

thinking  
≠  
sensing

what does being  
here more  
often do for  
us?

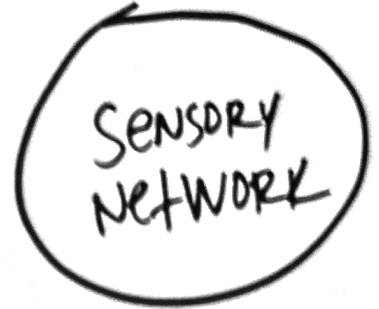


HOUSE of HABITS

AUTOMATICITY

ROUTINE

we toggle  
using our  
ATTENTION



PLAYGROUND of  
POSSIBILITY

NOVELTY

CURIOSITY

from "Better in Every Sense"  
Norman Farb