

LIFE OPERATING SYSTEM [OS]



zest

MASTERY	INTUITIVE	EASE	EQUANIMITY	PURE AWARENESS	COMPASSION	NON-ATTACHED	NON-JUDGEMENT [NON-DUALISTIC]	ALL CAN	FREEDOM
INSPIRING	TRANSFORMATIONAL PURPOSE	COLLABORATIVE	VISIONARY	EMPOWERING	CONNECTED	LOVE + KINDNESS	COLLECTIVE FLOW	WE CAN/WILL	COLLECTIVE BELIEF
THRIVING	PERSONAL FLOW	JOY IN PROCESS	INTEGRITY	AUTHENTIC	PRESENT	SPONTANIOUS + PLAYFUL	DOWNSTREAM EFFORT	I CAN/WILL	SELF BELIEF
OPENING UP	REALITY	RESILIENCE	ADVENTUROUS	EXPERIMENTAL	VULNERABLE	CURIOUS	LETTING GO	LET'S TRY	COURAGE
DRIVING	CONTROL	EGO	ASSERTIVE	DEFENSIVE	COMPETITIVE	OUTCOME FOCUSED	JUDGING [DUALISTIC]	I/YOU SHOULD	CONDITIONAL CONFIDENCE
STRIVING	NOT ENOUGH	WANTING	IF, THEN	ANGER	BLAME	FORCING	UPSTREAM EFFORT	I WANT	FRUSTRATED
SURVIVING	ANXIETY	DEPRESSION	ADDICTION	STRESSED	TRAUMA	NUMB	HOPELESSNESS	I CAN'T	FEAR



**GROWTH
MINDSET**

**FIXED
MINDSET**