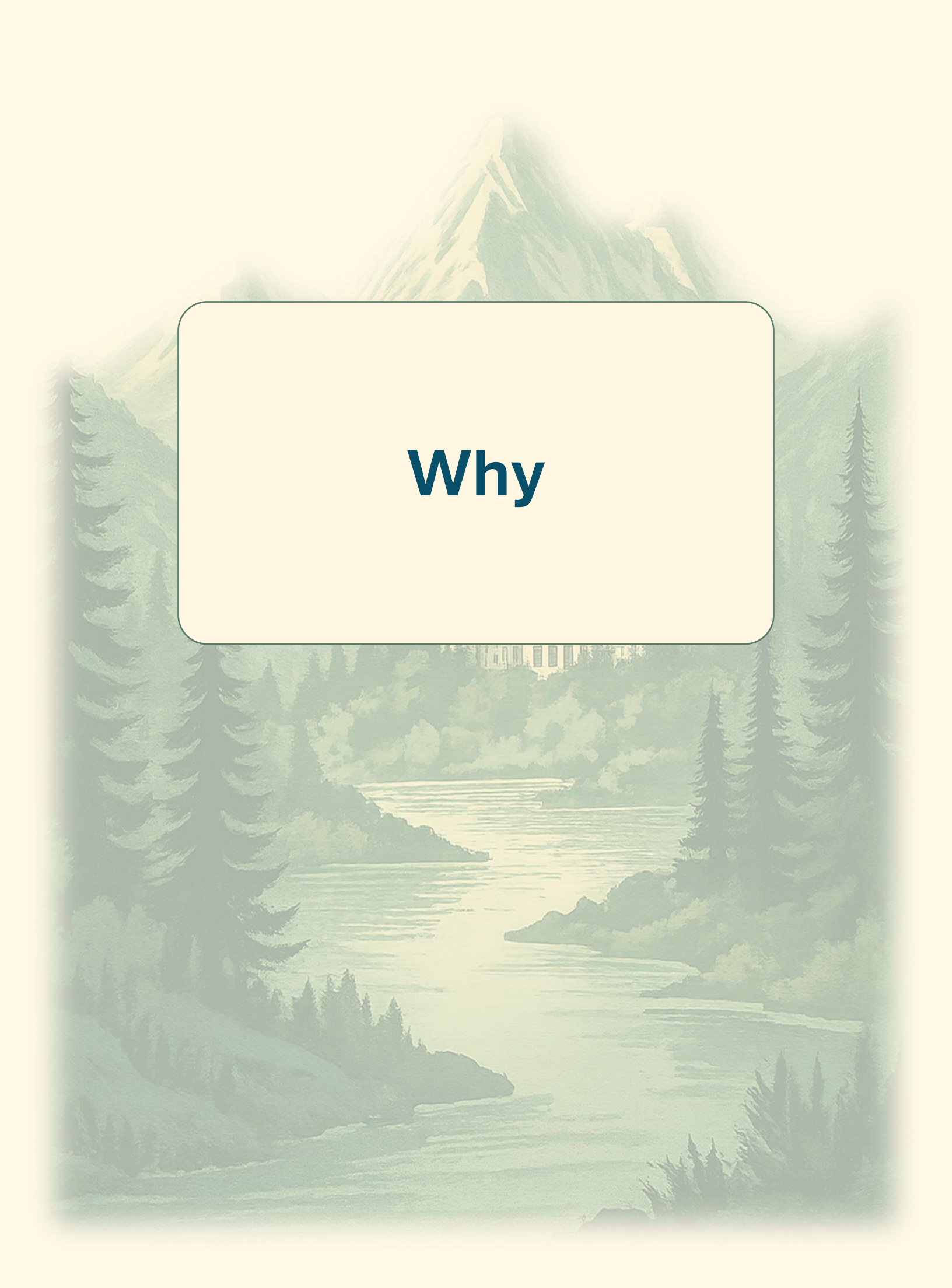


The background of the slide is a soft, painterly illustration of a natural landscape. At the top, a mountain peak is visible, partially shrouded in a light mist or fog. Below the mountain, a calm body of water, likely a lake or a wide river, stretches across the middle ground. The water's surface is textured with gentle ripples. On either side of the water, there are dense forests of evergreen trees, their colors ranging from deep greens to lighter, hazy tones that blend into the background. The overall atmosphere is peaceful and serene, with a soft, diffused light that suggests a quiet time of day like dawn or dusk. The text is centered within a white, rounded rectangular box that has a thin dark border, making it stand out clearly against the background.

