their traits, and remedies.**
- **People can fall into multiple procrastination styles.**

Types of Procrastination and How to Overcome Them

Style	Question	Traits	Remedy
1. The Perfectionist	Do you avoid starting tasks because they won't be perfect?	Fear of making mistakes or not meeting high expectations leads to overthinking and inaction.	<ul style="list-style-type: none">• Aim for “good enough” instead of perfect.• Break tasks into small chunks.• Set time limits to prevent over-polishing.• Celebrate progress rather than waiting for a flawless result.
2. The Dreamer	Do you put things off because you're not good at focusing on the details?	Loves big ideas but struggles with execution, often underestimating effort.	<ul style="list-style-type: none">• Break your big ideas into smaller, manageable steps.• Set deadlines and use visual progress trackers.• Make a to-do list and tick off each little task as you go.
3. The Avoider	Do you delay from fear of failure or stepping out of your comfort zone?	Avoids difficult or uncomfortable tasks due to fear of criticism or failure.	<ul style="list-style-type: none">• Reframe failure as learning.• Start with small, easy tasks to build confidence.• Use self-compassion techniques to ease fear.

Types of Procrastination and How to Overcome Them

Style	Question	Traits	Remedy
4. The Crisis-Maker	Do you procrastinate because you like the rush of working under pressure?	Thrives under last-minute urgency and may create chaos intentionally or unintentionally.	<ul style="list-style-type: none">• Set artificial deadlines to create urgency earlier.• Use accountability partners to stay on track.• Plan ahead and schedule mini-deadlines to maintain momentum.
5. The Busy Procrastinator	Do you fill your time with low-priority tasks to avoid important work?	Stays busy but avoids meaningful tasks, often focusing on trivial work.	<ul style="list-style-type: none">• Use the Eisenhower Matrix to prioritize tasks.• Schedule deep work sessions for high-priority tasks.• Reduce distractions and focus on what truly matters.
6. The Indecisive	Do you struggle to make decisions, fearing you'll make the wrong choice?	Analysis paralysis prevents action, often due to overthinking.	<ul style="list-style-type: none">• Limit your options to avoid overwhelm.• Set decision deadlines to push forward.• Remind yourself that taking action is better than endless deliberation.

Types of Procrastination and How to Overcome Them

Style	Question	Traits	Remedy
7. The Defier (Rebel)	Do you resist doing things on a schedule because you don't like being told what to do?	Resents authority, struggles with structure, and may avoid tasks out of defiance.	<ul style="list-style-type: none">• Create a schedule that works for you and stick to it.• Set your own deadlines to maintain control.
8. The Worrier	Do you delay tasks because you fear change or worst-case scenarios?	Lacks self-confidence, prefers the "known," and often engages in worst-case thinking.	<ul style="list-style-type: none">• Challenge negative thoughts by focusing on possible positive outcomes.• Start with small, low-risk actions to build confidence.• Remind yourself that change leads to growth.
9. The Over-doer	Do you take on too much and then struggle to get started or finish anything?	Has unrealistic expectations, trouble prioritizing, and difficulty saying "no."	<ul style="list-style-type: none">• Prioritize your tasks and tackle them one at a time.• Learn to say "no" when necessary.• Recognize that doing less with focus is more effective than doing too much poorly.

Day 2 – Reflection

What habit do you want to change?

How long has this been going on?

What will happen if you don't do anything?

Day

20

Never Giving Up

Your Long-Term Process

Not Ready to improve

- ☐ I deny the need to improve and resist improvement.

Crisis or Choice

- ☐ I accept the need for improvement.

Not Willing to Live the Old Way

- ☐ I am willing to improve my pattern.

Ready to Improve

- ☐ I imagine myself improving my pattern.

Commitment to Improve

- ☐ I am committed to improving.
- ☐ I don't know how to improve.
- ☐ I don't know where to get help to improve.
- ☐ I know where to get help to improve.
- ☐ I go for help to improve.
- ☐ I get help improving.
- ☐ I continue to try to make improvements.
- ☐ I start to make progress by improving.
- ☐ I become aware of what triggers my habit.

Challenges

- ☐ I slip up and regress.
- ☐ I return to being on my program to improve.
- ☐ I continue to make improvements.
- ☐ I relapse.
- ☐ I release judgment, blame, shame, or guilt.
- ☐ I have forgiveness and compassion for myself.

Compassionate Mindful Awareness

- ☐ I reflect on what feelings I had when a need was not being met before I relapsed.
- ☐ I get completion on the past and what just happened.
- ☐ I create a clearing and a new possibility to begin again.

Fresh Start

- ☐ I bounce back and get back on my program with a FRESH START.
- ☐ I take care of my feelings and needs each day.
- ☐ I make a 1% improvement again each day.
- ☐ I take action on what matters to me, is important to me, is meaningful, purposeful, and what I value.
- ☐ I take one day at a time.
- ☐ I am patient with myself.
- ☐ I accept this is a lifelong lifestyle change.
- ☐ I never give up.
- ☐ I focus on creating a fulfilling, satisfying life.
- ☐ I try to have some healthy fun each day



Thinking & Emotional Tools

6. Try to meet your needs as best as you can – or have compassion for your unmet need

5. Recognize that a feeling can be signaling a met or unmet need

4. Use insights into your thinking to decrease the unwanted symptoms

3. Develop a nonjudgmental-observer-mindful perspective

2. Recognize your habitual thought patterns

1. Self-reflection



One of Life's Best Lessons

One of the best
life lessons I learned – over and again – is ...

***"Don't go to the hardware store for
a loaf of bread or a container of milk"***

I learned I could never have my needs
for warmth, kindness, and healthy fun met with people
who don't have them – or won't share them with me.

Instead, I can practice each day
taking care of my physical and emotional needs
by giving myself compassion, kindness, warmth, love, and healthy fun,
and then sharing them with people who are able and willing
to share their warmth, kindness, and happiness with me.

I can do this one day at a time.

The Emotional Secret

*I can't make people
like, love, appreciate, or value me...*

I like, love, appreciate, and value me...

I am warm, kind, and loving with myself...

I take good care of myself...

I am serene, grateful, and happy...

Better Relationships



Day

21

Trust & Healthy,
Positive Friends

Trusting People

**One of the reasons
it is not easy to find people to be a new friend
is a lack of trust that can build up over
a lifetime of difficult experiences
with people.**

**The following is information
from recovery programs about
learning skills to trust only trustworthy people.**

Trusting Trustworthy People

AA

NA

- Recovery literature across various programs emphasizes the importance of trusting only trustworthy people.
- They recognize that trust should be built on **consistent, reliable actions** rather than words or emotions.
- While each program has its own focus, common themes emerge regarding **discernment, boundaries, and self-trust.**

Co
DA

SL
AA

Trusting Trustworthy People

AA

1. Trust Must Be Earned, Not Given Blindly

NA

- **Co-Dependents Anonymous (CoDA)** warns against **blind trust**, which is often a pattern in codependent relationships. Instead, trust should be based on **demonstrated honesty and reliability**.
- **Sex and Love Addicts Anonymous (SLAA)** emphasizes that trust should be **built through actions** rather than **charm, attraction, or emotional intensity**. Many in recovery have a history of **trusting untrustworthy people** due to addiction-driven patterns.
- **General Recovery Literature (AA, NA, etc.)** stresses that **trust is a process of verification, not assumption**, encouraging individuals to **observe consistent behavior over time**.

Co
DA

SL
AA

Trusting Trustworthy People

AA

NA

2. Discernment Over Fantasy-Based Trust

- **SLAA** highlights how love and sex addiction often involve trusting others based on **fantasy, obsession, or intensity** rather than **reality**. Recovery requires **stepping back** and **evaluating relationships** based on **actual behavior** rather than **emotional highs**.
- **CoDA** teaches that codependents often **mistake control, rescuing, or excessive caretaking** for trust and intimacy. Learning **discernment** is key to breaking these patterns.

Co
DA

SL
AA

Trusting People

AA

NA

3. Boundaries and Emotional Safety

- **CoDA** strongly emphasizes the role of **boundaries** in determining **who is truly trustworthy**. When individuals learn **to honor their own needs**, they naturally become better at **choosing safe and supportive relationships**.
- **SLAA** encourages members to set **clear boundaries to protect themselves** from being hurt by **manipulative, dishonest, or toxic people**.
- **General Recovery Literature** advises avoiding **enablers and toxic relationships**, focusing instead on people who **demonstrate integrity and respect**.

