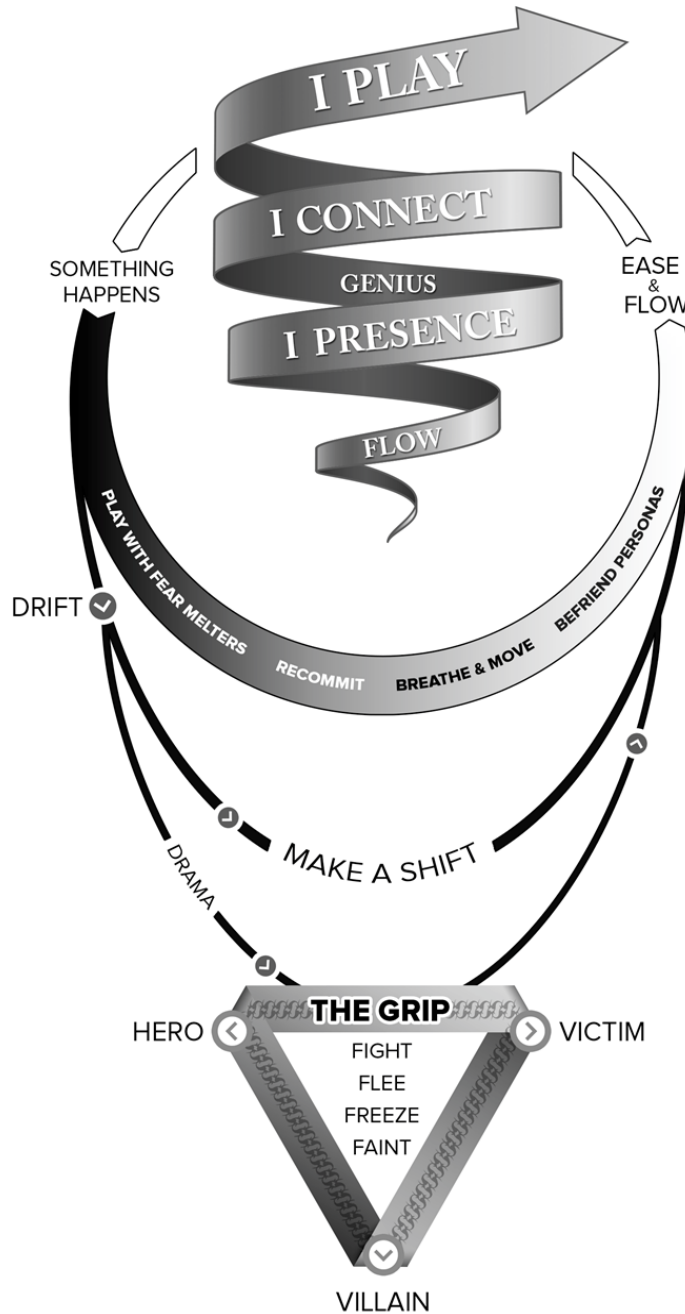


# THE EVOLUTIONARY CYCLE



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The Hendricks “Evolutionary Cycle” shows you how you always have the choice to shift when you find yourself in conflict/drama/suffering/drift. There are many ways to **MAKE A SHIFT**, including Play with Fear Melters, Recommit, Breathe and Move, Befriend Personas, Feel your Feelings, Ask a Wonder Question/Get Curious (I wonder what I can learn from this?), Speak from Discovery, Give & Receive Appreciation, Generous Listening, or Take 100% Responsibility. You can choose to return to Play, Connect & Presence at any time. The question isn’t how often do you drift, it’s about how easily can you shift? Do you learn easily in the moment, or do you resist/protect/defend? What holds **YOU** back? For me, it’s the need to be right and my reflex of playing the “Victim.” How about you?