

Wellness:
Finding True
North





- Career tracks changing
- Exploring new ways of being together
- New things to learn
- New opportunities being presented
- New challenge to look at our life's purpose
- One door is opening, one is shutting
- Battling togetherness and not together enough
- Circumstances leading us to discover North Star

Coronavirus has
changed our world

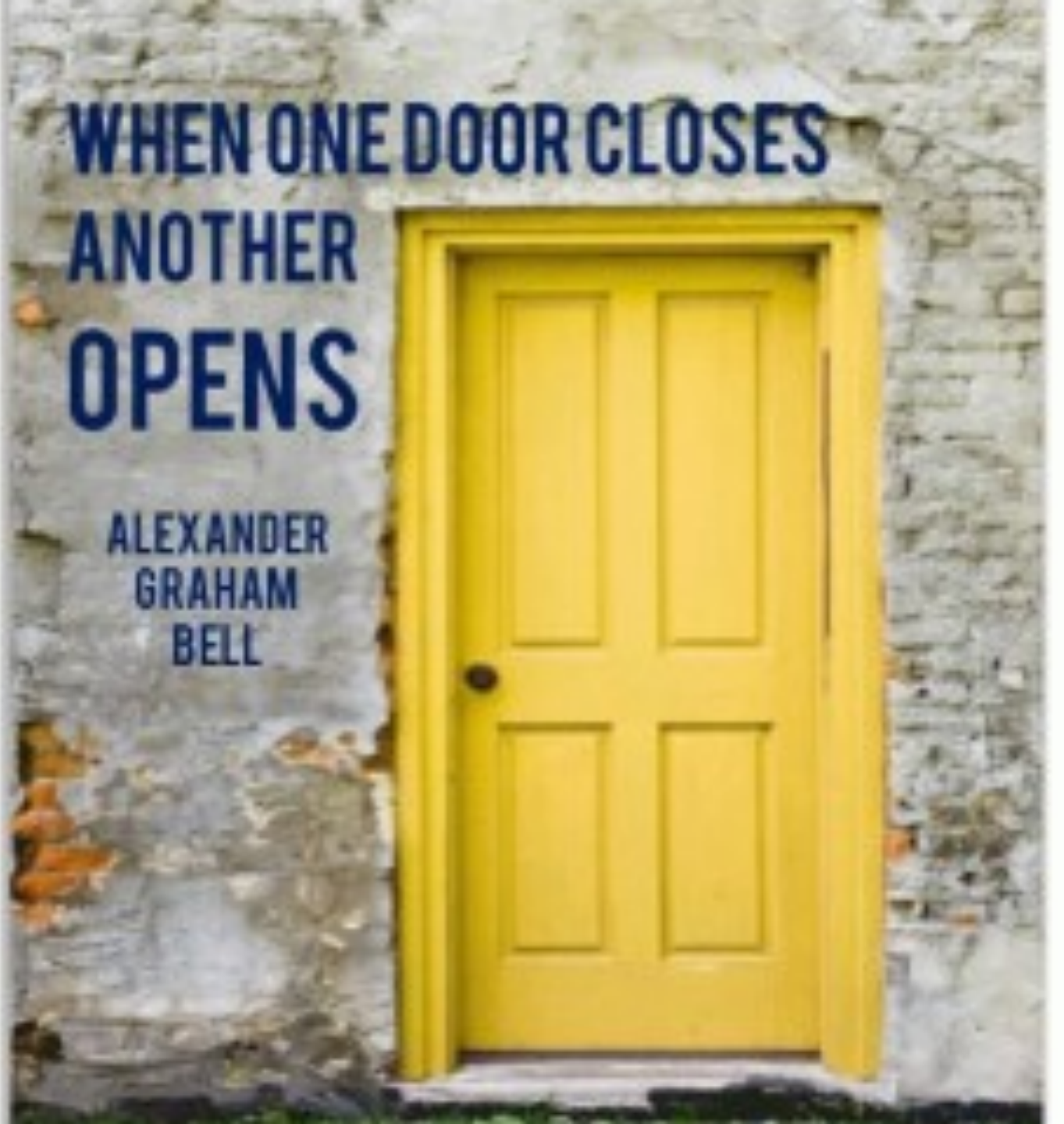
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We feel uncomfortable,
our old landmarks are gone.

