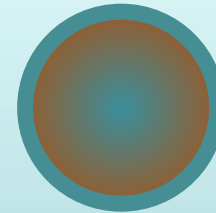
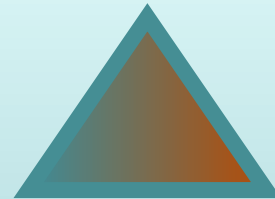


Serenity ❖ Compassion ❖ Wellbeing ❖ Wisdom

Positive Improvement Program (P.I.P.)

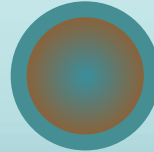
A Practice of Wellbeing, Wisdom & Healthy Fun



Sandy Hinden

Positive Improvement Program

A Practice of Wellbeing,
Wisdom & Healthy Fun



Sandy
Hinden

Positive Improvement Program

Enjoy	These free Positive Improvement Program & Worksheets help you create your better self that serves you well
Join	The PIP ZOOM Support Group Session - 90 minutes for \$5
Coaching	30 minutes \$75 60 minutes \$100 90 minutes \$125

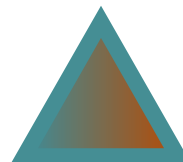
You can pay by Discover, Mastercard, Visa on PayPal or Zelle

If you have any questions, you can call 516-815-4967

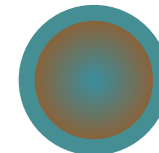
To Set Up Coaching
Click Here



To Join a PIP Zoom Meeting
Click Here



To Pay by PayPal
Click Here

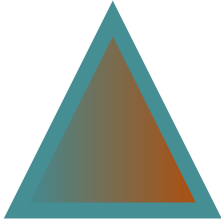


Positive Improvement Program



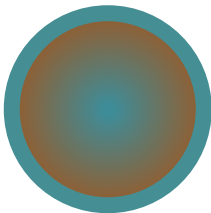
Dear Friend,

So many people live with habits they wish they didn't have, and they find it difficult to create new habits. Though they try and try, over and over again, their old habits reappear.



While more than 50% of people make New Year's resolutions to change or improve their lives, over 90% of these efforts end quickly.

The Positive Improvement Program is here to help you create the habits you want, including healthy fun 😊.



I provide you with the information you need, coaching, and a Zoom support group to help you make progress and enjoy your life more.

Sandy Hinden

Hurtful Habits

Cause	Fatalities Per Year
Smoking	480,000+
Obesity	300,000
Drugs	110,000
Alcohol	80,000
Guns	48,000
Cars	43,000
Total	1,061,000+

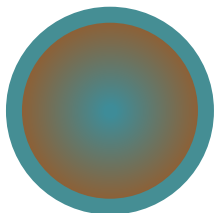
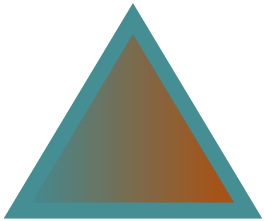
“Habits are first cobwebs, then cables.”

Spanish Proverb

Excesses & Habits That Can Create Problems

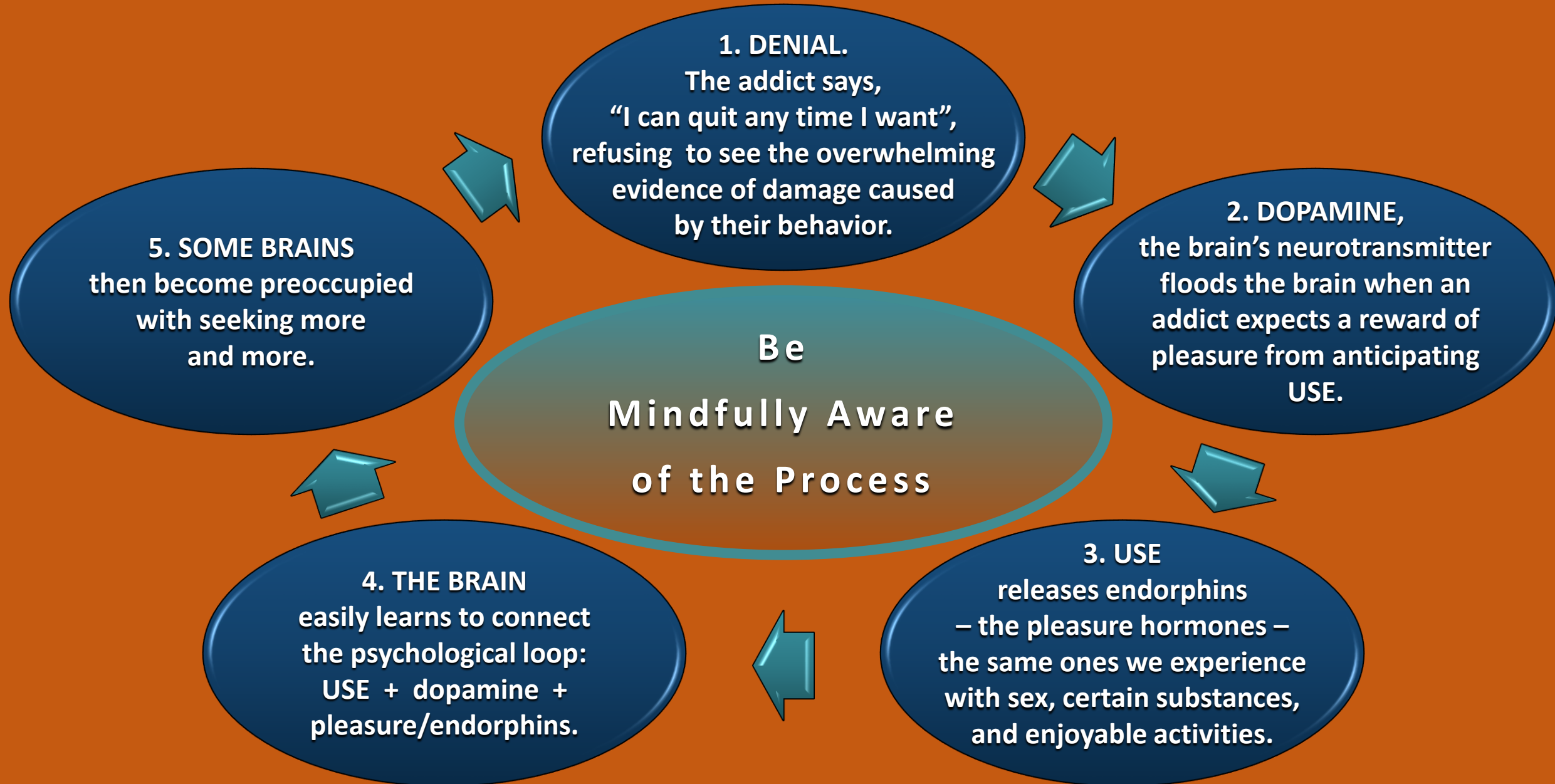
Alcohol, Arguing, Bitterness, Caffeine,
Cell Phone Compulsion, Closed-mindedness,
Codependence, Coldness, Conflict, Chronic Anger,
Disorganization, Drugs, Food, Gambling, Gaming, Gossiping,
Greed, Guns, Hoarding, Hostility, Intensity, Internet Excess, Isolation,
Laziness, Lying, Negativity, Nicotine,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

