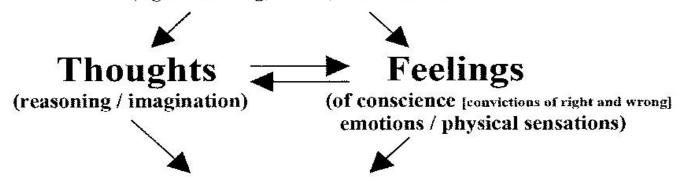
## From Thoughts to Destiny Flow Chart (Mind to Body)

## **Sensory Input**

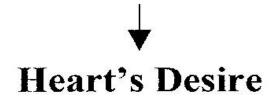
(sight, hearing, touch, smell, taste)

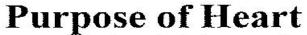


Once my thoughts and feelings become habitual, they constitute my

## **Belief System**

(habitual judgment / what I believe to be truth)





(my choice / decision, strongly affected by heart's desire, as to how I will respond to my belief)

Actions, Words, Attitudes

## **Habits**

(patterns of living formed by repetition)

Character

(who my habits make me)

Destiny

(where I will spend eternity)