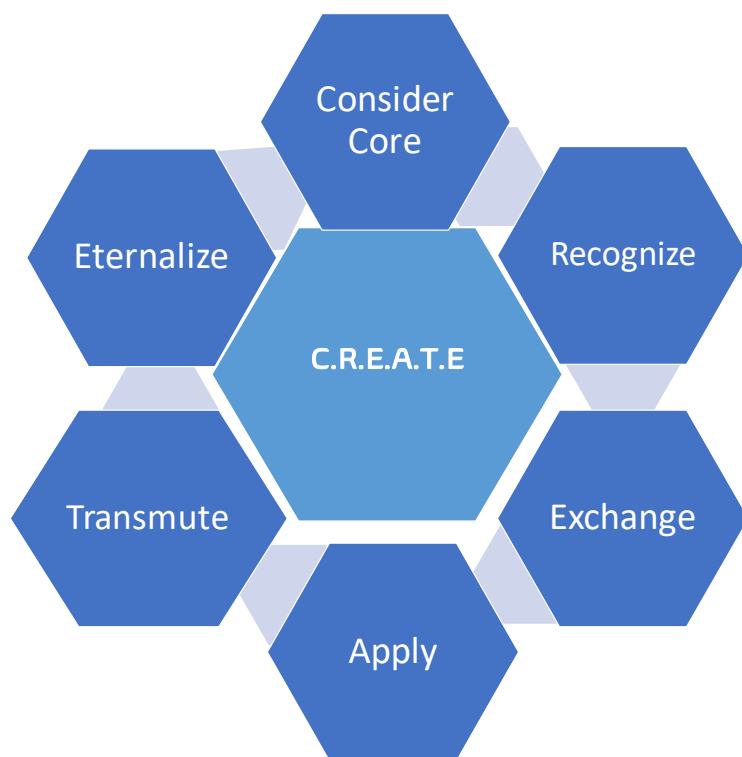


# HEART Module.

The Heart module seeks to **inspire you to connect with your inner self and understand how to develop passions for sustainability.**

Connecting your inner self, Knowledge, and Passion to **C.R.E.A.T.E** Sustainable legacies.

The C.R.E.A.T.E model is a systemic approach in creating and sustaining a new mindset; focused and determined to build sustainable legacies. It also helps the participant understand the connection between heart and brain and use that knowledge to develop lasting positive habits.



**In this journey, participants will undertake various exercises to help them do the following:**

- **Consider** what's at the core – what is the heart? What is it made of? – the heart is the epicentre of our convictions
- **Recognize** that it is the heart that influences all our decisions.
- **Exchange** that which is in our hearts and limits us with positive and legacy-building mind-sets.
- **Apply** the new legacy-building mind-set to our daily lives.
- **Transmute** the legacy building mind-set to passions and character.
- **Eternalize** our passions by connecting them with a purpose – the big picture.

## **Benefits of the Heart Module:**

Discovering our Natural state – what we do very well with minimum effort.

Understanding what you really believe and how it affects your drive.

Identify and then re-writing limiting beliefs. Become passionate with positive habits.

