6 Components of Being Human That You Are Not Paying Attention To

Being a human seems complicated, but actually, there are only 6 components that make up your Human Internal Operating System (H-IOS). All 6 components are playing together all the time. The more you explore them and how they dance together, the better you can orchestrate and harmonize your life.

Drumroll, please…

Components of your H-IOS:

Thoughts – You are thinking all kinds of thoughts all the time. You may even be thinking about what you are thinking. We think that's a great place to start.

Emotions – You have feelings. And, you have thoughts about your feelings. Uh-oh it's starting to get complicated. But really the feelings are just feelings and the thoughts are just thoughts. If you let feelings be feelings and thoughts be thoughts, they will get along better. We feel good about that.

Beliefs – You believe stuff. Some beliefs you picked up along the way and some you have consciously chosen. We believe life harmony requires thinking about, feeling through, and actively choosing your beliefs.

Desires – Tell me what you want. (What you really, really want) Desire helps us progress and evolve. We want you to play with…

What do you want to think?
What do you want to feel?
What do you want to believe?
(See what we did there?)

Behaviors – You are doing it! And whatever you are doing is a reflection of what's happening with your thoughts, emotions, beliefs, desires and IT. Paying attention to what's happening is a great behavior choice. We pay attention.

IT (Inner Truth) – Inner truth is the undefinable force that remains when you strip away all the other components. You might think of it as Passion, Creativity, Love, Innate Wisdom, Nature, Angels, Higher Power, Higher Self, God, Universe, Consciousness, Energy... We call it IT.

So, there you have it…the 6 components of your Human Internal Operating System (H-IOS).

Ready to explore? Because you are the only one who can be you, we invite you to take a moment to find your answers to the following questions. Life is about you finding your way and all the information in the world is nothing until you decide how it fits into your life.

Which component are you most familiar with?

Which component have you most neglected?

What do you want to do with that information?

Awesome! Now you are on your way. You've got this!

Welcome to THRIVE! This is what we do.

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