The Process of Addiction



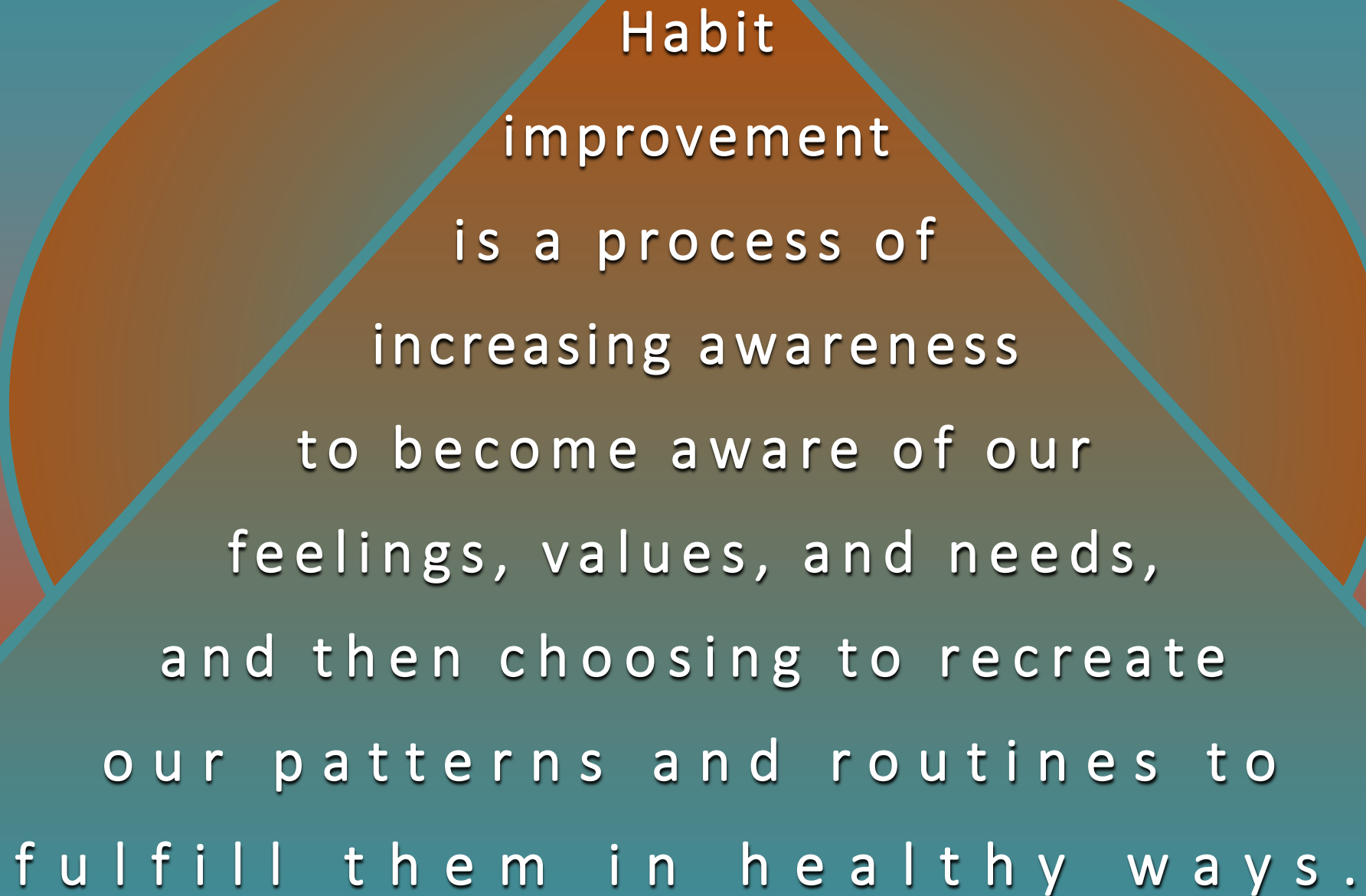
1. **Wherever you find addiction, there you find denial. The addict says, “I can quit any time I want” while refusing to see the overwhelming evidence of the damage caused by their behavior.**
2. **When allowed to continue unchecked, addictions destroy lives.**
3. **The neuroscience of addiction is the same regardless of the behavior or substance.**
4. **The brain doesn’t care if it’s porn addiction, shopping addiction, cigarette addiction, video game addiction, or whatever you like, including gun addiction.**
5. **Here’s how it works: Dopamine is the brain’s neurotransmitter that is released when you expect a reward – when you expect pleasure.**
6. **The brain is flooded with dopamine when an addict prepares to USE.**
7. **USE releases endorphins – the pleasure hormones – the same ones we experience with sex, with taking certain substances, and with other enjoyable activities.**
8. **Since the pleasure and endorphins follow the anticipation so quickly and reliably, the brain easily learns to connect the psychological loop: USE + dopamine + pleasure/endorphins.**
9. **Some brains then become preoccupied with seeking more and more.**

The Process of Addiction



Levels of Conscious Awareness

Mindful Level	• Intentional awareness of the flow of thoughts, emotions, physical sensations, and what is going on around us, and intentionally not being attached to them. Intentional awareness of our feelings, values, and needs.
Conscious Level	• Things we are aware of, including things that we know about ourselves and our surroundings.
Preconscious Level	• Things we could pay conscious attention to if we wanted to. • Where many memories are stored for easy retrieval. • Thoughts that are unconscious now but are not repressed and are available for recall and easily capable of becoming conscious.
Unconscious Level	• Things outside of conscious awareness. • Much of what is stored in the unconscious is thought to be unpleasant or conflicting, such as unacceptable selfish, sexual, or aggressive feelings. • While these elements are stored out of our awareness, they may influence our behavior. • Memories, thoughts, and urges we are not aware of. • Traumatized (hurt) feelings. • Unfulfilled or disowned needs that may drive addictions.