Co
DA

SL
AA

Trusting People

AA

NA

4. Developing Self-Trust First

- **SLAA and CoDA** both emphasize that **trusting oneself – one's intuition, instincts, and recovery process** – is essential **before trusting others**. Many in recovery have **ignored red flags** in the past; learning to **recognize red flags** is key to healing.
- **AA and NA** literature suggests that through spiritual and personal growth, individuals develop **better intuition** and should **listen to their gut feelings about who is safe to trust**.

Co
DA

SL
AA

Trusting Trustworthy People

AA

5. Seeking a Healthy Support System

NA

- **All recovery programs** encourage surrounding oneself with **supportive people**, such as sponsors, mentors, and sober friends, who have **demonstrated trustworthiness over time**.
- **SLAA** specifically warns against **seeking validation from unreliable or toxic individuals** and instead advises **seeking guidance from healthy people**.
- **CoDA** stresses that emotional sobriety involves learning to recognize **manipulation and dishonesty** and making **conscious choices** about **who to allow into one's life**.

Co
DA

SL
AA

Trusting Trustworthy People

AA

Conclusion

NA

- Across all these recovery programs, the message is clear: **Trust is not automatic**—it must be **earned through consistent, honest actions**.
- **Discernment, boundaries, and self-trust** are essential in **choosing the right people** to rely on.
- Whether overcoming addiction, codependency, or unhealthy relationship patterns, recovery involves shifting from **blind or fantasy-based trust** to a **reality-based understanding of who is truly safe and supportive**.

Co
DA

SL
AA

Signs of Trustworthy People

Trust is built over time through consistent actions and behavior.

If someone has proven themselves dependable in the past, it is reasonable to trust them.

Honesty: They are truthful, transparent, and do not take advantage of others.	Reliability: They keep their promises and follow through on commitments.
Consistency: Their words and actions align across different situations.	Respect: They honor others' time, boundaries, and perspectives.
Compassion: They are kind, considerate, and supportive of others, valuing relationships.	Integrity: They stay true to their values and principles, even when it is difficult.
Communication: They express themselves openly and clearly while also listening actively.	Empathy: They genuinely understand and care about others' feelings and experiences.
Humility: They acknowledge their strengths without arrogance and remain open to learning.	Accountability: They take responsibility for their actions, admit mistakes, and make amends when necessary.

Finding Healthy Positive Friends



GOOD PEOPLE: As we grow older, it may not be easy to make authentic, honest, kind, and reliable friends.

THE POOL: When we first start out making friends, we meet people in schools and the workplace – large pools of people. The pool of people we meet may shrink as we grow older.

BE ACTIVE: We need to actively seek out activities in the community and online to meet people.

SEGMENTS: People can be placed into more categories as we grow older based on beliefs, values, interests, activities, education, and wealth levels. Increasing segmentation can limit our choices of who we want to associate with.

Healthy Positive Friends

**Healthy
positive friends
care about each other's
well-being.**

**They
encourage each other
to take care of their own
feelings and needs.**

Healthy Positive Friends

**Friendships
play a vital role in shaping
identity, values, and well-being.**

**This section highlights
the importance of choosing supportive,
positive peers who encourage growth
and build meaningful connections.**

Character Traits & Relationships

Rigid Controlling	Creative Flow
Self-Absorbed, Self-Centered, Arrogant	Genuine, Friendly, Humble
Uncaring, Competitive	Caring, Collaborative
Shut-down, Cool, Cold, Emotionally flat	Open, Warm, Fun ☺
Fear, Intimidation	Mindful, Wellness, Courage
Inauthentic, Hides, Pretends, Withholds	Expresses Authentic Feelings & Needs
Ghosting, Uncommunicative, Disappears	Responsive, Present, Communicative
No Feedback, Defensive	Gives & Receives Constructive Feedback
Not Committed, Doesn't Complete Tasks	Follows-Through to Completion
Self-Serving, Tricks, Lies	Sincere Contribution to Life & Others

7 Tips to Develop Healthy Positive Friends



- 1. Be the Kind of Friend You Want**
Show kindness, honesty, and support to others – positive friendships often mirror the behavior you bring to the relationship.
- 2. Look for Shared Values and Interests**
Seek friends who align with your core values and passions, as common ground fosters connection and mutual growth.
- 3. Set Healthy Boundaries**
Respect yourself and others by creating boundaries that ensure relationships remain balanced, supportive, and free from negativity.
- 4. Communicate Openly and Honestly**
Build trust by expressing your thoughts and feelings clearly while being a compassionate listener when your friends do the same.
- 5. Choose Quality Over Quantity**
Focus on building a few deep, meaningful friendships rather than spreading yourself thin with many surface-level connections.
- 6. Surround Yourself with Growth-Oriented People**
Positive friends uplift and inspire you to reach your goals, so seek individuals who encourage personal development and celebrate your success.
- 7. Let Go of Toxic Relationships**
Recognize when friendships become unhealthy, and don't be afraid to step back from those that drain your energy or compromise your well-being.

Bullies

- **Take things from others**
- **Tease and make fun of others who don't like it**
- **Say mean things**
- **Hurt others' feelings**
- **Tattle on others**
- **Make other people sad or upset**

Friends

- **Share with others**
- **Treat others with respect and kindness**
- **Compliment others**
- **Use a friendly tone of voice**
- **Are kind and helpful**
- **Make others feel good about themselves**

10 Ways to Be Kind

- 1. Offer to help**
- 2. Saying nice things**
- 3. Listen when others are speaking**
- 4. Be happy for others**
- 5. Share and take turns**
- 6. Include everyone**
- 7. Use good manners**
- 8. Smile**
- 9. Play fairly**
- 10. Encourage others**

8 Ways Friends Can Positively Impact Each Other

Emotional Support

Being a good listener, validating feelings, offering comfort during tough times, and providing a safe space to express emotions openly.

Positive Encouragement

Motivating each other to pursue goals, celebrating achievements, and offering constructive feedback.

Sharing New Experiences

Introducing each other to new hobbies, activities, or perspectives that can broaden horizons and enrich life.

Accountability

Holding each other responsible for commitments and healthy habits, offering gentle reminders when needed.

Personal Growth

Sharing insights, providing advice when asked, and supporting each other's personal development journeys.

Practical Help

Offering assistance with tasks like errands, moving, or childcare when needed.

Stress Reduction

Spending quality time together engaging in fun activities that can alleviate stress and promote relaxation.

Building Confidence

Affirming each other's strengths and abilities, helping to boost self-esteem

Good Friends

Do you have people you associate with who are unhelpful or helpful?

Do you feel good after being with them?

**Would you like to have more or better friends
in the community or online?**

Healthy Positive Friends

We may find that many people are competitive, self-centered, or selfish.

We may not easily find many authentic, caring, compassionate, creative people to associate with and relate to.

We can feel deep empathy and compassion within ourselves for not having many healthy, loving friends.

We can be kind and gentle with ourselves as we seek healthy, loving, wiser friends.

Healthy Positive Friends

Lower Self	Higher Self
Self-Centered	Caring about others
Selfish	Compassionate
Superficial	Depth, substance
Competitive	Collaborative
No progress with them	Creative progress with them

In Meaningful Conversations We Can Share

What is going on for us.

Something new or good.

Something we are working on that we enjoy.

Something we are planning.

Something we would like to do or experience.

A place we would like to visit.

A goal we would like to set.

Anything else we would like to share.

10 Ways I Can Be Kind To Myself



1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

7 Guiding Principles for Ourselves & Relationships



Foundational principles can guide our decision-making and character development as we grow.

1. **Empathy and Compassion**
2. **Honesty and Integrity**
3. **Responsibility and Accountability**
4. **Respect and Politeness**
5. **Perseverance and Resilience**
6. **Critical Thinking and Problem-Solving**
7. **Gratitude and Appreciation**

1. Empathy and Compassion

- **Understanding Feelings:** Recognize and understand your emotions and those of others.
- **Kindness in Action:** Your acts of kindness, even small ones, impact others.
- **Perspective Taking:** Consider how others might be feeling in a situation. Ask questions like, "How do you think that made them feel?"

2. Honesty and Integrity

- **The Importance of Truth:** Telling the truth is important, even when it's hard.
- **Consequences of Lying:** Understand that lies can hurt others and damage trust.
- **Admitting Mistakes:** Admit when you make a mistake and understand that everyone makes mistakes.

