

Conscious HABIL Formula is used to help individuals expand and leverage that precious 5% of the conscious mind. We believe consciousness is the place where possibility and breakthroughs exist. This framework teaches participants how to make change from the inside-out; positively impacting their understanding and relationship with themselves and the world around them.

This training mixes conceptual with tactical and practical application within each step. We create an environment of psychological safety so participants feel welcomed to be authentic in their expression, share with vulnerability, and push their comfort zones in a supportive space.

Awareness + Presence + Ownership – Ego x Love = CH

Awareness: Your current reality

- Where you are vs where you want to be
- Strengths
- Perceived weaknesses or hurdles
- Pattern identification
- Understanding your baseline

Presence: Where attention and intention meet

- How are you showing up
- What has your attention
- How to regulate
- Becoming the future you
- Power vs force

Ownership: Controlling the controllables

- Identifying triggers
- Understanding and rewriting beliefs
- Understanding, owning, shifting judgements
- Identifying and committing to required action
- Letting go of what you can't control (own your 50)

Ego (inner roommate): The false narrator

- What is ego
- The 4 ego personas
- Identifying and naming your ego
- Ego vs higher-self
- Situational practice

Love: Becoming your highest-best self

- Appreciation
- Validation
- Acceptance
- Expansion