

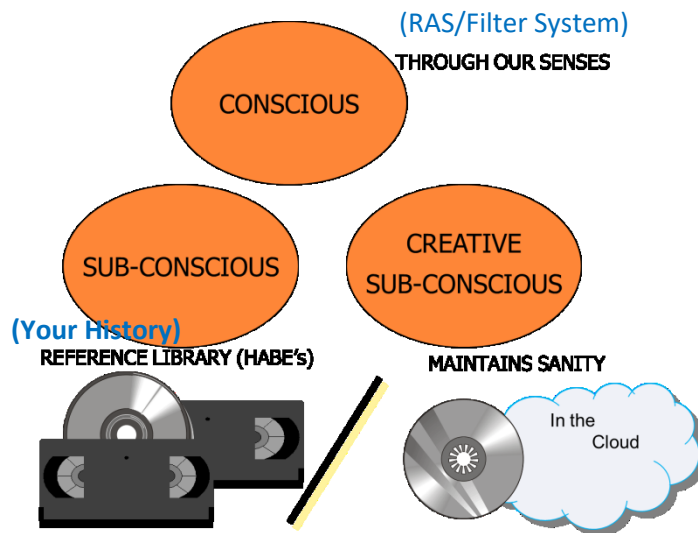


How the Mind Works

🔥 Parts of our mind: Conscious, Subconscious, Creative Subconscious

🔥 **Conscious** - our identity or spirit exists, reviews the past, sees into the future, and disconnects the present.

🔥 **Subconscious** - our library of stimuli/responses via habits, attitudes, beliefs, expectations, and experiences.



Application Question/Activity:

1. The operating system of your mind has been accumulating data about your life experiences for as long as you have been alive. *What is stored in each section?* My Reference Library contains the following files as it relates to my stored reality:

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2. What do I need and want to change by upgrading, fixing bugs, or overwriting outdated thinking, beliefs, habits, attitudes, and/or experiences?