3. Responsibility and Accountability

- **Taking Care of Things:** Take care of your belongings and environment.
- **Following Through:** Complete tasks you start, even if they're challenging.
- **Consequences for Actions:** Understand that your actions have consequences, both positive and negative.

7 Guiding Principles for Ourselves & Relationships



4. Respect and Politeness

- **Treating Others Kindly:** Treat everyone with respect, regardless of age, background, or differences.
- **Good Manners:** Use of polite words like "please," "thank you," and "excuse me."
- **Listening Attentively:** Listen when others are speaking.

5. Perseverance and Resilience

- **Trying New Things:** Try new activities and challenges, even if you are unsure.
- **Learning from Mistakes:** Understand that mistakes are a part of learning and growth.
- **Bouncing Back:** Cope with disappointment and setbacks, and try again.

6. Critical Thinking and Problem-Solving

- **Asking Questions:** Ask questions and be curious about the world around you.
- **Finding Solutions:** Develop problem-solving skills by asking open-ended questions like, "What do you think we could do about this?"
- **Making Choices:** Make choices and decisions, even small ones.

7. Gratitude and Appreciation

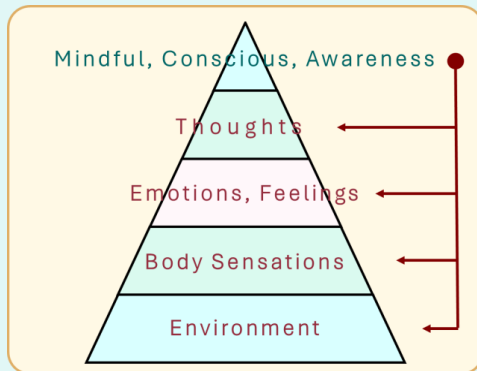
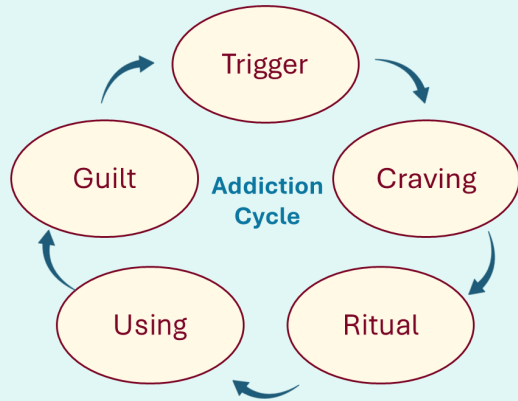
- **Saying Thank You:** Express gratitude or the things people do for you.
- **Appreciating What You Have:** Appreciate the things you have in their lives, rather than focusing on what you lack.
- **Acts of Service:** Perform kind actions out of genuine care and desire to be helpful.

Day

22

Social Media

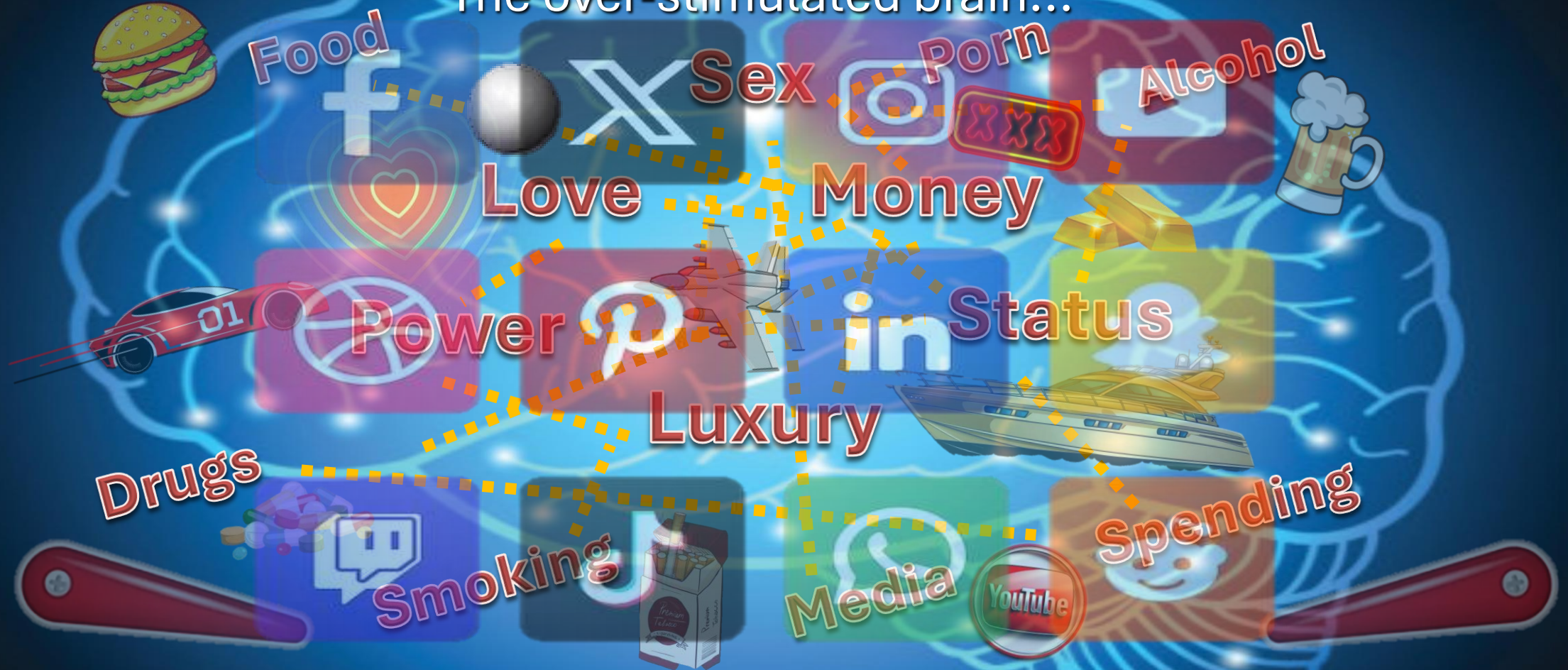
Awareness of Social Media Triggers & Addictions



- Remember, triggers are captivating. The origin of the word *captivate* is the same as *capture* and *captive* – *to seize or take*.
- **The trigger seizes and takes hold of your thinking, capturing your imagination. It gets hold of your mind. This mind control makes you its captive – you are under its control.**
- We are in the process of learning to get control of our own minds again. Anytime ASK: *What is controlling my mind?*
- **We are now becoming *mindful* of how social media is controlling our minds. It will feed you videos that stimulate your addictions. It won't make it easy to turn off suggestive videos that trigger your brain to think about your addictions.**
- **Social media can become dangerous in a person's life. Children are seeing sexual content and becoming hooked.**
- **You can set up browsing filters to block content for children, but adults can then turn the filters off for themselves.**
- We are choosing to learn to control and refocus our own minds and take care of our feelings and needs with daily, conscious, mindful awareness.
- **We are not robots. We are learning to direct our own thinking.**

The Pinball Machine of the Mind

The over-stimulated brain...



Your imagination is hijacked
to lose control and binge...

USING
PROCESSES OR
SUBSTANCES

to numb the pain of

Mind
Emotions
Body

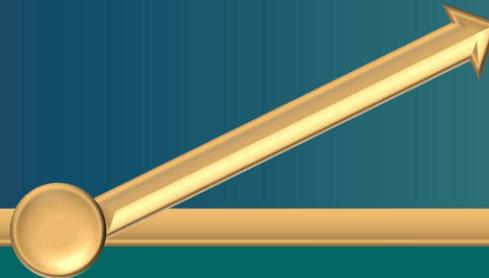
OBSESSIONS

WITH

Media Mind Control
Competition, Comparing
Sex, Money, Power
Possessions, Status
Intensity, Chaos, Drama
Anger, Resentment
Hate, Conflict, Violence

WISDOM
& WELLNESS

Mindfulness
Meditation
Serenity, Peace
Self-Compassion
Self-Kindness
Appreciation, Gratitude
Simplicity



We are choosing
to learn to control and refocus
our own minds and take care of our
feelings and needs with daily, conscious,
mindful awareness.

We are not robots.
We are learning to direct our own thinking.