Habit
improvement
is a process of
increasing awareness
to become aware of our
feelings, values, and needs,
and then choosing to recreate
our patterns and routines to
fulfill them in healthy ways.



Creating Positive Habits

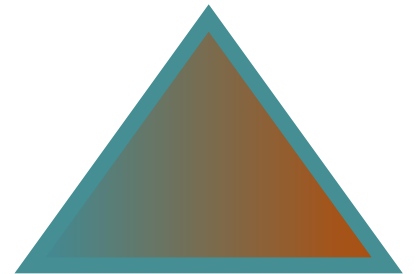
Positive Improvement Program

1. The Positive Improvement Program is here to help you have a Life of Satisfaction, Fulfillment, Wellbeing, and Happiness.
2. Cravings/Impulses to Use Your Unhealthy Habit for Comfort can activate when you are at an Emotional Weak Point.
3. Consciously or unconsciously — when facing a difficult problem, feeling stressed, or even feeling bored, you may turn to your Unhealthy Habit for Comfort.
4. Emotional Binging is using your Unhealthy Habit for Comfort.
5. It can sabotage your Positive Improvement Program.



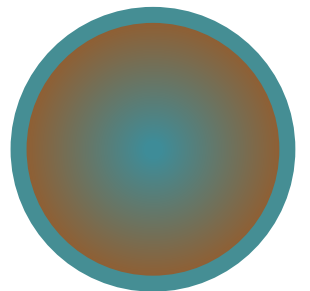
Positive Improvement Program

6. The good news is that if you are prone to **Emotional Binging**, you can take steps to regain control of your habits and **Get Back on Track** with **Your Positive Improvement Program**.
7. Emotional Binging is a way to **Suppress or Soothe Your Uncomfortable Emotions**.
8. These emotions usually are one or more of the **Eight Uncomfortable Emotions** of:
 1. fear
 2. stress
 3. boredom
 4. sadness
 1. loneliness
 2. anger
 3. resentment
 4. guilt, shame



Positive Improvement Program

9. Major life events or the hassles of daily life can activate emotions that lead to **Emotional Binging** and **Your Unhealthy Habit**.
10. They can disrupt your **Positive Improvement Program**.
11. These activators might include:
 - Relationship conflicts
 - Work or other stressors
 - Fatigue
 - Financial pressures
 - Health problems
12. Physical discomfort of tiredness needs rest.



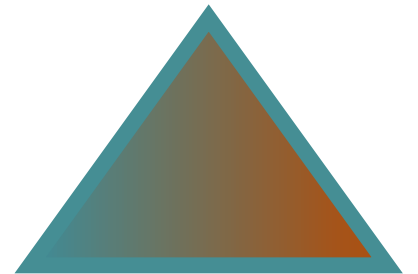
Positive Improvement Program

13. Your emotions can become so tied to the **Unhealthy Habit** that you automatically reach for it whenever you are angry or stressed without thinking about what you're doing.
14. Your Unhealthy Habit also serves as a **Distraction**. If you're worried about an upcoming event or stewing over a conflict, for instance, you may focus on **Your Unhealthy Habit for Comfort** instead of dealing with the painful situation.
15. Whatever emotions drive you to **Your Unhealthy Habit**, the result is often the same.



Positive Improvement Program

16. The effect is temporary, the uncomfortable emotions return, and you likely then bear the additional burden of guilt about setting back your Positive Improvement Program.
17. This can also lead to The Unhealthy Cycle.
18. Your Emotions Activate your Unhealthy Habit for Comfort, the Uncomfortable Emotions Return, and you Binge for Comfort Again, you Put Yourself Down and Beat Yourself Up for going off your Positive Improvement Program, you feel bad, and you Binge for Comfort Again.
19. How do you get back on track?



The Unhealthy Cycle





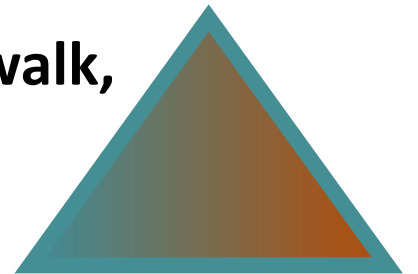
Just be mindful of difficulties and any uncomfortable emotions.
Then return your Daily Practice of Wellbeing & Making Wise Choices.



I Mindfully Return to
Serenity, Self-Appreciation,
Self-Compassion, Self-Kindness,
Self-Care & Healthy Fun

Positive Improvement Program

16. When the 8 Uncomfortable Emotions threaten to activate **Emotional Binging for Comfort**, you can take steps to deactivate cravings.
17. To help stop Emotional Binging, try these tips:
18. **Tame Your Stress.** If stress contributes to your emotional binging, meditate and deep breathe. Lower the intensity and negativity and Mindfully Return to Serenity, Self-Appreciation, Self-Compassion, Self-Kindness, and Self-Care. Give the craving time to deactivate.
19. **Cease Boredom.** Instead of engaging in Your Unhealthy Habit, **Refocus Yourself and Substitute a Healthier Behavior:** take a walk, watch a positive program, play with your pet, listen to music, read, or call a friend.



How Positive & Peaceful Do I Feel?

	1	2	3	4	5	6	7	8	9	10	
Negative											Positive
Intense											Peaceful

☹ Lower negativity and intensity

☺ Increase positivity and peaceful serenity

Positive Improvement Program

- 20. **Learn From Setbacks.** If you have an episode of Emotional Binging, Forgive Yourself and Start Fresh Now.
- 21. **Learn From the Experience** and make a plan for how you can prevent it in the future.
- 22. **Focus on the Positive Improvements** you're making in your Positive Improvement Program.
- 23. **Give Yourself Credit for Making Improvements** that are leading to Greater Satisfaction, Fulfillment, Wellbeing, and Happiness.
- 24. **Do a Daily Self-Inventory** or Review the 7 Questions.



