

CHRIS CARDELL'S  
**FREEDOM**

---

THE POWER OF  
**ADVANCED  
THINKING**

**THE POWER OF THE MIND**  
**YOUR REALITY IS A**  
**CONSTRUCT**

The background features a dark blue gradient with a pattern of light blue chevrons pointing to the right. Several horizontal light streaks in orange, yellow, and blue are visible, particularly concentrated in the lower half of the image.

**HOW WE THINK**

# How we think:

- Pictures
- Internal Dialogue

# MIND EDITING

# NEURO STRATEGIES

# Pictures / Video:

- Bigger / Smaller
- Close / Far
- Moving / Still
- Colour / Black and White

# Soundtrack:

- Loud / Quiet
- Location
- Serious / Fun
- Change the language

# **WATCH YOUR LANGUAGE – NOUNS TO VERBS**

# CAUSE/EFFECT

# THE POWER OF BELIEFS