Sandy Hinden

Helpful Healthy Habit Coaching

Coaching Overview

A scenic landscape painting in a soft, painterly style. In the foreground, a calm lake reflects the surrounding greenery. The middle ground is filled with dense evergreen trees, some of which are in sharp focus. In the background, a large, rugged mountain peak rises above a layer of mist or low clouds. A small, light-colored building with multiple windows is visible on a hillside in the distance, partially obscured by the trees. The overall color palette is dominated by various shades of green, with some yellowish-brown tones on the mountain peaks and the building.

Why

Sandy Hinden

Helpful Healthy Habit Coaching

Coaching Overview

Why

Most people don't struggle because they are weak.
They struggle because modern life overwhelms the nervous system.

We live in a world engineered to trigger
dopamine, fantasy, and compulsive loops —
food, phones, scrolling, cravings, and escape patterns
that quietly shape our daily behavior.

For years, people have been told that the solution is
willpower, discipline, or motivation.

But these approaches ignore the deeper truth:
**Unhealthy habits grow where unmet needs,
stress, and imaginative triggers go unnoticed.**

My coaching begins here
— with understanding, not judgment.

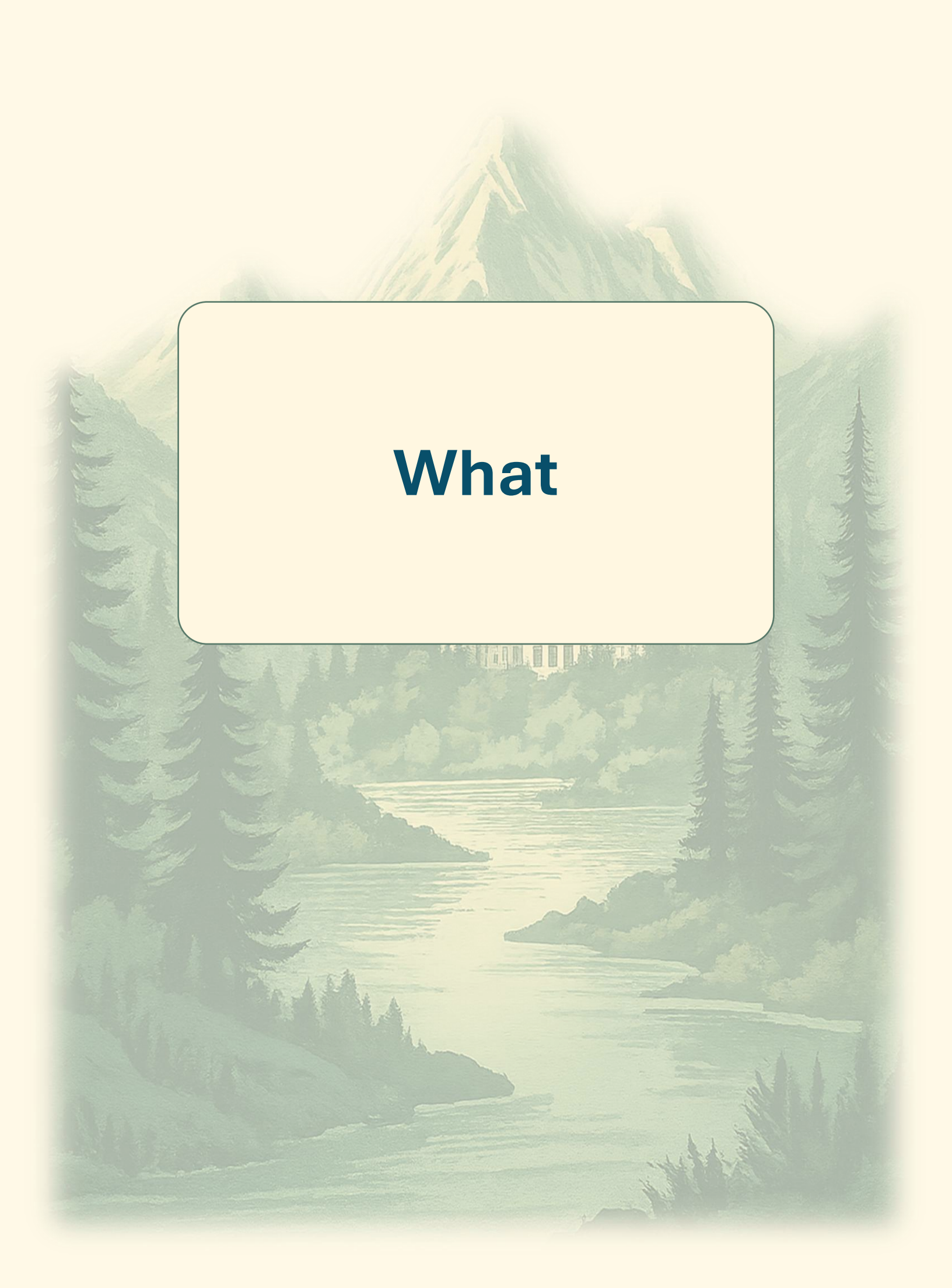
I help people gently break the cycle of:

- **Emotional triggers** →
- **Fantasy or craving** →
- **Automatic habits that drain well-being**

They are replaced with a pattern of:
Calm. Clarity. Self-regulation.
One healthier month at a time.

You don't need to force yourself into change.
You only need a steady process that works *with*
your nervous system, your needs, and your natural strengths.

That's what this coaching provides.

A scenic landscape painting featuring a calm lake nestled between steep, forested mountains. Tall, dark evergreen trees line the shores, and a small, light-colored building with multiple windows is visible on a distant hillside. The overall tone is soft and painterly, with a muted color palette dominated by greens and blues. A large, light-colored rounded rectangle is superimposed over the upper center of the image, containing the word "What".

What

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Helpful Healthy Habit Coaching
Coaching Overview

What I Help With

Most people struggle with one or more habits that drain their energy, confidence, or health — overeating, compulsive phone use, stress habits, procrastination, or emotional escape patterns.

These habits are not signs of failure.

They're signs of **unmet needs**, **triggered imagination**, and **automatic patterns** that can be gently transformed.

My coaching helps you:

- **Reduce or replace unhealthy habits**
- **Understand your emotional triggers**
- **Strengthen calm, clarity, and self-regulation**
- **Build supportive routines**
- **Reconnect with what truly matters to you**

The goal is simple:
one healthier month at a time
— without shame or overwhelm.

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Helpful Healthy Habit Coaching
Coaching Overview

What Coaching Looks Like

Initial Session (45 minutes)

We explore your current habits, what you want to change, and what's getting in the way.

Weekly or Bi-Weekly Sessions (45 minutes)

Each meeting focuses on one or more of the 8 pillars and includes practical steps you can use immediately.

Monthly Helpful Healthy Habits Email

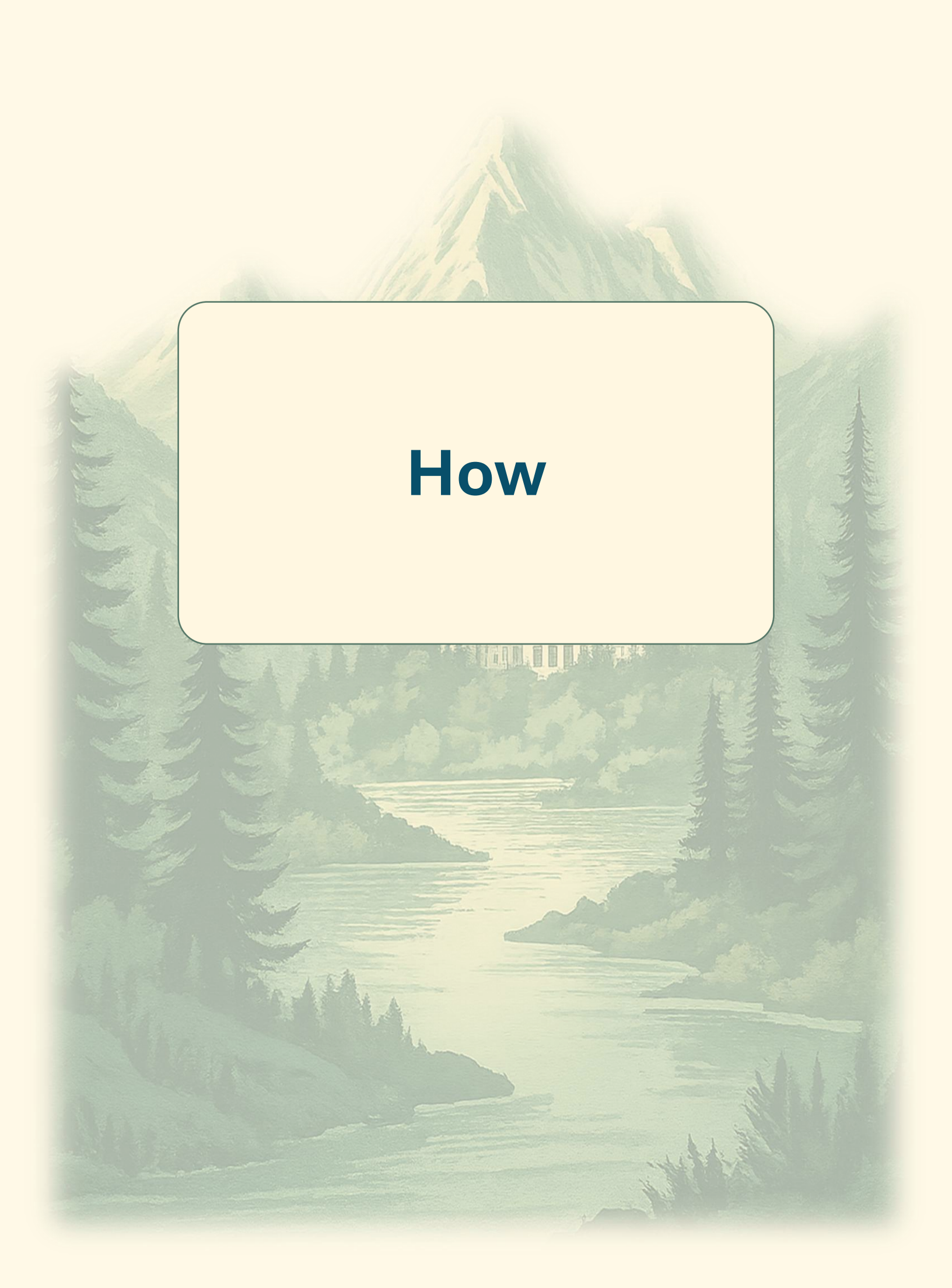
You receive:

- **One helpful insight**
- **One reflection question**
- **One helpful practice**

This keeps you moving forward between sessions.

Optional Monthly Group Check-in

A calm, supportive circle for accountability and encouragement.

A scenic landscape painting in a soft, painterly style. In the foreground, a calm lake reflects the surrounding greenery. The middle ground is filled with dense evergreen trees, some of which are in sharp focus. In the background, a large, rugged mountain peak rises above a layer of mist or low clouds. A small, light-colored building with multiple windows is visible on a hillside in the distance, partially obscured by the trees. The overall color palette is dominated by various shades of green and blue, with a hazy, atmospheric quality.

How

Sandy Hinden
Helpful Healthy Habit Coaching
Coaching Overview

How My Approach Is Different

Most habit-change advice relies on willpower, discipline, or motivation.

These methods rarely work long-term.

My approach works at a deeper level:
the **dopamine–fantasy–compulsion cycle** that quietly drives most unhealthy habits.

Together, we explore:

1. **Your daily patterns and routines**
2. **Your feelings and values**
3. **Your needs and healthy need-satisfiers**
4. **Your influences and triggers (media, cues, friends, activities)**
5. **Your inner imaginative patterns**
6. **Your intensity–serenity balance**
7. **Your daily reflection and restoration practices**
8. **Your monthly accountability check-in**

This gentle, whole-person approach helps you create habits that actually last.

Sandy Hinden
Helpful Healthy Habit Coaching
Coaching Overview

Helpful Healthy Habits Coaching — 8 Pillars

1. Habits, Daily Patterns & Routines

Your daily rhythms shape your health. We explore the patterns that help you and the ones that quietly drain your energy, clarity, and motivation.

2. Feelings, Emotions & Values

Every habit has emotional roots. Understanding what you feel — and what you truly value — builds the foundation for lasting change.

3. Needs & Need-Satisfiers

Unmet needs often fuel unhealthy habits. We identify the real needs underneath your behaviors and find healthy ways to fulfill them.

4. Influences, Cues & Triggers

Ideas, media, activities, environments, and relationships all influence your habits. We clarify which ones help you and which ones pull you off balance.

5. Imagination–Fantasy Self-Regulation

Your inner images, fantasies, and thought patterns can either support you or trigger old habits. You learn gentle ways to guide your imagination toward healthier outcomes — without using guilt or willpower.