Forgive
yourself &
start again

Area	My Goals	Note / Progress
Health, Physical		
Emotional		
Intellectual		
Spiritual		
Relationships		
Family		
Social		
Career		
Financial		
Learning		
Hobby		
Other		

My New Intentions

I would like...

1.

2.

3.



Positive Improvement Process

Eight Phases of Habit Improvement

Although people can move through these phases in order, it is 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 my improvement.
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 improvement. I engineer my environment.
8	Success	I have no temptation to return to the habit and I move on to the next challenge.

Long-Term Process

Not Ready for Change

1. I deny the need for and resist improvement.

Crisis or Choice

2. I accept the need for improvement.

Not Willing to Live the Old Way

3. I am willing to improve.

Ready for improvement

4. I imagine myself improving.

Commitment to improvement

5. I am committed to improvement.
6. I don't know how to make improvement.
7. I don't know where to get help for improvement.
8. I know where to get help to make improvement.
9. I go for help to improve.
10. I get help with improvement.
11. I continue to try to make improvement.
12. I start to make progress with my improvement.

Challenges

13. I slip up and regress.
14. I return to being on my program for improvement.
15. I continue to make improvement.
16. I relapse.
17. I release judgment, blame, shame, or guilt.
18. I have compassion and forgiveness for myself.

Compassionate Mindful Awareness

19. I reflect on what feelings I was having, and what need was not being met, before I relapsed.
20. I accept what just happened.
21. I create an opening and a chance to begin again.

Fresh Start

22. I bounce back and get back on my program with a FRESH START.
23. I take care of my feelings and needs each day.
24. I take baby steps again.
25. I take action on what matters to me, is important to me, is meaningful, purposeful, and what I value.
26. I take one day at a time.
27. I am patient with myself.
28. I accept this is a life-long lifestyle improvement.
29. I never give up.
30. I focus on creating a fulfilling, satisfying life.
31. I have some healthy fun 😊
32. I make progress.



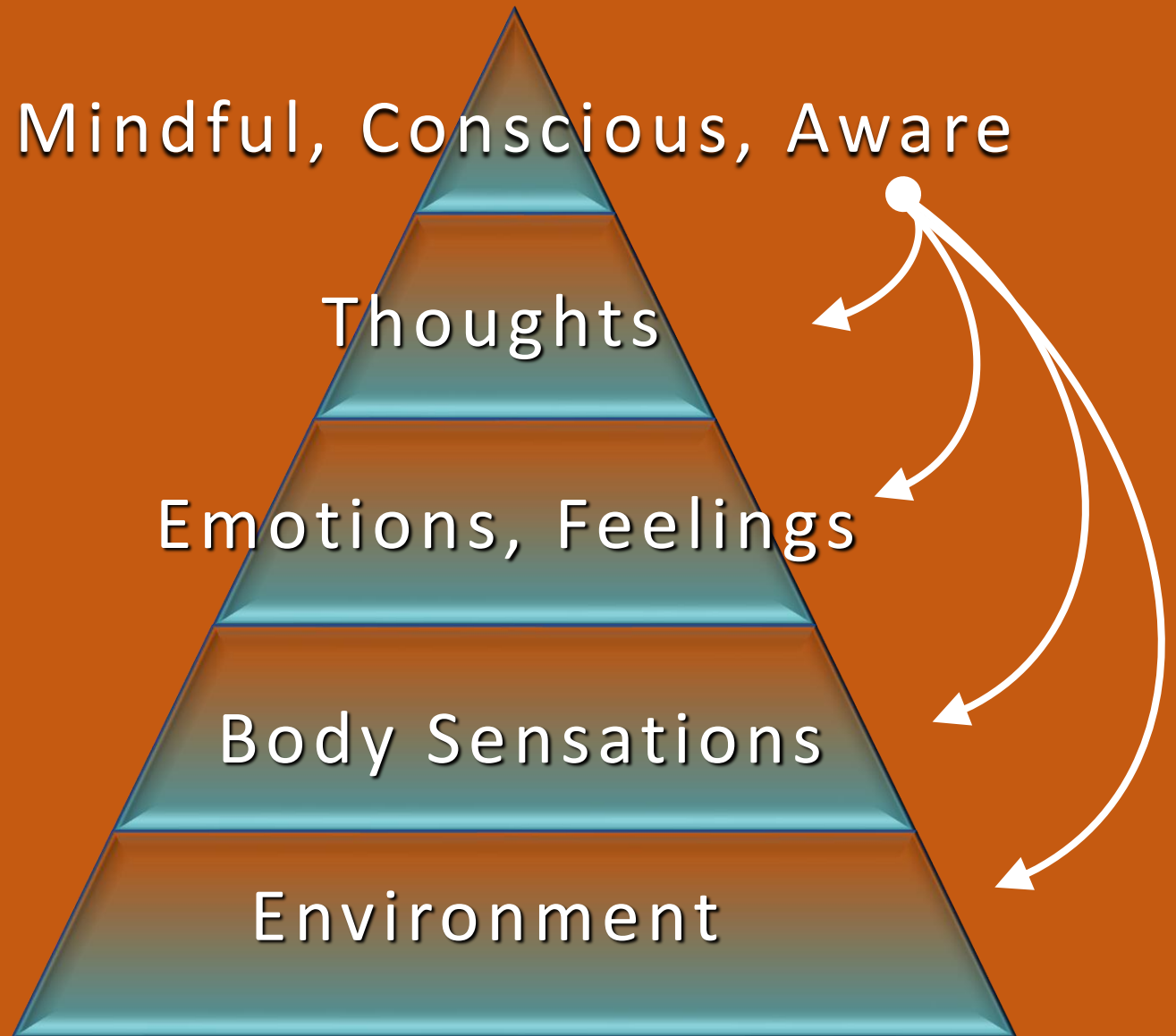
Helpful Tips

New Habit Formation

1	Pattern	• Consciously, intentionally, and deliberately design the pattern you want. • This process will produce the long-term improvement you are seeking.
2	Routine	• Practice it on a regular basis as a predictable routine. • Repeat it again and again over a long time.
3	Habit	• Allow for slip-ups and starting the routine over again and again. • It can take two months to two years to go from starting a new behavior to automatically doing it as a permanent habit.