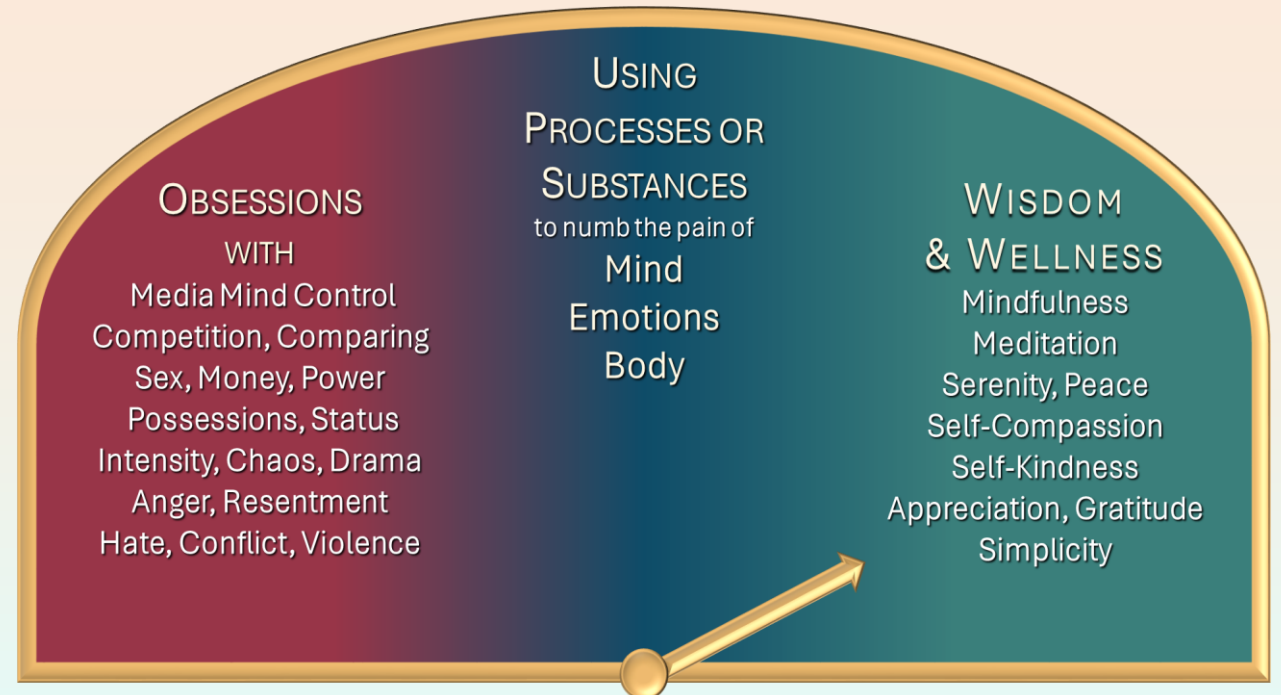
**“You have power over your mind – not outside events.
Realize this, and you will find strength.”**

Marcus Aurelius

121 - 180 AD

Mind Control

1. You can lose control of your mind and have your mind controlled by others.
2. You can lose control of your mind to others, media, sex, money, status, greed, climate, power, violence, war, elections, politics, food, obsessions, and compulsions.
3. You can return to mindfulness with a clear, quiet, calm, peaceful, serene mind.
4. You can't take control of your thoughts and your mind again with mindfulness and calming meditation.



Mind Controlled

Mindfulness

Our Program



Day

23

Learning From
Life's Lessons

Learning from Life Lessons



**Life keeps offering lessons,
often in increasingly urgent ways.**

**Those who ignore them
risk repeating the same struggles,
while those who learn from them grow
stronger, wiser, and more adaptable.**

**Some people don't learn
from life lessons for a variety of reasons,
which can often be traced back to
psychological, emotional, or situational factors.**

Why People Don't Learn from Life Lessons

**Here are some key reasons
why people don't learn from life lessons
and the potential consequences when this happens:**



1. Lack of Self-Awareness

They may not reflect on their actions or the consequences, failing to see the patterns in their behavior or the feedback life provides.

2. Defensiveness and Ego

Some people resist admitting mistakes due to pride, fear of judgment, or an unwillingness to be vulnerable.

Why People Don't Learn from Life Lessons



3. **Emotional Blocks**

Past trauma, unresolved emotions, or fear of pain can prevent someone from processing and learning from experiences.

4. **Fixed Mindset**

Believing that abilities, intelligence, or circumstances cannot change can make someone dismiss life lessons as irrelevant.

5. **Blaming Others or External Circumstances**

Some may externalize responsibility, attributing failures to others or bad luck, rather than looking inward.

Why People Don't Learn from Life Lessons



6. **Repeated Exposure to the Same Environment**

Being stuck in a toxic, enabling, or stagnant environment may reinforce unproductive patterns.

7. **Avoidance of Discomfort**

Learning often requires facing uncomfortable truths, making changes, and trying new approaches. Some people avoid this because it's easier to stay in their comfort zone.

8. **Cognitive Overload or Stress**

Overwhelmed individuals may not have the mental energy or clarity to learn from life lessons.

Why People Don't Learn from Life Lessons



9. **Lack of Guidance or Role Models**

Without mentors or positive influences, some may not recognize what they could learn from their experiences.

10. **Cultural or Societal Conditioning**

Social norms, upbringing, or cultural expectations might discourage introspection or personal growth.

When Someone Doesn't Learn from Life Lessons

Here is what happens when someone doesn't learn from life lessons:



1. Repetition of Mistakes

They may find themselves repeatedly facing the same challenges or setbacks, often escalating in severity over time.

2. Stagnation

A lack of growth can lead to unfulfilled potential, missed opportunities, and feelings of frustration or emptiness.

When Someone Doesn't Learn from Life Lessons



3. **Damaged Relationships**

Refusal to adapt or change can strain personal and professional relationships, potentially leading to isolation.

4. **Increased Suffering**

Life lessons can teach resilience, adaptability, and self-awareness. Ignoring them can result in ongoing emotional or physical pain.

5. **Learned Helplessness**

Over time, repeated failures without introspection can lead to a sense of powerlessness and a belief that change is impossible.

When Someone Doesn't Learn from Life Lessons



6. **Erosion of Trust**

If a person continually fails to grow or take accountability, others may lose faith in them, both personally and professionally.

7. **Loss of Resilience**

The inability to learn from life's lessons can erode one's ability to cope with future challenges, making setbacks feel more overwhelming.

8. **Missed Opportunities for Wisdom**

Failing to integrate life lessons deprives someone of the deeper insights and wisdom that can bring purpose and fulfillment.

How to Break the Cycle & Learn from Life Lessons

To become unstuck from those patterns,
small steps can make a big difference:



1. **Practice Self-Reflection:** Journal, meditate, or simply pause to assess what can be learned from each experience.
2. **Seek Support:** Seek coaching or guidance from trusted mentors.
3. **Embrace Accountability:** Take responsibility for actions and outcomes as a foundation for growth.
4. **Develop Curiosity:** Adopt a mindset of openness and curiosity about life's challenges.
5. **Celebrate Growth:** Acknowledge even little progress to reinforce positive change.