6. Intensity–Serenity & Negativity–Positivity Meter

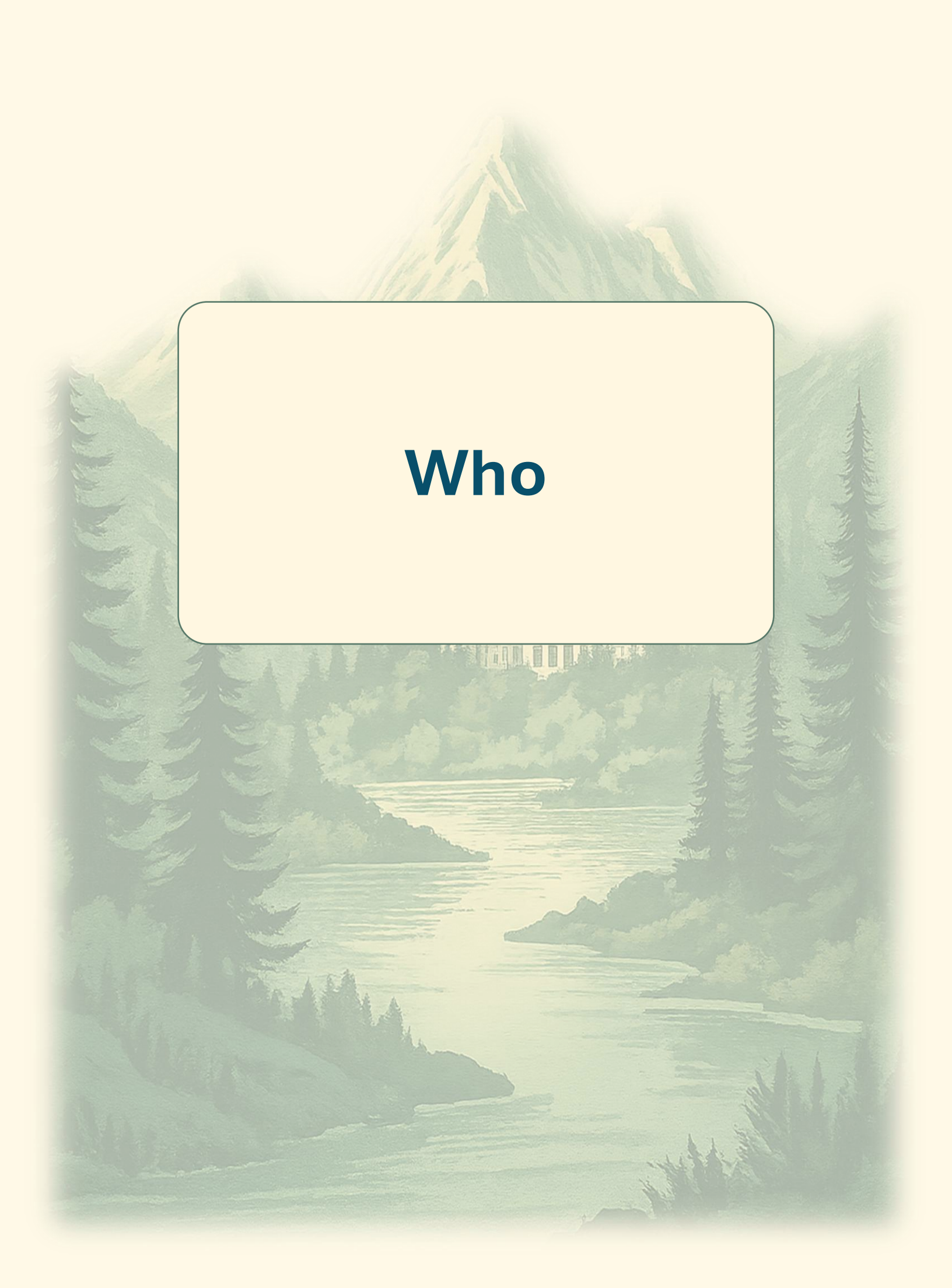
Tracking emotional intensity and mental tone helps you stay centered. You learn how to shift toward serenity, clarity, and steadiness.

7. Daily Reflection, Restoration & Practice

Simple daily practices — journaling, inventory, meditation, exercise, rest — strengthen your awareness and support ongoing progress.

8. Monthly Helpful Healthy Community Check-In

You're not alone. A calm, supportive monthly check-in helps you maintain momentum through accountability, encouragement, and shared wisdom.

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Who

Sandy Hinden
Helpful Healthy Habit Coaching
Coaching Overview

Who This Is For

People who want:

- **Calm instead of overwhelm**
- **Clarity instead of confusion**
- **Health instead of habit-driven exhaustion**
- **Support instead of isolation**
- **Inner steadiness instead of compulsive loops**

You do not have to be “perfect” or ready.

