

Do you know your 8 innate resources?

We've been given all of the resources necessary to allow us to meet our most essential needs...



Rational Mind

Having a conscious, rational mind enables us to check our emotions, question, analyse and plan



Memories

The ability to develop complex long term memories.



Emotions & Instincts

These play a vital part in our survival – driving us to take action, helping us understand what's happening around us and to respond accordingly



Rapport

Our ability to build rapport, empathise and connect with others.



Imagination

Imagination helps us focus away from problems and towards creative solutions



The ability to 'know'

The ability to understand the world and people unconsciously through metaphorical pattern matching



Observing Self

An observing self – the part of us that can look in on ourselves and which is separate from intellect, emotions and conditioning



Dreaming

A dreaming brain – to metaphorically diffuse emotional arousal left over from the day