Day

24

Myths,
Powers, Potentials
& Habits

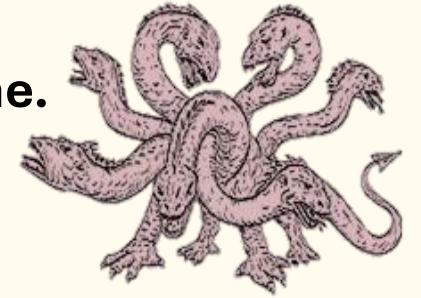
Myths, Powers, Potentials & Habits



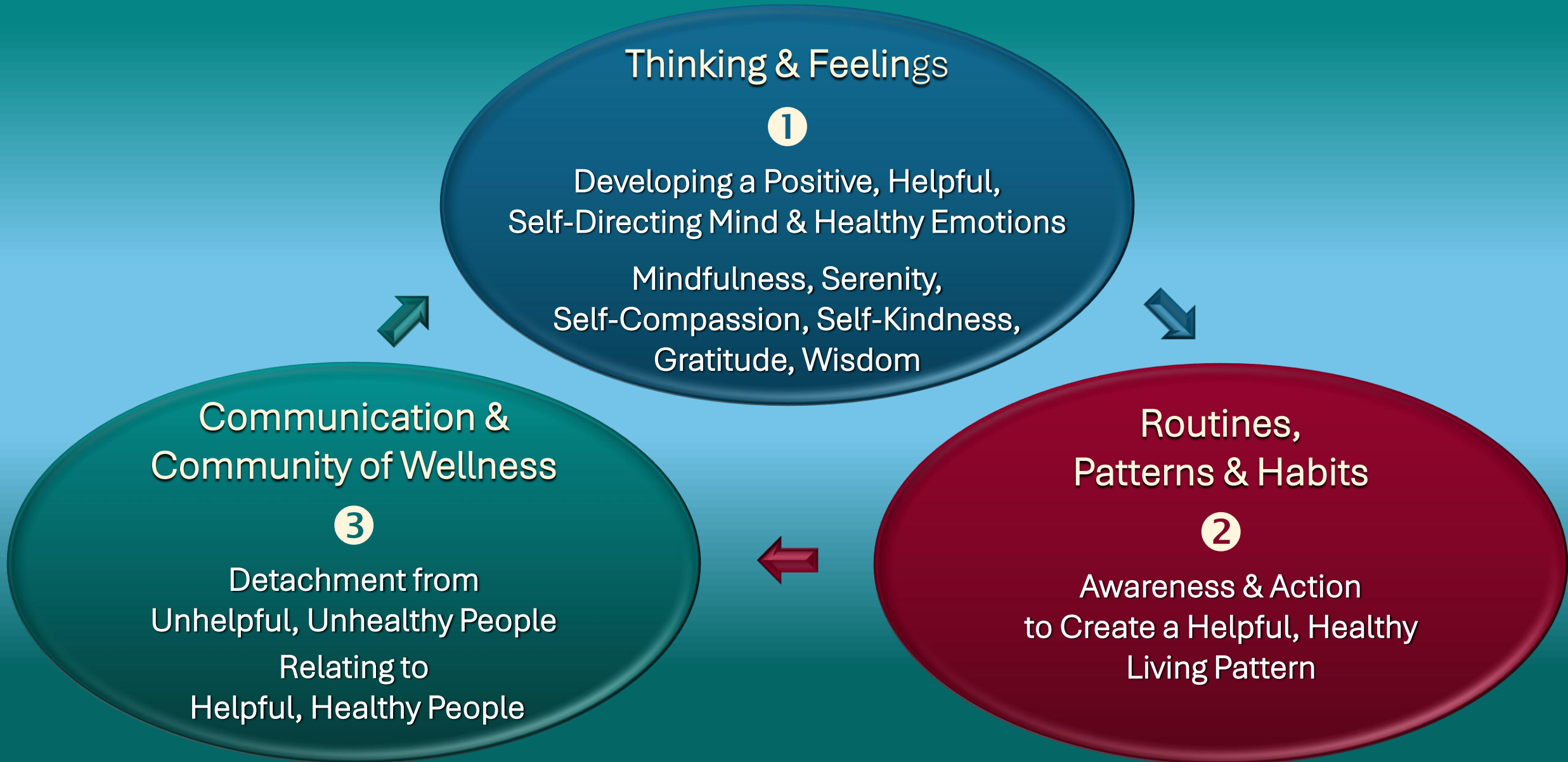
- Myths were stories made up, usually about the powers and potentials of the gods and other creatures.
- They are metaphors pointing to the powers and potential of humans to transform themselves from what they are now, to one with more powers and potential, more consciousness and wisdom, more strength and courage, more compassion and kindness.
- The Hero's Journey is a basic storyline about an external, challenging transformational journey that is a metaphor for the challenging, transformational journey within.
- This applies to the addiction recovery and habit improvement process of gaining more and more consciousness, serenity, compassion, and wisdom, and developing the skills needed to transform our addiction into a healthy way of living by learning to manage our own thinking, take care of our feelings and needs each day, and gain healthy, loving relationships.
- By embracing this metaphorical journey, individuals can unlock their inner potential and achieve profound personal growth and healing, transcending limitations to live a balanced, meaningful, and empowered life.

Habits Are Like A 7-Headed Hydra with 7 Ways of Thinking

- Head 1)** I enjoy a habit that gives me pleasure to escape the pain.
- Head 2)** I know this habit can become excessive; it is not always good for me.
- Head 3)** I can't believe this habit-conflict has gone on for so long.
- Head 4)** My habits and my needs can be better understood to find a better choice.
- Head 5)** I make the decision to end the habit.
- Head 6)** I see the difficulty in ending the habit. I try to end the habit, over and over again.
- Head 7)** I am learning more and more about habits. I gain awareness of what needs to be fulfilled. I gain experience, knowledge, know-how, wisdom, compassion, and forgiveness. My consciousness awareness sees all this. My conscious awareness helps guide me to more understanding and better choices.



Overcoming Unhealthy Habits or Addictions – 1, 2, 3



The Heroic Journey



“Being a hero doesn’t necessarily imply wearing a cape and having superpowers, although that would make things a lot easier. There’s a hero in each one of us and the challenges we face and overcome every day are proof of our strength and courage.

The hero’s journey is also known as the *monomyth*, a template for all the hero stories you know: the hero goes on an adventure, faces many trials, takes risks, wins a victory, and then comes home wiser and stronger than ever. As an expert on mythology, Joseph Campbell laid out the basic elements of this concept in his book *The Hero’s Journey*.



The hero’s journey did not originate in fiction. It is simply who we are as human beings. If you take a step back and think of all the things you’ve accomplished by now, the way you managed to overcome every situation that almost made you quit, and the kindness you’ve shown to others, you’ll come to realize that *you’re the hero of your own story*.

But your journey is not over yet – your *obstacles will be your greatest teachers and hope, your best friend.*”

FLAVIA MEDRUT

The Heroic Journey



A hero is someone who, in spite of weakness, doubt or not always knowing the answers, goes ahead and overcomes anyway.

CHRISTOPHER REEVE

The cave you fear to enter holds the treasure you seek.

JOSEPH CAMPBELL

And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in.

HARUKI MURAKAMI

The journey of a thousand miles begins with one step.

LAO TZU

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.

MALCOLM X



The Heroic Journey

Life has no meaning.
Each of us has meaning and we bring it to life.
It is a waste to be asking the question when you are the answer.

JOSEPH CAMPBELL



The only thing that is ultimately real about your journey
is the step that you are taking at this moment. That's all there ever is.

ALAN WATTS

When the hero is ready, the mentor appears.

WILL CRAIG

We must embrace pain and burn it as fuel for our journey.

KENJI MIYAZAWA



The most beautiful people I've known
are those who have known trials, have known struggles,
have known loss, and have found their way out of the depths.

ELIZABETH KÜBLER-ROSS

The Heroic Journey



The great mission of our day is not conquering the sea or space, disease or tyranny. The grand quest that calls to the hero in every one of us is to become fully alive – to stand up and claim our birthright, which is inner freedom, love, and radiant purpose.

JACOB NORDBY

The hero journey is inside of you; tear off the veils and open the mystery of yourself.

JOSEPH CAMPBELL

Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere, and you will find joy in overcoming obstacles.

HELEN KELLER

When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready.

The challenge will not wait. Life does not look back.

PAULO COELHO



The Heroic Journey

**The world breaks everyone, and afterward,
many are strong at the broken places.**

ERNEST HEMINGWAY



**I believe that life is a journey,
often difficult and sometimes incredibly cruel,
but we are well equipped for it if only we tap into
our talents and gifts and allow them to blossom.**

LES BROWN



The Heroic Journey



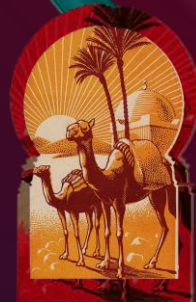
12. RETURN WITH THE ELIXIR
TO HEAL THE WORLD

11. THE RESURRECTION
Renewal, Renaissance
Regeneration

10. THE ROAD BACK
Atonement, Return

Courage
Clarity
Consciousness
Compassion
Love
Kindness
Good Humor
Wisdom
Benevolence

9. GAINING THE REWARD
The Boon
The Treasure
The Magical Potion
The Hidden Secret
Gaining the Wisdom
The Revelation
The Transformation



THE
ORDINARY
WORLD

THE WORLD OF
ADVENTURE
Mystery, Challenges
Power & Love



8. THE ORDEAL
Decisive crisis
Win a victory

7. APPROACH TO
THE INMOST CAVE
The Healing



1. THE CALL OF ADVENTURE

2. REFUSAL OF THE CALL

3. CROSSING THE FIRST THRESHOLD

4. MEETING THE MENTOR

5. TESTS, CHALLENGES
ENEMIES, ALLIES

6. THE SUPREME
ORDEAL-ABYSS
The Wounding
Initiation



Sex
Money
Power, Status
Egotism
Greed
Betrayal
Malevolence
Foolishness
Addictions

The Heroic Journey

**Life's quests, encounters, and woundings
can cause us great suffering...**

Our losses can cause great pain...

