

H.A.B.I.T.

Habitual Action By Intentional Thinking™

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2 (NIV)

FIGHT OR
FLIGHT
RESPONSE

Session 1:
Creating your process

BETA

CONSCIOUS, ALERT THINKING
similar to experiencing something new

Session 2:
Trusting your process

ALPHA

CONSCIOUS, RELAXED THINKING
your fluency and memory begin to take way, to build muscle memory

CONSCIOUS BRAIN - 5%

SUB-CONSCIOUS BRAIN - 95%

Session 3:
Path of Least Resistance

THETA

DEEPLY RELAXED STATE
you express low to no emotional tension, also known as "autopilot"

Session 4:
Providential Flow

DELTA

SLEEP STATE
you understand something intrinsically without the need for conscious reasoning, state of flow or being in the zone

HABIT FORMS A PATTERN OF ACTION THAT HAS BECOME AUTOMATIC BEHAVIOR