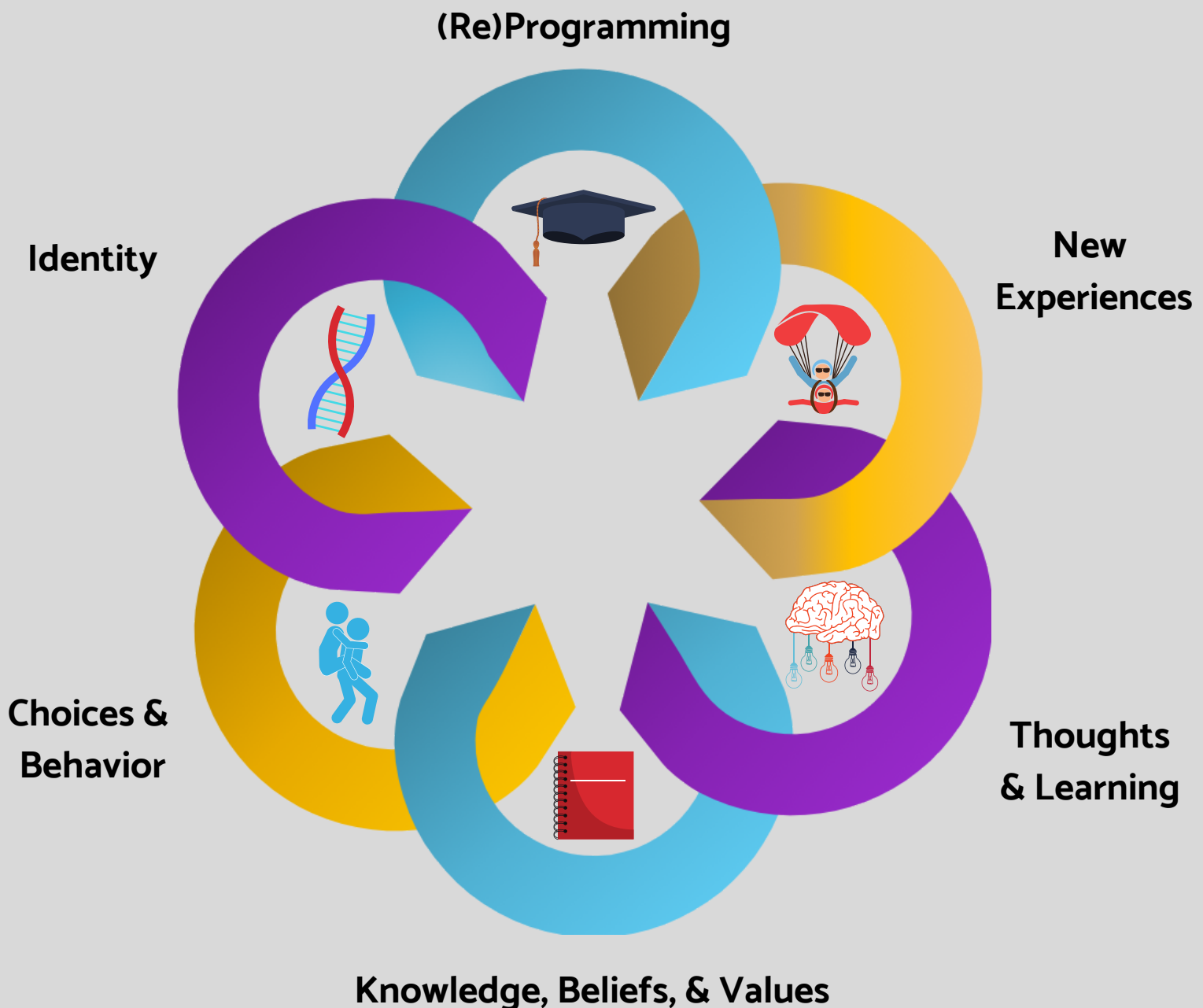


# THE EXPERIENCE CYCLE

In recent decades, scientific research has shown that new experiences support our mental wellness and personal evolution. How? New experiences introduce our body and brain to new stimuli. This stimulus creates new pathways for neurons to travel in our brains (see: neuroplasticity). We experience these networks of new pathways (neural circuits) in our consciousness as new thoughts. When we choose to learn from new thoughts, our new knowledge informs our beliefs, values, and understanding of the universe around us. Our knowledge, beliefs, and values are reflected in our choices and behavior. Our behavior, such as how we love and treat ourselves and others, creates our identity in ourselves and to the communities we lead, love and act in.

