



# The How of Change™

A Hands-on Learning through the Physiology of Transformation

with Sharon Drew Morgen

## **Session 3. Choice, systems, Hierarchy of Beliefs: the importance of internal balance and its role in change.**

- Systems Congruence and Homeostasis: why and how your brain fights to maintain the status quo.
- How your unconscious systems protect you.
- Beliefs: the filter that weights risks and safeguards your identity.
- Hierarchy of Beliefs: how you prioritize and weight your principles, morals, and convictions.
- Bad habits don't begin as bad habits: how to impede unsuccessful habits and generate new behaviors.
- How you create your resistance and sabotage; how to recognize it early and avoid it.

## **Session 4. Hands on learning: design your path to new results demand.**

- Making your unconscious journey conscious to uncover choice points.
- Wording the Cue: the rules to formulating your input to insure a successful outcome.
- Managing the Hierarchy of Beliefs: choosing your best filters to enable new behavior/habit formation.
- Populate your new flow charts with your most effective elements for success.

## **Session 5. Hands on learning and lecture: trialing the new flow chart.**

- Finalizing best Cues, Identity and Belief elements, Trial Loops and Learning Habits.
- Testing your new flow chart with new goals to ensure desired outcomes.
- Wrapping it up: takeaways and conclusions.
- Q&A.