Building Integral Resilience and Big Heart IQ in 5-minutes a day!

Integral Resilience is the Rosetta Stone for **Behavioral Change** underlying Robust Health, Life Force, Imagination, Creativity, and Longevity. What if it can be cultivated in 5 minutes of practice per day?

Character is Destiny

Heraklites, ~535-475 BCE

Audio

"The fault, dear Brutus, lies not in our stars, but in ourselves, that we are underlings."
Shakespeare, Julius Caesar

"Thus, the superior person turns attention inward and molds character."
I-Ching 39 Obstruction

Action:

- Each step in a negotiation reveals and offers a noble chance to mold character.
- The key to molding character is to develop our experience of flow.

Resilience Advantage:

- We can alter our destiny by cultivating character, for
- A single generous deed can light up the world.

Reference Links:

Creating Our Own Luck

© **2019** Big Heart Technologies, All Rights Reserved.