



Wholist

Wellness comes full circle.

Metacognition & Mindset

Circumstance

Circumstance is just the external reality, situation, or those around you. It is what it is. You do get to decide what to do about it.

Thought

Thoughts are an internal dialogue about your circumstance, influenced by habit and experience. You create your thoughts and can therefore change them.

Feeling

Feelings are your emotional response to your thoughts, also influenced by habit and experience. You created the thoughts; you created the feelings.

Action

Action is what you choose to do with the thoughts and feelings you have created.

Result

Results come directly from your actions (or inactions) and are what affects your circumstance. If you can change your thoughts about the circumstance, you will get the results you choose.