The maps we use are out of date.
We MUST TRAVEL to North Star
alone.

One door opens, one door closes.
We cannot go back.

We see a small sliver of light.
We are already beginning to grow.
THE JOURNEY IS UNDER WAY.

Good or bad? How you experience
will determine how it will wire into
your brain.

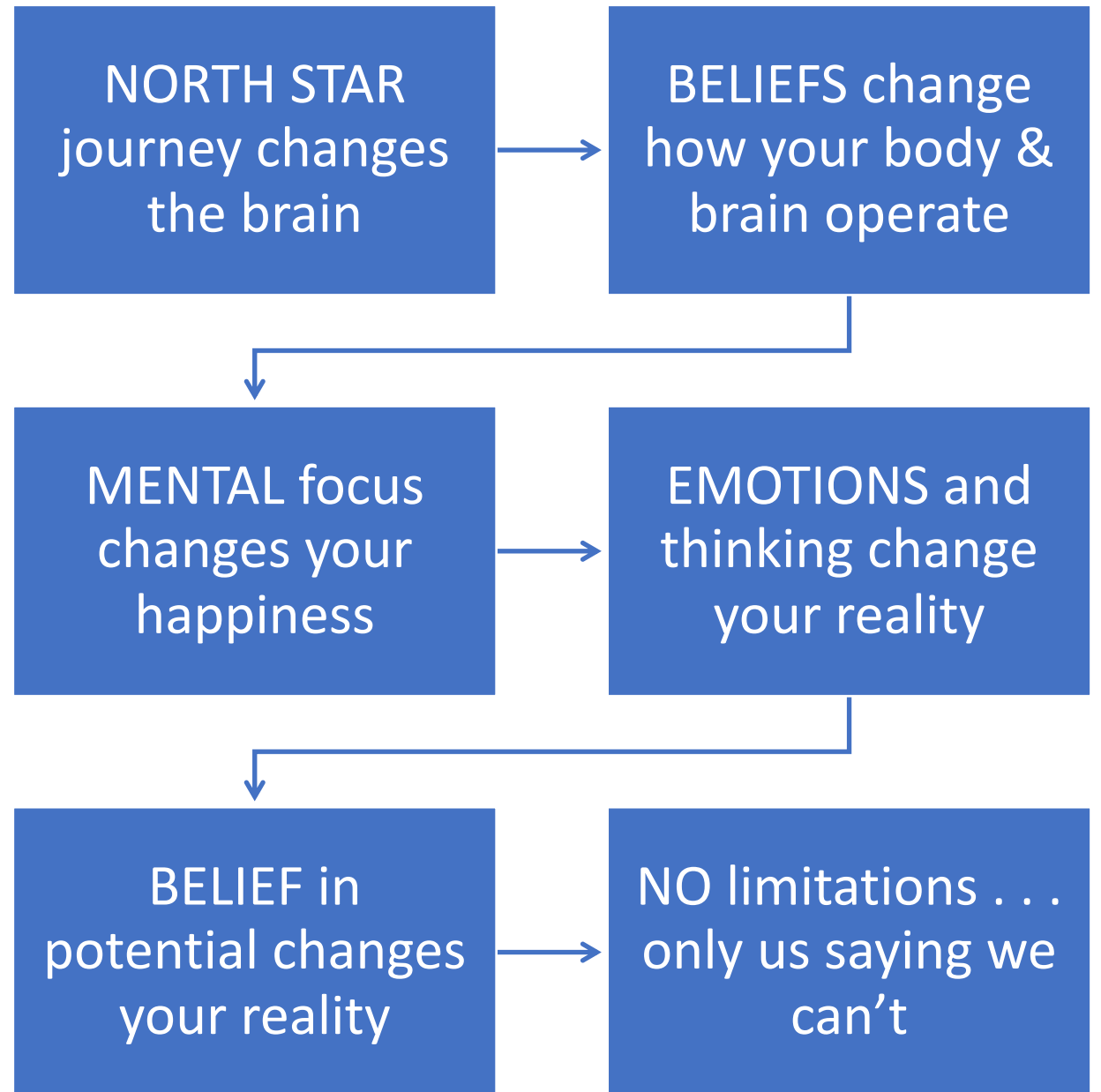


Change Your Mind, Change Your Brain
Change the Brain, Change Your Reality



POINT 1

CHANGE YOUR MIND,
CHANGE YOUR REALITY





- Easier to stay in negative/fear
- Old way keeps calling us
- Action steps required
- Setting a routine helpful
- Push away fear of the “new”
- Choice to decide
- Start True North

CHANGE YOUR BATTLE
CHANGE YOUR REALITY

POINT 2

CHANGE YOUR MIND
CHANGE YOUR JOURNEY



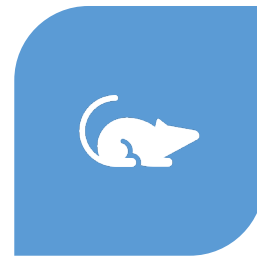
INNER SELF AFRAID TO
LET GO



OLD WAY OF EXISTING
CALLS OUR NAME



INSTALLATION IS NOT
EASY FOR THE BRAIN



USE SKILLS YOU ARE
LEARNING NOT YOUR
LIZARD BRAIN




TRACK THE NEW PATH


10,000
HOURS

WHERE HAVE YOU
USED 10,000 HOURS?

- 12 HOURS A DAY FOR 2 ½ YEARS
- 6 HOURS A DAY FOR 5 YEARS
- 3 HOURS A DAY FOR 10 YEARS
- ½ DAY FOR 20 YEARS



Martha Beck
calls this a “hot
track” left by
our true nature



We will be known forever

by the tracks we leave.

Dakota

POINT 3

CHANGE YOUR MIND
CHANGE YOUR LIMITS



ACTIVIATION then INSTALLATION



STRUGGLE, mistakes are good for the brain