You only need to be willing.

What You Can Expect

- **A compassionate, shame-free environment**
- **A clear, structured process**
- **Deep understanding of the emotional roots of habits**
- **Small steps that build real momentum**
- **Tools that strengthen your ability to stay present and make healthy choices**

You will never be pushed.

You will always be supported.

Next Step

If you'd like to talk, ask questions, or schedule an initial session, feel free to reply to this email or contact me here:

Email: sanfordhinden@verizon.net

Phone/Text: 516-815-4967

You're welcome to take your time.

When you're ready, I'm here.

Sandy Hinden

Helpful Healthy Habit Coaching

Coaching Overview

A B O U T

Sandy Hinden has developed and facilitated more than 200 interactive sessions on habit improvement, meditation, meaning and purpose, wellbeing, communication, empathy, leadership, and community resilience — both locally and online.

Sandy's work centers on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. He is the author of *7 Keys to Love* (2009) and the founder of [Wisocracy.org](https://www.wisocracy.org) (2022).

Sanford Hinden is a global educator, systems thinker, and organizational developer dedicated to advancing peace, justice, and stewardship of the Earth.

As the founder of Wisocracy and the Wisdom Commonwealth for Earth & Humanity (2025), he designs frameworks for wisdom-driven governance and whole systems healing, helping humanity and nature thrive together in an age of planetary crisis.

Sanford's work spans four decades and continents — facilitating transformational programs for UN initiatives, Rotary-related groups, NGOs, educational institutions, and civic organizations. He has worked as Program Director for Suffolk Community Council, a fundraiser for the Boys & Girls Club and Central Suffolk Hospital, and Executive Director for the Dix Hills Performing Arts Center.

He is the author of multiple works on personal growth, leadership transformation, and systemic reform — and a catalyst for global movements in civic education, peacebuilding, and sustainable governance.

TESTIMONIALS

“Thank you for moderating our weekly Conversation Circle. Each week, the conversation gets more stimulating and informative! Everyone loves the sessions and is so happy to see each other, even if it’s only virtually! Keeping our patrons connected and giving them a chance to discuss what's on their minds is more important than ever in these challenging times.”

**Roseanne Dorfman, Program Coordinator,
West Hempstead Library**

“Thanks so much for yet another great program!! I heard great feedback from our patrons. I just came in from a meeting and was met by my coworker, who told me that our patrons LOVED your program. The feedback we received was great, and I want to thank you for offering your programs to libraries. I'd love to welcome you back again in the future for another one of your presentations!”

Amy Mondello, Program Director, Glen Cove Library

“It was an excellent and detailed presentation. The pages were well outlined, with clear, precise directions. I thought the give and take was excellent, and a lot of people felt connected.”

**Judith Pannullo, Executive Director
Suffolk Community Council**

“This group is very unique for our community. Love interacting with strangers, sharing ideas, and pointing out programs that could benefit us all. We hear how people spend their time. We stick to common topics that affect most of us. We share common goals. I would love for this group to be more often. We all would love that.”

Library Patron

"I recently attended Sandy Hinden’s 'Mindfulness & Meditation' workshop. His knowledge spans a broad range of topics. His presentations are delivered with great insight, passion, and relaxation techniques that are beneficial both personally and professionally.

I learned a great deal about my inner self, as well as meditation techniques that will help me maintain positive energy throughout my everyday life. I strongly encourage anyone to attend his workshops."

Matt Harris, Financial Industry

Sandy Hinden

HELPFUL HEALTHY HABITS COACHING

Screens • Food • Substances • Processes

Imagination Self-Regulation Practice

516-815-4967

On Zoom

*Who and what controls your imagination,
controls your habits and your life.*

Habit improvement is not instant.
With time and effort, habits can be improved.

*The secret to improving your life
is found in your daily routine.*

Today's improved behavior is the
beginning of tomorrow's improved habit.

The background of the slide is a soft, painterly illustration of a natural landscape. At the top, a mountain peak is visible, partially shrouded in mist or light. Below the mountain, a calm body of water, likely a lake or a wide river, stretches across the middle ground. The water is surrounded by dense evergreen forests on both sides. The overall color palette is muted, featuring various shades of green, blue, and beige, giving it a serene and natural feel.

Sandy Hinden

Helpful Healthy Habit Coaching

Coaching Overview