ABIGAIL **STASON**

COMMITMENT FRAMEWORK

UNCONSCIOUS — CONSCIOUS

We don't get what we want, we get what we are committed to.
In the absence of conscious commitment, our unconscious patterns will rule us.

STEPPING STONES TO EVOLVE PURPOSEFULLY

PLAY — CHOICE — SHIFT

NOTICE PATTERN

- Face Into & See
- Celebrate Awareness
- Name Your Pattern/Habit
- "I'm committed to…"
- Allow Your Emotions to Flow

FAMILIARIZE & ACCEPT

- Learn About Your Pattern/Habit
- What Triggers You?
- What is Your Posture?
- How Does Your Ego Strategize to Keep This Going?
- Self-Acceptance & Love

NEW INTENTION

- Practice New Choices/Routine
- Notice What is Thriving For You
- Create Clarity
- "I Want…."
- Take Action Toward Your New Intention

COMMITMENT

- Gather All Faculties
- "I Commit…"
- Establish New Practice
- Celebrate Your Shift
- Learn & Discover

DRIFT TO OLD PATTERN

RECOMMIT

- Notice Your Drift to Your Old Pattern
- Celebration, Self-Acceptance & Love
- Gather Faculties
- "I Recommit…"
- Learn & Discover

AUTOPILOT — IN CHARGE

For more information: P: 415.847.1536 | www.AbigailStason.com | Copyright ©2017 Abigail Stason