KEEP WALKING, see the world differently



TRAIN yourself to be more grateful, it changes the brain



TAKE a step, be grateful, look ahead, take another step



USE your sound mind: Mindfulness, Hardwiring your Own Happiness, Traveling and Find True North

Honoring the Journey

- Follow your hunches
- Read signs
- Listen, let your body speak
- Stay in “hot track” zone
- Be fearless
- Use forgiveness to self
- Know you are safe on your path

Thought Experience

- See pinpoints of life representing life
- Feel inner peace and calm
- Visualize pinpoints of light for family, friends
- Hold focus on one light
- Breathe in and out, embracing own wellness
- Love it, let it grow strong . . . True North



DEEP PRACTICE NEEDED TO CHANGE YOUR MIND, YOUR BODY, YOUR REALITY, YOUR JOURNEY, YOUR LIMITS



Mindfulness

PRACTICE daily

CALM brain through breathing

SURF the urge

WATCH your words

REDUCE screen time

FIND time to cocoon



Hardwiring Happiness

PRACTICE 3-6 times a day

BE grateful

ACKNOWLEDGE change

KEEP velcroing the good



Finding True North

FOLLOW your hunch

READ the signs

LISTEN, be silent

HEAR the roar

ENGAGE in 10,000 hr. passion

REPLACE fear



MEET YOUR TRUE NORTH TODAY.
IT IS ALREADY IN YOU.

- Find your path before it disappears
- Walk right NOW in time of infinite paths
- Surrender to what is next
- Trust in yourself
- Claim your True North

STOP LOOK LISTEN