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|---|--|---|--|
| <p style="text-align: center;">Brain</p> <p>(Estimated 100 billion neurons.)</p> | <p style="text-align: center;">People</p> <p>(Estimated 8 billion people on the planet and 100+ billion who have ever lived.)</p> | <p style="text-align: center;">Life</p> <p>(Things happen.)</p> | <p style="text-align: center;">Attention</p> |
| <p style="text-align: center;">Feelings</p> <p>(too high ⇔ stable ⇔ too low.)</p> | <p style="text-align: center;">Thoughts that are FACTS</p> <p>(Approach reality.)</p> | <p style="text-align: center;">Thoughts that are BELIEFS</p> <p>(Avoid reality.)</p> | <p style="text-align: center;">Skills</p> <p>(Adjust intensity of feelings and shift attention to facts/reality/ what's helpful.)</p> |
| <p style="text-align: center;">Values</p> <p>(Foundation of why and how you do what you do.)</p> | <p style="text-align: center;">Priorities</p> <p>(Momentum that propels you towards what you want for yourself and others.)</p> | <p style="text-align: center;">Strategies</p> <p>(Skills + values + priorities.)</p> | <p style="text-align: center;">Vista of Possibilities</p> |