

HOW DO THESE 6 GESTALT-INSPIRED PRINCIPLES EMPOWER YOU?

#1 THE PARADOXICAL THEORY OF CHANGE

BY BECOMING MORE OF WHAT YOU ARE (NOT TRYING TO BECOME SOMETHING YOU ARE NOT), YOU ARE ABLE TO MAKE AND SUSTAIN CHANGE.

This change feels right!



I'm not gonna waste my time on that stuff!



#2 HERE & NOW FOCUS

BY FOCUSING ON WHAT'S MOST IMPORTANT TO YOU RIGHT NOW, YOU DON'T WASTE TIME AND ENERGY ON STUFF THAT DOESN'T MATTER.

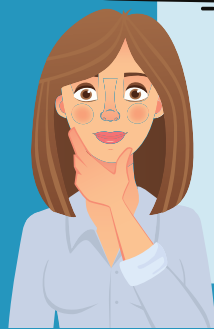
#3 THE CYCLE OF EXPERIENCE

AWARENESS OF THE NECESSARY PHASES YOU GO THROUGH TO MEET YOUR NEEDS HELPS YOU UNDERSTAND WHAT YOU NEED TO BE YOUR BEST "WHOLE" SELF.

Oh, that's why I needed that.



My impact is directly connected to my presence?!



#4 THE POWER OF PRESENCE

THE ABILITY TO BE PRESENT WITH YOURSELF AND THE PEOPLE AROUND YOU INCREASES YOUR ABILITY TO MAKE A POSITIVE IMPACT ON THEM.

#5 SELF AS INSTRUMENT

BY RECOGNIZING YOURSELF AS THE MOST POWERFUL TOOL IN YOUR TOOLBOX, YOU STEP INTO YOUR POWER AND CAN POSITIVELY INFLUENCE THE PEOPLE AROUND YOU.

Wait, I'm the most powerful tool in my toolbox?



The body never lies.



#6 MIND-BODY CONNECTION

ACCESS TO YOUR HEART (BODY) IN ADDITION TO YOUR HEAD (MIND) GIVES YOU AN EXTRA AWARENESS THAT LEADS TO BETTER DECISION-MAKING AND MORE.