

Make situational changes to habitual actions

Can you change your focus / awareness?

Try:

New models (incl. of the brain)
Using other's perspectives
Post event reflection
Mindful observation



Focus of attention

What do you focus on / 'ignore'?

For example:

Rational analysis of facts
People / Personality types
System roles
Messages from the body

KNOW

Learn vs Repeat

SEE*

Respond vs React

DO

Can you change your 'stories' / emotions?

Try:

Positive re-framing,
Using imagery / Visualisation
Working with metaphors
Physical priming

Your 'story' is NOT the only one

'Stories'

(= Predictive context)

What's triggering your 'stories'?

For example:

Fears / Frustrations
Past formative experiences
'Me' / 'Not me' beliefs
'Us' / 'Them' beliefs



Mind management

Brain Awareness

* perception is a personal reality you 'create' (per 'A Thousand Brains' by Jeff Hawkins)