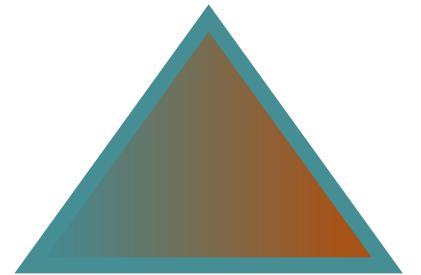
Mindful Awareness

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



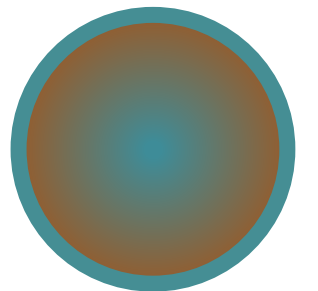
My Practice

- Easy does it
- One day at a time
- I let go of negative media
- I let go of trying to fix, change, or control others
- I let go of anger and resentment
- I let go of all attachments
- I release what is not working and what I don't need
- I return to humility, simplicity and gratitude
- I am complete with the past
- I create an opening for new potential
- I meditate
- I work toward values and my goal
- I practice working without attachment to success and outcomes
- I play this as a game, having fun 😊
- I enjoy my practice and make progress



Abundance & Gratitude

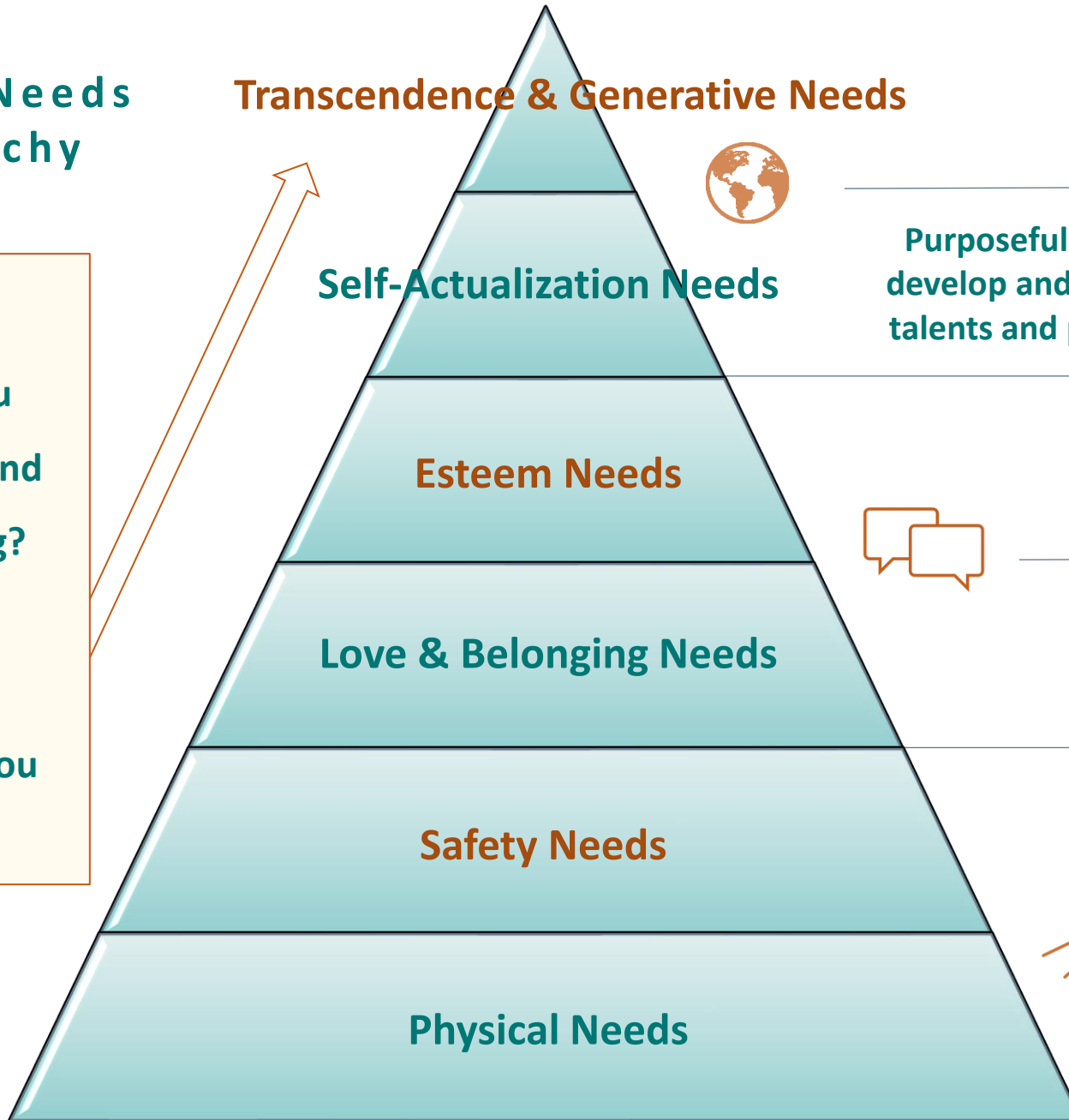
- **Money is needed to help fulfill our basic human needs.**
- **I am mindful when I feel others have more and I feel less than them.**
- **I stop comparing myself to others. Comparing leads to despairing.**
- **I am grateful for the goodness in my life.**
- **I am at peace.**
- **I live with serenity, simplicity, and gratitude.**
- **I do my work with gratitude each day.**
- **I work toward my values and goals and make progress.**



Human Needs Hierarchy

What
are you
feeling and
needing?

What
would you
like?