This cycle of how new experiences impacts us is The Experience Cycle:

Our experiences create us. And we also have the power to create our future experiences.

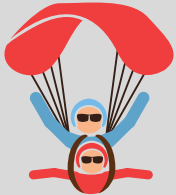


# HOW IT WORKS!



## (Re)Programming

Let's start with our programming! Programming is what we think and do without conscious reasoning as to why. While some programming is helpful, some are not. When we're young, we're taught language, manners, our cultures' norms, and so on. This is helpful programming! But as we grow older, other programming affects us that we may not be aware of and may even keep us from making changes that are good for our health and wellness. Be honest but gentle with ourselves: are we intentionally guiding our thoughts, or are our thoughts guiding us? If you're looking reprogram some of your thoughts and actions, it may be time to seek new experiences!



## New Experiences

We are a sum total of our experiences. Without NEW experiences, it is difficult to change and to evolve from our programming. New experiences can be low-effort and simple, such as talking to a stranger, taking a new route to work, or reading a new book or listening to new music. Simple, day-to-day new experiences can be our most important experiences as they have a consistent and compounding impact on our lives! New experiences can also require more effort and have more immediate and noticeable effects, such as pursuing a new job, a career, a partner, etc. Think of a memory, any memory --- you'll likely have thought of where it happened and who you were with. That's because experiences are created with people + places. As we seek new experiences we should ask, "WHO do we want to spend our time with (and maybe that means ourselves!)", and WHERE do we want to be/go? These new experiences help us reprogram by first creating new thoughts!



## Thoughts & Learning

Thoughts are what we tell ourselves and the constant dialogue inside our head. When we have a new experience, we introduce new stimuli into our brain which creates fresh, new thoughts. We can learn from our new thoughts by objectively observing and questioning them. When we question our old or new thoughts, we inherently create even more new thoughts by which we can learn more from - learning begets learning! The more we learn, the more we understand and know about our beliefs, which is the next phase of the experience cycle. Everything we think and learn informs our knowledge, beliefs, and values



## Knowledge, Beliefs, & Values

Our beliefs are our personal powerful truths and values driven by knowledge. Our values are the beliefs that we hold as important in our lives that then affect our actions. We connect with people the deepest when we share values. Families, communities, cultures and countries all share certain important values of other people in their group. When we value love and respect, we will choose to treat others with these values and attract people in our sphere of influence who share them. This is how our knowledge, beliefs, and values then drive our choices and behaviors.



## Choices & Behavior

Our choices and behaviors are the things we do, the choices we make and how we act both consciously and subconsciously in every part of our lives. Our choices and behaviors directly impact HOW and WHO we interact with including our friends, family, co-workers, and strangers that we meet. These actions are reinforced over time to form our identity.



## Identity

Our identity is who we are and how we see ourselves as well as how we perceive that others see us. Our identity is the core of our human existence. As humans, the food we eat is broken down into tiny bits of energy that fuels the cellular engines that creates matter, which forms our physical body. In the same way that food and intake creates our physical body, our thoughts from new experiences lead to the creation of our identity. But, remember! The best part of our humanity is that we have the ability to intentionally create - to make our thoughts become things. We can choose to create a life full of experiences that help us become the best version of ourself and live our most fulfilling life. This also means we can choose to rewrite our old programming and evolve our identity with new experiences. And the cycles continues... :) as it should.