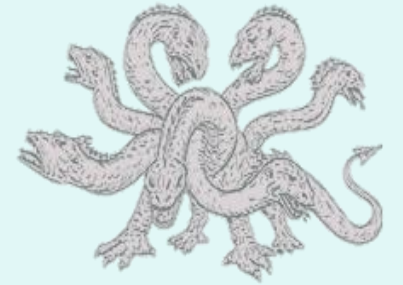
**Unhealthy habits can then be pleasurable
escapes and turn into addictions...**

We may struggle as if we are in an inner battle...

**On the journey to healing
we can find wise mentors and trusted allies...**

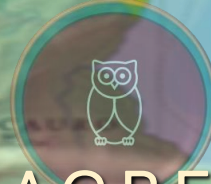
**We can then gain inner wisdom and inner compassion
to grow and heal...**

**This journey can take us to what has been called
the Kingdom of God (Heaven) Within or the Sacred Center Within.**



Journey to the Sacred Center Within

Quests for
Sex, Love, Money, Success,
Power, Status, Luxury,
Wellness

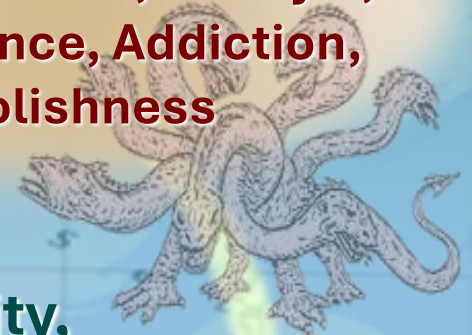


SACRED CENTER WITHIN

Consciousness, Clarity, Mindfulness, Wisdom,
Calmness, Serenity, Peace, Balance, Harmony, Humility,
Compassion, Love, Kindness, Forgiveness, Positive Energy,
Gratitude, Appreciation, Simplicity, Happiness, Good Humor,
Courage, Integrity, Truth, Benevolence, Wellbeing, Wellness



Encounters with
Egotism, Greed, Betrayal,
Malevolence, Addiction,
Foolishness



Woundedness of
Humiliation, Less Than, Anger,
Resentment, Upsetment, Boredom,
Sadness, Fear, Powerlessness,
Aimlessness, Lovelessness

What Happened

Where Are You Now?

QUESTS

- ☐ Sex
- ☐ Love
- ☐ Money
- ☐ Success
- ☐ Power
- ☐ Status
- ☐ Luxury
- ☐ Wellness

ENCOUNTERS

- ☐ Egotism
- ☐ Foolishness
- ☐ Greed
- ☐ Betrayal
- ☐ Malevolence
- ☐ Addiction

WOUNDEDNESS

- ☐ Humiliation
- ☐ Less Than
- ☐ Anger
- ☐ Resentment
- ☐ Upsetment
- ☐ Boredom
- ☐ Sadness
- ☐ Fear
- ☐ Powerlessness
- ☐ Aimlessness
- ☐ Lovelessness

SACREDNESS

- ☐ Consciousness
- ☐ Clarity
- ☐ Mindfulness
- ☐ Wisdom
- ☐ Calmness
- ☐ Serenity
- ☐ Peace
- ☐ Balance
- ☐ Harmony
- ☐ Humility
- ☐ Compassion
- ☐ Loving-Kindness
- ☐ Forgiveness
- ☐ Positive Energy
- ☐ Simplicity
- ☐ Gratitude. Appreciation
- ☐ Happiness
- ☐ Good Humor
- ☐ Courage
- ☐ Integrity-Truth
- ☐ Benevolence
- ☐ Wellbeing, Wellness

What
qualities
would
help you
heal and
flourish?



Day

25

Our Daily Program

Daily Healing Program

Unevolved People & Systems

Insane
World

Greed
Sex

Violence

Status

Arrogance

Unsupportive
of my real needs

Mindless Unhealthy Choices

Addictive
Behavior

Using
unhealthy
media, substances,
and processes
to numb mental
and emotional
pain

Mindful Healthy Choices

My Healing
Program

Positive energy
brings me what I need:
meditation, mindfulness,
balance, harmony,
peace, serenity,
self-forgiveness,
self-compassion,
simplicity, gratitude,
self-kindness,
inner wisdom

Daily Self-Sabotage

Engaging
in
Foolishness

Never Satisfied

Not learning
from life's
lessons

Unhealthy Boundaries & Relationships

Wanting More & More

Inauthenticity, Lies, Dishonesty

Arrogance, Unhealthy Habits, Addictions

Confusion, Obsession

Harsh Demands

Agitation, Conflict

Mind Controlled

Our Daily Program – Positive Qualities & Values Guide Us

Each Day
Meditate
& Return to
Wellness

Pursue These
Higher
Qualities
& Values

Gentle Happiness

Healthy Boundaries & Relationships

Appreciation, Gratitude

Integrity, Authenticity, Truth, Honesty

Humility, Simplicity

Clarity, Inner Wisdom

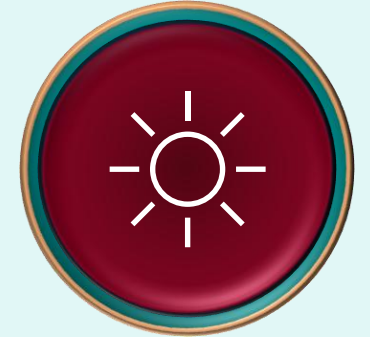
Self-Compassion, Self-Kindness

Serenity, Peace

Meditation, Mindfulness

Daily Healing Program

This sequence begins with awareness and focus, building up to self-compassion, mindfulness, responsibility, and action, ending with gratitude and discipline. It provides a natural flow from reflection to daily practice.



1. Awareness and Focus
2. Self-Compassion and Forgiveness
3. Serenity and Mindfulness Practice
4. Letting Go and Acceptance
5. Personal Responsibility
6. Healthy Choices and Self-Care
7. Gratitude and Appreciation
8. Daily Discipline and Dedication



Daily Healing Program



1. Awareness and Focus

- I play this learning process as a game.
- I am aware again that the world is insane.
- The world can affect my mind and emotions negatively.
- I shift my focus off toxic media and people.
- I can avoid negative news as much as possible.
- I can then refocus on what is helpful, healthy, and beneficial for me.



2. Self-Compassion and Forgiveness

- I am kind, compassionate, and forgiving with myself.
- I am gentle with myself and others.
- I have compassion for myself if my need for connection, conversation, collaboration, or co-creativity is not met.
- I have compassion for myself and others.



3. Serenity and Mindfulness Practice

- Each day, I practice returning to serenity, peace, compassion, meditation, mindfulness, and inner wisdom.
- I meditate and ask my inner wisdom a question and quietly listen for an answer.
- I live one day at a time.
- I do first things first.
- I live with simplicity and keep it simple.



4. Letting Go and Acceptance

- I am not attached to outcomes.
- I have the serenity to accept that I can't change others.
- I let go of all I don't need.
- I let go of comparing myself to others.
- I allow myself to enjoy life and the journey.

Daily Healing Program



5. Personal Responsibility

- I mind my own business.
- I take my own inventory, not others.
- I keep my side of the street clean.
- I take responsibility for my part and make amends when needed.
- I learn from my mistakes.



6. Healthy Choices and Self-Care

- I regulate my behaviors to make my life manageable.
- I understand my unfulfilled needs that can lead to mindless, unhealthy behaviors.
- I become mindful of my needs and make mindful, healthy choices.
- I take care of my feelings and needs each day.



7. Gratitude and Appreciation

- I appreciate myself and others.
- I am grateful for my blessings in life.
- I appreciate and am grateful for the Universe, the Sun, Earth, life, myself, and others.

8. Daily Discipline and Dedication

- I return to my program each day.
- I practice diet (healthy food in moderation), dedication (to Earth), devotion (to family), and discipline (harmonious thinking, sleep earlier, and healthy media).
- I can improve my thinking, feelings, behaviors, actions, and choices.