Transcendence & Generative Needs

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

Self-Actualization Needs

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

Education, Freedom, Meaning,
Purpose, Direction, Creativity,
Intellectual & Aesthetic Fulfillment

Esteem Needs

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

Love & Belonging Needs

Friendship, intimacy, family, a sense
of connection, compassion, community,
happiness, wellbeing

Safety Needs

Personal security, employment,
resources, health, peace

Physical Needs

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

Need Satisfiers - Ways of Meeting Needs

Violators	• Claim to be satisfying a need. • Yet, in fact, make it more difficult to satisfy a need.	• Arms race • Drinks that cause dehydration
Pseudo Satisfiers	• Claim to be satisfying a need. • Yet, in fact, have little to no effect on really meeting such a need.	• Some toys • Glamour or lifestyle accessories for self-esteem
Inhibiting Satisfiers	• Over-satisfy a need. • While seriously inhibiting the possibility of satisfaction of other needs.	• Dictatorship • Addictions, consumerism • Junk media, junk food • Overprotective parent • Permissive parent
Singular Satisfiers	• Satisfies one need only. • Neutral to the satisfaction of other needs.	• Poorly designed housing programs
Synergistic Satisfiers	• Satisfies a given need. • While simultaneously contributing to the satisfaction of other needs.	• Positive community • Nutritional food

Be Mindful
that Feelings and Unfulfilled Needs
Can Activate an Unhealthy Habit

NEEDS

FEELINGS & UNFULFILLED NEEDS
CAN ACTIVATE AN UNHEALTHY HABIT

PHYSICAL NEEDS

Hungry, thirsty, tired

SAFETY, SECURITY, PEACE NEEDS

High intensity, negativity, stress, fear, worry,
conflict, hostility, anger, resentment

LOVE, BELONGING, COMMUNITY NEEDS

Sad, lonely, unloved, unappreciated

ESTEEM, RESPECT NEEDS

Ignored, insulted, rejected, betrayed,
inferior, worth less than

MEANING, PURPOSE, CREATIVITY NEEDS

Meaningless, useless, aimless,
bored, dull, uninterested, jaded, fed-up

ONENESS, CONCERN FOR THE EARTH NEEDS

Fear for nature, future generations

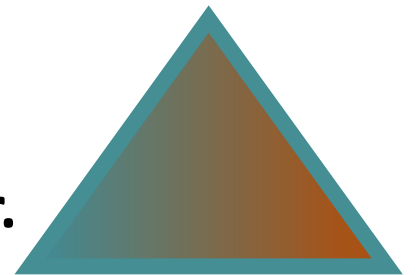
My Process

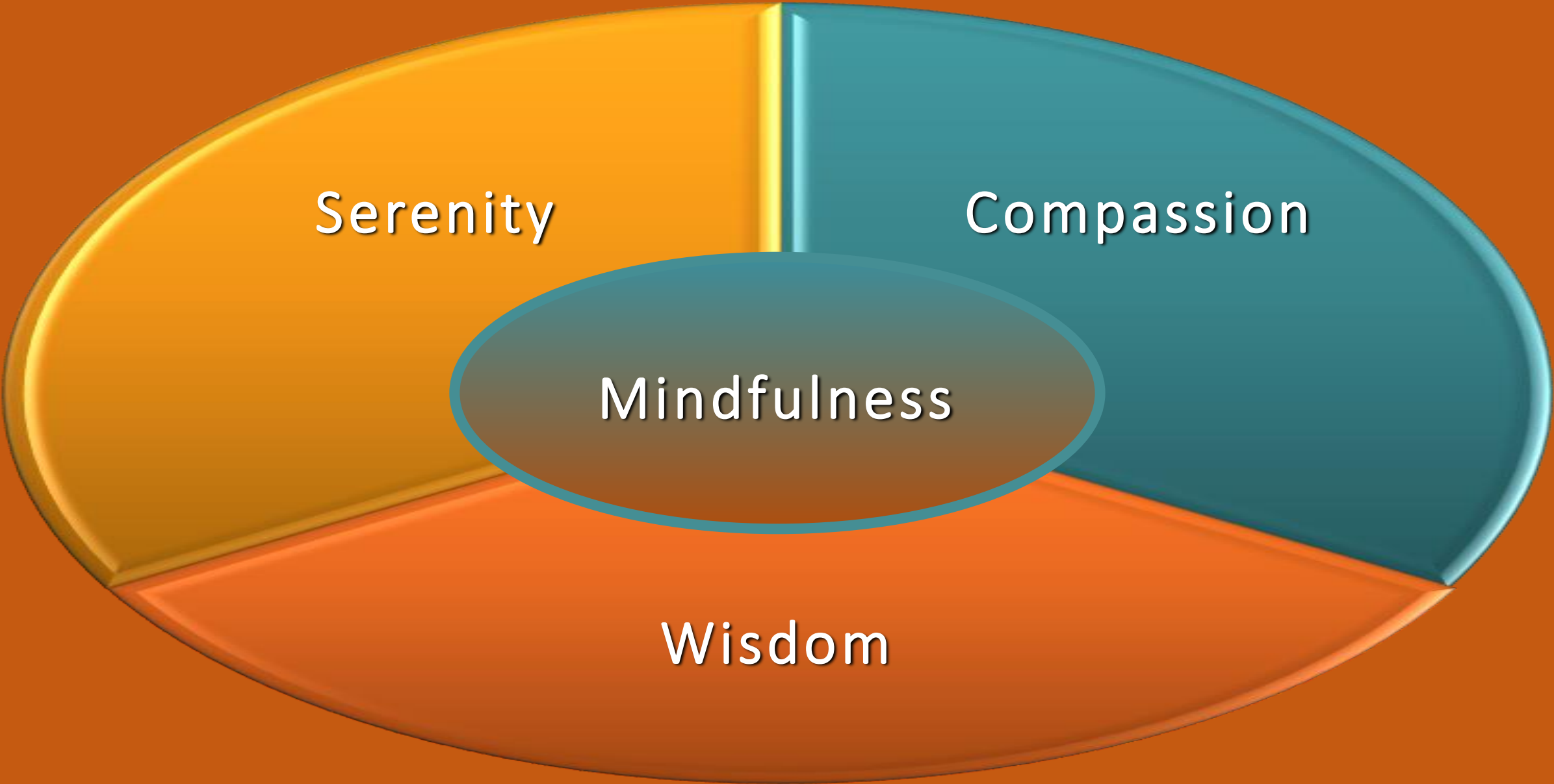
- I am mindful when I feel drained by people who act in unhelpful ways.
- I accept I can't fix, change, or control others.
- I prioritize my wellbeing. Letting go of perfection I make progress.
- I set boundaries. I do not allow myself to be pulled into negative behaviors or attitudes.
- I seek common ground and build connections based on shared interests or values.
- I treat others with compassion, respect, and kindness.
- I mindfully live with serenity, simplicity, and gratitude.
- I have a positive sense of humor about all this 😊



My Process

- I accept reality and find ways to deal with it. I take the next best step.
- The past is over and done.
- I am in the present with serenity, self-compassion, self-kindness, self-care, and gratitude.
- I return to being peaceful, happy, and creative 😊
- I release and let go of all I don't want and don't need.
- I make an opening for new possibilities.
- I stay in the creative flow.
- I work with who and what shows up.
- I meditate and am mindful.
- I ask my inner wise one a question and quietly listen for an answer.





