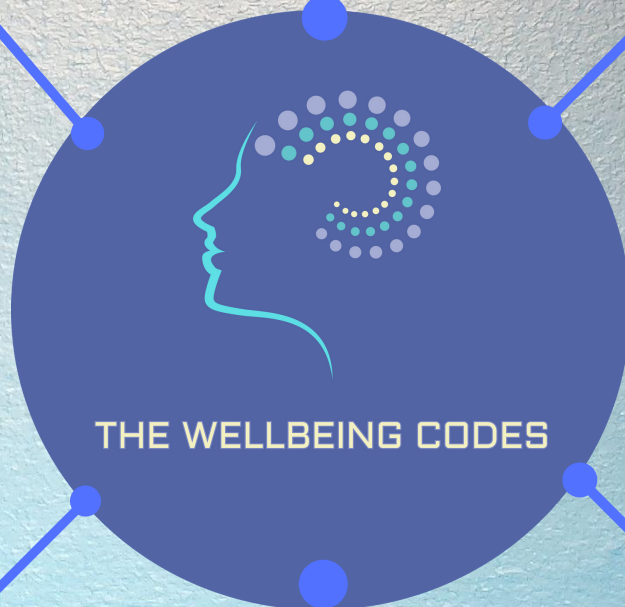


CONNECTION

OPTIMISM

CONFIDENCE



**SELF-
APPRECIATION**

FAIRNESS

**SELF-
DISCIPLINE**



WHAT ARE **THE WELLBEING CODES?**

We have all been “coded” with unhelpful patterns or codes. Some of our codes comes from our archetypal conditioning that has run through the veins of our ancestors, down through our grandparents and parents. We download these negative patterns or schemas as we grow up and don’t even know it!

This coding is all the messages we have been given about how the world should be, how we should act, what is shameful, what is wrong, which emotions are acceptable, which are not, what is acceptable to be, do, talk about, and what is not. We are not even aware of half of our coding – it’s deep in our subconscious mind - but it is actually so powerful it rules our life.

Our coding is also influenced by actual experiences we had as children as well, for example if you had an unwell caregiver, this will impact which codes you “downloaded”. If you had a caregiver that was emotionally unavailable, this will influence your codes. If a parent left suddenly or died when you were growing up, this too will have an effect on the codes you developed in your mind.



WHAT ARE **THE WELLBEING CODES?**

This coding influences our mindset, our decisions, our beliefs and attitudes. The codes are like software programs that run like computers. For the most part, the software program running in our brains on a constant basis is outdated, has viruses in it, and does not serve us well! So *The Wellbeing Codes* are like new software programs for the brain.

We are basically big organic computers, and *The Wellbeing Codes* is designed to first dissect your old programming, by helping you analyse its origins. Then we help you recognise the "output" of your old programming - our thoughts and behaviours - and then teach you how to download new codes and new programming.

So, if you have faulty programming and bugs in your programming - you are in good company! We all do!! *The Wellbeing Codes* is about new programming, healthier ways of thinking, and using techniques that have been scientifically proven to reprogram your brain.

Because of neuroplasticity, Our brains can change and grow and develop. We grow neural pathways in our brain with the thoughts we think. We literally develop superhighways in our brain as a result of repetitive thinking, which is why after a while our thoughts are synaptic. The biggest problem is that most of us have superhighways in our brain based on faulty programming, which creates faulty pathways and wiring in our brain.



WHAT ARE **THE WELLBEING CODES?**

Our environments can activate our codes as well. Have you ever noticed you act differently around different people or environments? For example, when you are around your parents you might become more compliant and stop swearing! This happens because the coding of that environment activates that behaviour. We take on the codes of the people around us, which is why it's important that you are spending time with people and seeking guidance from people who have the codes you want to upload!

The really important thing to understand is that other people we are in contact with download our codes. If you are a health professional, people are coming to you to learn new codes, and they will be downloading your codes that you pass on to them via your beliefs, behaviours and mindsets. If you are a parent, your children are downloading your codes, and so the cycle continues.

The sooner we clear out the old codes and reboot and reprogram ourselves with healthy codes, the quicker we can all start to enjoy the rapid growth and outstanding benefits of activating the six Wellbeing Codes of Connection, Confidence, Optimism, Self Appreciation, Fairness and Self Discipline.