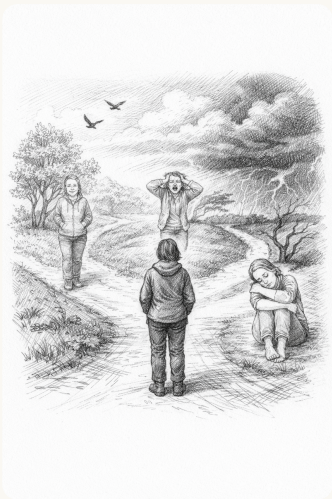


Foundation

I am

The Zones

Think about your day. Which zone are you in — green (calm), orange (alert), or red (fight/flight)? Just notice. No judgment. Can you name other zones you've been in today?



Balance creates abundance



SHIFT YOUR FOCUS

Foundation

Why it works:

It's natural to move through different zones. Recognising which zone you're in is the first step to choosing whether to stay or shift. Awareness alone begins to change the pattern. [1]



Balance creates abundance



Café Life Hack

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The Alarm System

Imagine a bat flying straight at you. What happens in your body? Notice your eyes, your muscles, your heartbeat. That's your fight/flight system — designed to protect you.



Everything is connected