Serenity

Compassion

Mindfulness

Wisdom

Better Thinking, Feeling & Behavior

A	B	C	D	E	F
Adversity Activating Event	Self-disturbing Irrational Beliefs about the Adversity	Unhelpful Emotional and Behavioral Consequences	Disputation to Challenge B	Effective New Rational Beliefs Effective Change	Helpful New Feelings
I made a typo in my email cover letter to 100 people	I am such a jerk I never get it right I am a loser	Disappointment Sadness Anger Fear Blaming Shaming Self-putdown	I am a good person I try very hard to do well Perfection is often elusive Humility saves me from humiliation	I learn from my mistakes The past is over Tomorrow, I will be more mindful, aware, and patient, and check my work Tomorrow will be a better day Positive energy helps brings me what I need	Unconditional acceptance of what is Self-compassion Self-forgiveness Self-appreciation Self-kindness Self-care I bounce back, try again, and go forward

Better Thinking, Feeling & Behavior

A	B	C	D	E	F
Adversity Activating Event	Self-disturbing Irrational Beliefs about the Adversity	Unhelpful Emotional and Behavioral Consequences	Disputation to Challenge B	Effective New Rational Beliefs Effective Change	Helpful New Feelings

10 Steps to Wisdom

Wisdom
is the ability
to
think and
act well

1

Learning lessons from self-reflection, past experiences, and mistakes.

2

Developing common sense from observations, experiences, and seeking facts.

3

Gaining knowledge throughout life. Listening to and learning from wise people.

4

Calming and understanding the meaning of emotions and any unfulfilled needs.

5

Deeply listening to understand more and what is really going on.

6

Sorting complexity into categories of opinions, facts, feelings, values, needs.

7

Quietly accessing inner wisdom by asking a question.
Quietly letting the brain access memory and creative problem-solving.
Quietly listening for an inner wise answer.

8

Creating insights and connecting the dots.

9

Using reason to make considered, healthy choices.

10

Taking action that is effective, efficient, and efficacious (right goals).

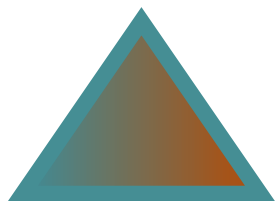
Growing Consciousness

Many people are caught up in the flood of information, not growing in consciousness.

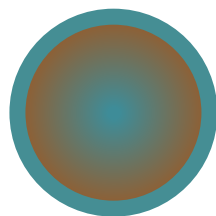
Here is how we can grow in consciousness:



1. Become aware of your feelings, thoughts, concerns, and needs.
2. Become aware of what is going on in your environment and the world.
3. Be mindful of your thoughts, just *notice them* without being attached to them.



4. Meditate
5. In meditation, serenely ask your inner wisdom a question, and quietly listen for an answer.



6. Return to serenity, compassion, and inner wisdom each day.
7. Enjoy little moments of gratitude and happiness each day.
8. Take care of your feelings and needs each day.

7 Questions for Better Thinking

7 GREAT QUESTIONS

1. Does my thinking help me remain healthy and alive?
2. Does my thinking lead to feelings I want to have?
3. Does my thinking help me reach a goal I have chosen?
4. Does my thinking minimize conflict with others?
5. Does my thinking help keep me out of trouble?
6. Does my thinking help me cope with unpleasant realities?
7. Is my thinking rational, self-forgiving, and non-perfectionistic?



MINDFULNESS PRACTICE

- Mindfulness is the practice of just noticing, being aware of, when you are not thinking well or the contents of your thoughts.
- Just noticing your thinking.
- When you see yourself not thinking well, without putting yourself down, just switch to better thinking.
- It is a simple, daily practice.

What kind of feelings do I want
my thoughts to bring me to?

- Self-appreciation
- Self-compassion
- Self-kindness
- Self-care
- Happiness
- Satisfaction
- Fulfillment
- Healthy Fun



I mindfully see that resenting people
doesn't lead to my feeling happy,
satisfied, fulfilled, or having
self-appreciation, self-compassion,
self-kindness, or self-care.

It is just a waste of
my time, energy, and emotions.



Great
Feelings & Processes

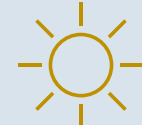
The Path to Your Better You

- The human mind is like a creative computer that calculates, imagines, invents.
- Our imagination can be stimulated to involvement with what has been called “vices” of the “lower self”.
- We can also explore what has been called the “virtues” of the “higher self”.
- Life is a process of becoming conscious of all this, and choosing the path we follow.
- When we slip up, and go off the higher path, we can just mindfully get back on the path to our better selves, one day at a time.

LESSER SELF	BETTER SELF
L a z y	R e s p o n s i b l e
L y i n g , D e n y i n g	T r u t h f u l
L u s t f u l	A p p r e c i a t i v e
G r e e d y	G e n e r o u s
H a t e f u l	C o m p a s s i o n a t e
V i o l e n t	K i n d
R e s e n t f u l	G r a t e f u l
C o n f u s e d	C l e a r
C h a o t i c	S i m p l i f i e d
F o o l i s h	W i s e
A d d i c t e d	W e l l



P e a c e f u l



P o s i t i v e



G r a t e f u l



H a p p y



W a r m



K i n d



F r i e n d l y



F u n



C r e a t i v e



W i s e



M i n d f u l



C o m m u n i c a t i v e



Good Humor

Simplicity

Gratitude

Compassion

Serenity

Meditation

Mindfulness



My Daily Inventory

Day	Date	Weight	Start ____ / Goal ____ Go to sleep, do a clearing, get back on my program, take care of my feelings and needs, create an opening for new potential, and am grateful to be alive. I lose 15 lbs. through mindfulness & self-kindness
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

My Daily Inventory

What happened yesterday, today? What did I do?	
How did I feel, or do I feel?	
What did I need? What do I need?	
Did I take action in the direction of my goals/values?	
Did I take care of my feelings and needs?	
Did I follow my program?	
Was I mindful?	
Did I meditate 3 times a day for 5 minutes?	
What didn't go well?	
Did I do anything unhealthy or not in my best interest?	
Did I cause any harm to anyone?	
Do I need to make amends or admit I was wrong?	
Did I help anyone?	
Did I do anything I can feel proud of or happy about?	