Recovery Wisdom



1. One day at a time
2. Easy does it
3. First things first
4. Keep it simple
5. Take the next best step
6. Patience, practice, and persistence
7. Progress, not perfection
8. Keep coming back
9. It works if you work it
10. Live and let live
11. We do recover
12. The disease is progressive.
So is recovery.
13. Turn I Wish into I Will
14. When in doubt – don't
15. Small steps forward are still steps
16. Recovery doesn't happen overnight
17. Addiction is an equal opportunity
destroyer
18. Have an attitude of gratitude
19. Take a deep breath.
It's just a bad day, not a bad life.
20. Your day will go the way
the corners of your mouth turn
21. When you smile, your brain
thinks you're happy
22. Pick yourself back up – you've got this
23. Let go of old ideas
24. Each day may not be good,
but there's good in every day

Recovery Wisdom



- 25. Mistakes are proof that you're trying
- 26. Keep your sobriety first to make it last
- 27. If you find a path with no obstacles, it probably doesn't lead anywhere
- 28. There's no progress without struggle
- 29. A scar is a reminder that you're stronger than whatever hurt you
- 30. Yesterday is a canceled check, tomorrow is an IOU, today is cash – spend is wisely
- 31. You have brains in your head and feet in your shoes. You can steer yourself in any direction you choose.
- 32. I am in charge of how I feel, and today, I'm choosing Happiness
- 33. Real recovery is a complete lifestyle change
- 34. Never let a stumble on the road be the end of the Journey
- 35. Your struggle is part of your story
- 36. The Happiness of your life depends upon the Quality of your Thoughts
- 37. If Plan A didn't work, the alphabet has 25 more letters
- 38. Stop Hating yourself for what you aren't and start Loving yourself for what you are
- 39. If it is important, you will find a way. If not, you'll find an excuse.
- 40. I am not what happened to me. I am what I choose to become.
- 41. HOPE – Hold On Pain Ends
- 42. Life always offers you a second chance. It's called Tomorrow.
- 43. Be someone you want to be around

Healthy Positive Friends

**I accept the reality
of what occurred and now what is.**

**I accept I can't fix, change, or control others'
thinking, behavior, choices, and actions.**

**I can change my own
thinking, behavior, choices, and actions.**

**No matter what occurs in the outer world,
no matter what others do or don't do, say or don't say,
I am kind and compassionate with myself.**

Day

26

Monthly Reflection
on Your Habits

Our Monthly Reflection Circle



You Can Join Our Monthly REFLECTION CIRCLE to Stay on Track & Keep Growing!

Success isn't built in a day.

It's created through small, consistent improvements over time.

Your goals become reality through daily action, and we're here to help you stay on track!

Each month, join our **Reflection Circle** to **pause, assess, and refine your journey**:

- ✓ **What's working?** Recognize your wins – big or small.
- ✓ **What needs tweaking?** Adjust your strategies for even better results.
- ✓ **What's next?** Keep building momentum with renewed focus.

Imagine a year from now, looking back on everything you've accomplished
– simply because you decided to start today. **Success is in your hands!**

Take action now: Track your progress, adjust as needed, and never give up.

Join us in celebrating small wins and creating lasting change!

Mark your calendar & commit to your growth.

See you in the Reflection Circle!

Third
Sunday

2 PM, ET

[Register Here](#)



Our Habit Improvement Monthly Reflection Circle



January	February	March	April	May	June
Feelings & Needs	Cues & Triggers	Mindfulness & Serenity	Self- Compassion & Self- Kindness	Never Giving Up	Starting Fresh Each Day
July	August	September	October	November	December
One Day At A Time & Other Recovery Tips	Better Thinking	Better Feelings	Better Patterns	Better Relationships	Life's Journey Learning Growing Enjoying

Third Sunday, 2 PM, ET

[Register Here](#)



Monthly Check-In & Insights
What's Working for You

Adjusting Your Strategies
Encouragement Boosting



Our Monthly Reflection Circle



- **The Reflection Circle** is a gathering of accountability buddies that is powerful and effective in helping us complete tasks and reach our objectives through a combination of encouragement boosting and friendly accountability.
- Why accountability buddies work is because we are social animals. People have been working in groups from the beginning of time.
- Research shows that people accomplish more when they buddy up.
- So, if you've struggled to achieve your goals, you can benefit from our accountability group – **The Reflection Circle**.
- Each Reflection Circle buddy has their own goal. The relationships are mutually beneficial.
- We reinforce healthy habits: getting out of bed on time, positive thinking, supportive emotions, eating healthy food in moderation, exercising, hydration, getting enough sleep, positive media, inner and outer detox and decluttering, and having healthy friends.

more...

Our Monthly Reflection Circle



- We meet every month online to tell each other what we accomplished, go over any challenges we faced, adjust our strategies, and offer each other encouragement and support.
- Each person has a shared desire to accomplish their own goals and be willing to encourage others to make progress.
- We create weekly, monthly, quarterly, and yearly goals.
- Each month, we ask, *"How did I do? What worked? What didn't work?"*
- If we aren't meeting all of our goals, we cut ourselves some slack.
- If we keep sticking with the group, we find an unexpected motivator: friendship – the social aspect is what gets us to show up and keep working to improve our habits and reach our goals.
- We have a new group of healthy, friendly, encouraging friends.

My Goals



This Week

This Month

This Quarter

This Year


Reflection on Daily Habits



1. Success isn't built in a day.
2. Small improvements, over time, create results.
3. Reaching your goal arrives with consistent daily action.
4. Participate in our monthly REFLECTION CIRCLE session.
5. Each month reflect: *What's working? What needs tweaking?*
6. Based on your reflection, adjust your strategies.
7. Imagine a year from now, you look back on what you have accomplished because you decided to start today.
8. It all begins with one decision and action.
9. Track your daily, weekly, monthly, quarterly, yearly progress.
10. Adjust your patterns as needed. Don't give up.
11. Return to your program each day.
12. Celebrate small wins.

28-Day Positive Habit Improvement Results



	
Wounded	Healed
Broken	Whole
Addicted	Wellness
Foolish Actions	Wise Actions
Unhealthy Relationships	Healthy Relationships

Day

27

Daily Check-In

Wellness Though Higher Qualities



|
return to
Daily Wellness
through
Living With
Higher Qualities
of Serenity, Compassion,
Inner Wisdom, Humility
Gratitude, and Simplicity

Wellness Though Better Activities

I return to Daily Wellness

through expanding awareness of my feelings and needs, recognizing triggers that can send me to my unhealthy habits, and developing healthy activities that can fill my needs, including time with healthy friends, physical activity, exercise, hobbies, reading, learning something new, creativity, problem-solving, goal-setting, volunteering, or talking with a trusted person about what I am going through.

Daily Check-In

What's going on?

What are your feelings?

What do you need?

What do you want to do?

What can you do next?

Attitude Inventory

[illegible]

Day	Date	Weight	Well Days	I go to sleep earlier My goal is ___ in a healthy way I do a clearing and create an opening for new possibilities I return to meditation, mindfulness, serenity, self-compassion, self-appreciation, self-kindness, simplicity, gratitude, inner wisdom, and self-care 😊
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				

Better

Thinking

Feelings

Actions

Habits, Routines, Patterns

Friends, Relationships

Communications

Investments

of time, energy, money

Detox & Declutter

Your brain

Your home

Your relationships

Your life

Your media

Your work

Sacred Peace Sanctuary

Each evening, I imagine I am visiting a Sacred Peace Sanctuary.

I read the following before going to sleep.

I am grateful 🧡 to the Universe, the Sun, Earth, and Life for all my blessings

I meditate

I mindfully notice

I have serenity and inner peace

I am non-attached to drama and chaos

I detach, detox, declutter

I use limited media

I have forgiveness and compassion for all my mistakes, and I learn from them

I treat myself nicely with empathy, compassion, and kindness

I only associate with healthy, thoughtful, kind, and wise people

I am patient, peaceful, positive, and productive

I take one day at a time

I take the next best step

I take good care of myself

Positive energy brings me what I need 😊

I have a positive sense of humor 😄

I am grateful 🧡 to the Universe, the Sun, Earth, and Life for all my blessings

Day

28

Conclusion

Conclusion: Accelerating Human Evolution



Beyond Personal Transformation

1. From Individual to Collective Evolution
2. Upgrading Cognition and Emotional Intelligence
3. Shifting Systems and Incentives
4. Creating Living Experiments
5. A Call to Action
6. A Final Thought

Conclusion: Accelerating Human Evolution



Beyond Personal Transformation

The **28-Day Positive Habit Improvement** program provides a strong foundation for personal change, helping individuals replace unhealthy habits with constructive ones and develop **resilience, self-awareness, and emotional intelligence**. These core transformations lay the groundwork for a broader shift:

How do we transition from individual progress to helping individuals replace unhealthy habits with constructive ones to collective evolution and systemic improvement?