Programs for Individuals, Couples, Libraries & Organizations



Sanford Hinden

Programs for Libraries



Dear Program Director,

As a supporter of personal growth and community development, I provide programs focused on personal development, communications and relationships, and social and global development for libraries.



Libraries play a crucial role in fostering lifelong learning and supporting the wellbeing and development of individuals.

I can contribute to your library's mission by organizing and facilitating engaging programs in these areas:



Personal Development - These sessions empower individuals to discover their full potential, increase wellbeing, and achieve personal and professional success.

Communications and Relationships - Programs provide participants with practical tools to enhance communication skills and interpersonal relationships, creating more understanding between people at home, work, and in the community.

Social and Global Development - Encouraging dialogue, critical thinking, and action enables individuals to contribute meaningfully to their communities and the world at large.

I look forward to the possibility of working with you to provide enriching experiences for library patrons that contribute to their personal, social, and community development.

Please feel free to contact me with any questions or to schedule a program.

Sincerely,
Sandy Hinden

PERSONAL DEVELOPMENT



- **Positive Habit Improvement**
- **Weight Loss with a Dash of Humor**
- **Self-Appreciation, Self-Compassion & Self-Care**
- **Creating or Revising Your Bucket List**
- **Mindful Meditation for Peace & Wellbeing**
- **Meaningful, Purposeful, Creative Living**
- **Wisdom & Meeting the Wise-One Within**
- **Anger Management & Self Regulation**
- **Executive Functions of the Brain**
- **Great Lessons Learned from Life**

RELATIONSHIPS & COMMUNICATION



- **Community Conversation Circle**
- **Better Communication & Conversation Skills**
- **Better Communication with Teen or Adult Children**
- **How to Negotiate a Collaborative Solution**
- **Develop & Keep Healthy, Loving Relationships**
- **Being Friendly Helps**
- **The Healing Power of Compassion & Kindness**
- **The Power of Nurturance**
- **What Makes Addiction Recovery Really Work**
- **21 Tips for Great Customer Service**

SOCIAL & GLOBAL DEVELOPMENT



- **Values for a Better Life & World**
- **Wise Democracy, Wisdom & Wellbeing**
- **The Next Steps for Democracy**
- **World Wisdom & Wellbeing Report**
- **Human Transformation for World Wellbeing**
- **World Happiness Report**
- **Wise Leadership Development**
- **Doughnut Economics & Wellbeing Economy**
- **Bioregeneration for Saving Our Planet**
- **Global Gang Transformation**

The Need for These Programs

85% of people feel disengaged at work.

Many teams are not fully productive, and workers may not get along well.

Many people are not in healthy, loving relationships with family and friends.

Many people don't feel safe, peaceful, loving, or loved.

They may feel lonely and feel little happiness and wellbeing.

Many have negative self-talk, compare themselves to others, and don't feel confident.

Some are overloaded from negativity in media and stress.

Many are addicted to screens, food, alcohol, drugs, gambling, or shopping.

Some let anger get the best of them, and they harm their relationships or work.

Some can't stay focused and work on their goals.

Some feel aimless and find little meaning, purpose, and creativity in their lives.



Human Needs Hierarchy

What
are you
feeling and
needing?

What
would you
like?

Transcendence & Generative Needs



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

Self-Actualization Needs

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

Education, Freedom, Meaning,
Purpose, Direction, Creativity,
Intellectual & Aesthetic Fulfillment

Esteem Needs

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



Love & Belonging Needs

Friendship, intimacy, family, a sense
of connection, compassion, community,
happiness, wellbeing

Safety Needs

Personal security, employment,
resources, health, peace



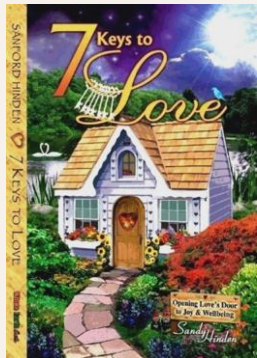
Physical Needs

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

The Benefits of These Programs

- 1 Meet to discuss questions, brainstorm ideas, identify problems, make decisions**
- 2 Address common problems or issues**
- 3 Gain new ideas and insights**
- 4 Learn hands-on skills**
- 5 Try out new methods in a safe environment**
- 6 Resolve problems with a fresh perspective**
- 7 Explore possibilities for what really matters**
- 8 Increase wellbeing and awareness**
- 9 Create a path for personal growth**
- 10 Have fun while learning**
- 11 Increase motivation and engagement**

About



- Sandy Hinden provides programs for organizations in person and on Zoom in personal development, relationships and communications, and social and global development for peace and sustainability.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- He works locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- Sandy was director of *Community Partners for Coordinated Services* for *Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- He initiated the *Concert for the Earth* with Paul Winter for the *UN Environment Program* held in the United Nations General Assembly on World Environment Day, 1984.
- Sandy created [Wisocracy](#) for wise democracy, wisdom, wellbeing, peace, and nature.
- He is author of [7 Keys to Love – Opening Love's Door to Joy & Wellbeing.](#)

References



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

Meg Rivers

Senior Production Specialist at HBO / HBO Max



“Sandy is an inspirational actionist! He is not afraid to ask the tough questions and explore heartfelt responses to them. The ones that have to do with how we got into this mess as humanity, and what it's going to take for us to get out of it. His wealth of experience and human kindness, combined with political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy.”

Alexander Laszlo

Global Systems Educator



“Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years. He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas. He encouraged me to not give up.”

Dr. Robert Muller (1923-2010)

Former UN Assistant Secretary General

Cofounder, UN University for Peace, Costa Rica

“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. I trust him and have learned immensely from him.”

Ronald Gross

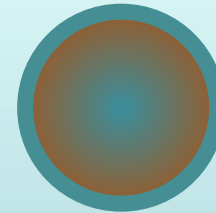
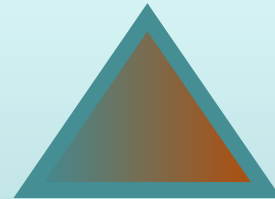
Founder/Director, Conversations New York

**Co-chair, University Seminar on Innovation,
Columbia University**

Serenity ❖ Compassion ❖ Wellbeing ❖ Wisdom

Positive Improvement Program (P.I.P.)

A Practice of Wellbeing, Wisdom & Healthy Fun



Sandy Hinden