Personal transformation alone is not enough – we must now ask:
How do we accelerate human evolution to ensure lasting, systemic improvement?

Conclusion: Accelerating Human Evolution



1. From Individual to Collective Evolution

The challenge is not just **changing individuals** but **shifting collective habits, mindsets, and systems**.

To create lasting positive change, we must:

- Foster **communities of practice** that reinforce positive habits.
- Encourage **cultural shifts** that prioritize wisdom, resilience, and cooperation.
- Experiment with **new social models** that support healthier, wiser living.

Conclusion: Accelerating Human Evolution



2. Upgrading Cognition and Emotional Intelligence

To evolve as a species, we need to refine **not just our habits, but our thinking and emotions** by integrating cognitive training and emotional intelligence practices into everyday life.

This means embedding mindfulness and critical thinking into education, creating workplace cultures that prioritize emotional well-being, and designing urban environments that encourage social connection and mental resilience.

By fostering these changes at a societal level, we can collectively enhance our adaptability, creativity, and wisdom. This means:

- Strengthening **neuroplasticity** through continuous learning and adaptation.
- Cultivating **emotional intelligence and mindfulness** at a societal scale.
- Embedding **wisdom and resilience** into education and leadership.

Conclusion: Accelerating Human Evolution



3. Shifting Systems and Incentives

For meaningful evolution, we must reimagine the **structures** that shape human behavior. One example of a successful systemic shift is the Blue Zones Project, which redesigned environments to promote longevity by integrating healthier lifestyle habits into communities. By modifying urban planning, food availability, and social structures, they significantly improved well-being and longevity at scale. Similar systemic changes can be applied to foster wisdom, resilience, and cooperation across societies. This includes:

- **Education Reform** – Teaching lifelong habit mastery and wisdom from an early age.
- **Economic Redesign** – Aligning financial incentives with well-being and sustainability.
- **Governance Innovation** – Moving from reactive politics to wisdom-driven decision-making.

Conclusion: Accelerating Human Evolution



4. Creating Living Experiments

To truly accelerate human evolution, we must prototype new ways of living and organizing. A Wisocracy Prototype Community could serve as an experimental hub where individuals practice shared governance, ethical economies, and collective well-being. This community would integrate regenerative agriculture, decentralized decision-making, and cooperative learning spaces. Potential challenges include resistance to change, resource sustainability, and scalability. Solutions could involve fostering adaptability through iterative improvements, leveraging technology for transparent governance, and building networks of allied communities to expand impact. Possible Wisocracy initiatives include:

- **Wisocracy Prototype Community** – A **real-world space** to test wise governance, ethical economies, and shared habit transformation.
- **Wisocracy Digital Evolution Hub** – A **platform** where people track and optimize their personal and collective evolution.
- **Wisocracy Accelerators** – **Intensive programs** designed to help individuals rapidly rewire their thinking, habits, and emotional patterns.

Conclusion: Accelerating Human Evolution



5. A Call to Action

If we do not accelerate human evolution, we will continue to create new crises and conflicts. The choice is ours:

- Do we remain trapped in outdated systems and destructive habits?
- Or do we commit to evolving – individually and collectively – toward a wiser, healthier, and more sustainable world?

The future of humanity depends on the actions we take today. We invite you to join Wisocracy in shaping a movement toward wisdom-driven evolution – engage with our initiatives, contribute your insights, and be part of a community committed to transformative progress. Together, we can create a future where collective intelligence and sustainable systems lead humanity to its highest potential.

Let us move forward with clarity, courage, and a shared commitment to progress.

Conclusion: Accelerating Human Evolution



6. A Final Thought



If we don't evolve faster,
we keep creating new messes.

What will it take to break the cycle?

You Can Join Wisocracy Here

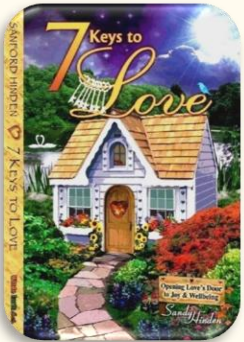
About



Bio



Sanford Hinden Coach, Educator, Author



- Sandy provides [programs](#) for libraries and organizations in person and on Zoom in personal development, communications and relationships, and social and global development for peace and sustainability.
- He worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services for Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- In 2009, he wrote and published [7 Keys to Love – Opening Love’s Door to Joy & Wellbeing](#).
- He works on [Wisocracy](#) for wise democracy, wisdom, wellness, peace, and nature.
- Sandy is available for coaching in communication, habit change, and recovery.

Testimonials



“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now.”

Ronald Gross, Columbia University



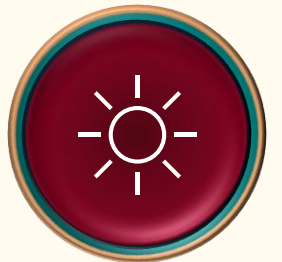
“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”

Meg Rivers, HBO / HBO Max



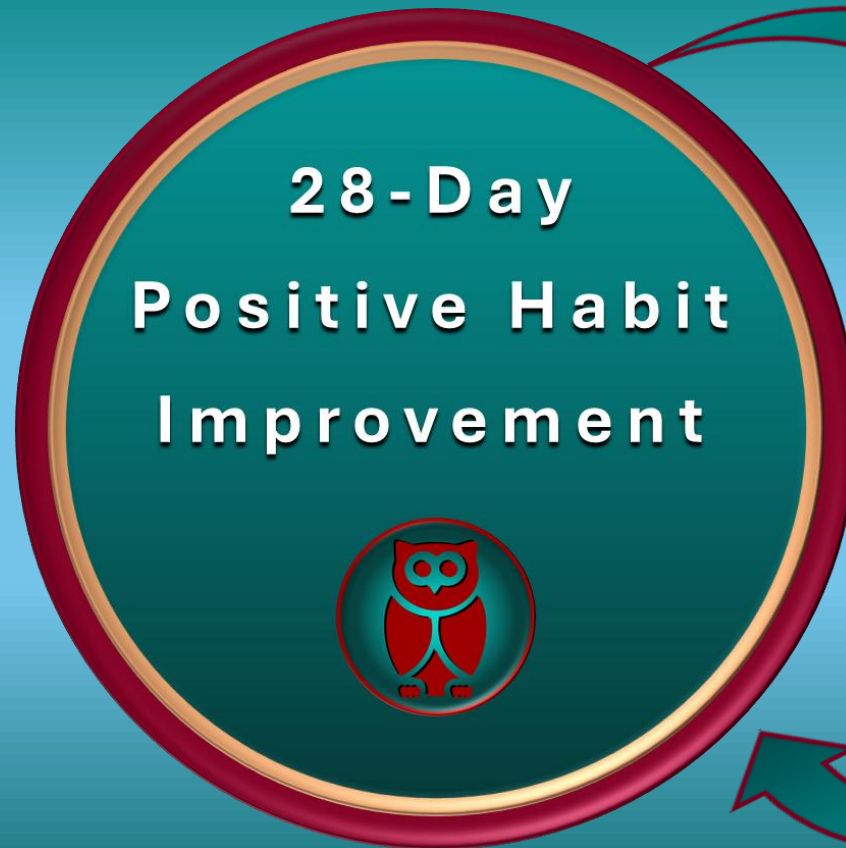
“Sandy is an inspirational actionist! His wealth of experience and human kindness makes learning with and from him an enriching experience and always a joy.”

Alexander Laszlo, Global Systems Educator



Over 90% of people
have an unhealthy habit...

Wiser
Habits



Wiser
World

Healthy, Wiser Habits Create a Healthy, Wiser World



Helpful Skills

28-Day Positive Habit Improvement

Providing positive
values, skills, encouragement,
and helping you increase resilience,
to transform your habits and
have a happier life...



Resilience



Guiding Values



Encouragement