

# The CHANGE IN NEEDS

## SILENT GENERATION

FOOD SLEEP HEALTH AIR

1922 - 1955

## BABY BOOMERS

FAMILY WORK & SAFETY  
FOOD SLEEP HEALTH AIR

1956 - 1965

## GENERATION X

LOVE AND BELONINGS  
FAMILY WORK & SAFETY  
FOOD SLEEP HEALTH AIR

1966 - 1980

## GENERATION Y

SELF-  
ACTUALIZATION  
APPRECIATION & VALUE  
LOVE AND BELONGING  
FAMILY WORK & SAFETY  
FOOD SLEEP HEALTH AIR

1981 - 1995

## GENERATION Z

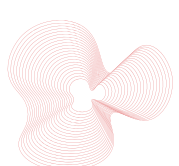
SELF-  
ACTUALIZATION  
APPRECIATION & VALUE  
LOVE AND BELONINGS  
FAMILY WORK & SAFETY  
FOOD SLEEP HEALTH AIR

1995 - 2009

## GENERATION α

**Transcendence**  
SEARCH FOR MEANING  
SELF - ACTUALIZATION  
APPRECIATION & VALUE  
LOVE AND BELONINGS  
FAMILY WORK & SAFETY  
FOOD SLEEP HEALTH AIR

2010 - 2024



FINDERIA OF INNER BEAUTY

\* Maslow, A. (1943). A theorie of human motivation. Psychological Review  
\* Applies to western countries

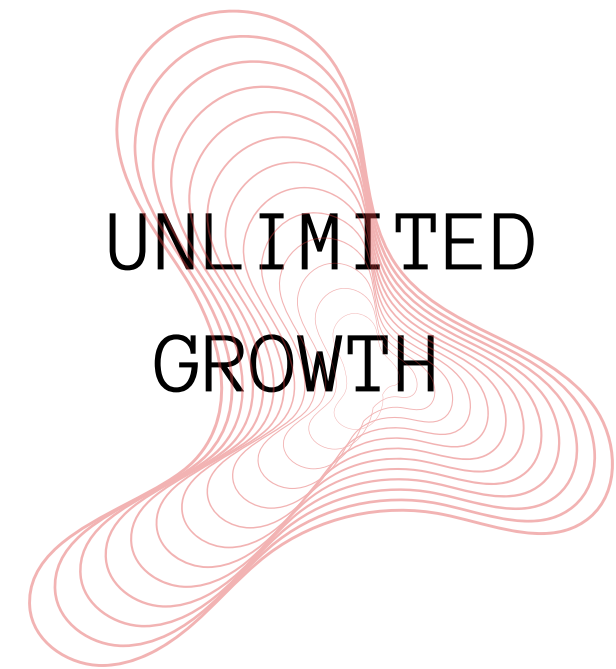
# The Path to Meaning

SELF-REALIZATION AND THE SEARCH FOR MEANING IN DIFFERENT AREAS OF LIFE.

## INNER

**SELF – ACTUALIZATION & SEARCH FOR MEANING**

UNLIMITED GROWTH



*WHO AM I?*

*STRIVE FOR TALENTS AND SKILLS AND INTERESTS TO DEVELOP*

Friendship

Family

Work

Hobbie

## EXTERNAL

**APPRECIATION & VALUE**

*HOW DO I GET RECOGNITION FROM THE OUTSIDE?*

*STRIVE FOR SUCCESS, PRESTIGE AND THAT POSITIVE REPUTATION IN THE SOCIAL ENVIRONMENT*

LIMITED GROWTH

Partnership

Self-development

Self-development



FINDERIA OF INNER BEAUTY

\* Maslow, A. (1943). A theorie of human motivation.



# *The* ACT

THE POWER OF CHANGE LIES IN OUR THOUGHTS.  
EMOTIONS ARE THE GUIDES.  
ACTION AGAINST FEAR IS THE WAY.

BEGINNING – FEAR – DISPLACEMENT – ENDING

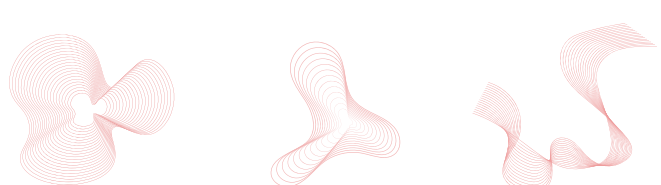
BEGINNING – FEAR – DISPLACEMENT – ENDING

BEGINNING – FEAR – DISPLACEMENT – ENDING

BEGINNING – FEAR – ACT – SURVIVING – COURAGE

BEGINNING – FEAR – ACT – GROWTH – RELIEF

BEGINNING – FEAR – ACT – GROWTH – CONFIDENCE



# The PATH

STATE OF CONSCIOUSNESS AND THE PREVAILING EMOTIONAL STATE.

P E A C E

BLISS

J O Y

SERENITY

L O V E

AWE

I N S I G H T

UNDERSTANDING

A C C E P T A N C E

FORGIVENESS

W I L L I N G N E S S

OPTIMISM

N E U T R A L I T Y

TRUST

C O U R A G E

AFFIRMATION

A N G E R

HATE

D E S I R E

CRAVING

F E A R

ANXIETY

G R I E F

REGRET

G U I L T

BLAME

S H A M E

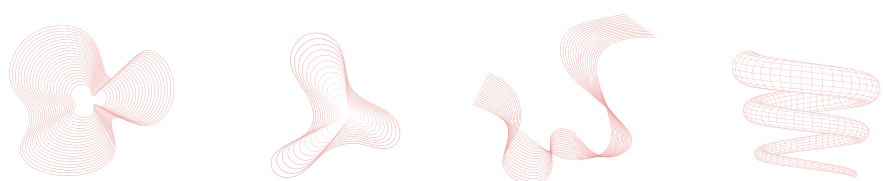
MISERABLE

ABUNDANCE  
WANT TO GIVE

CREATION MODE

LACK OF AWARENESS  
WANT TO HAVE

SURVIVAL MODE

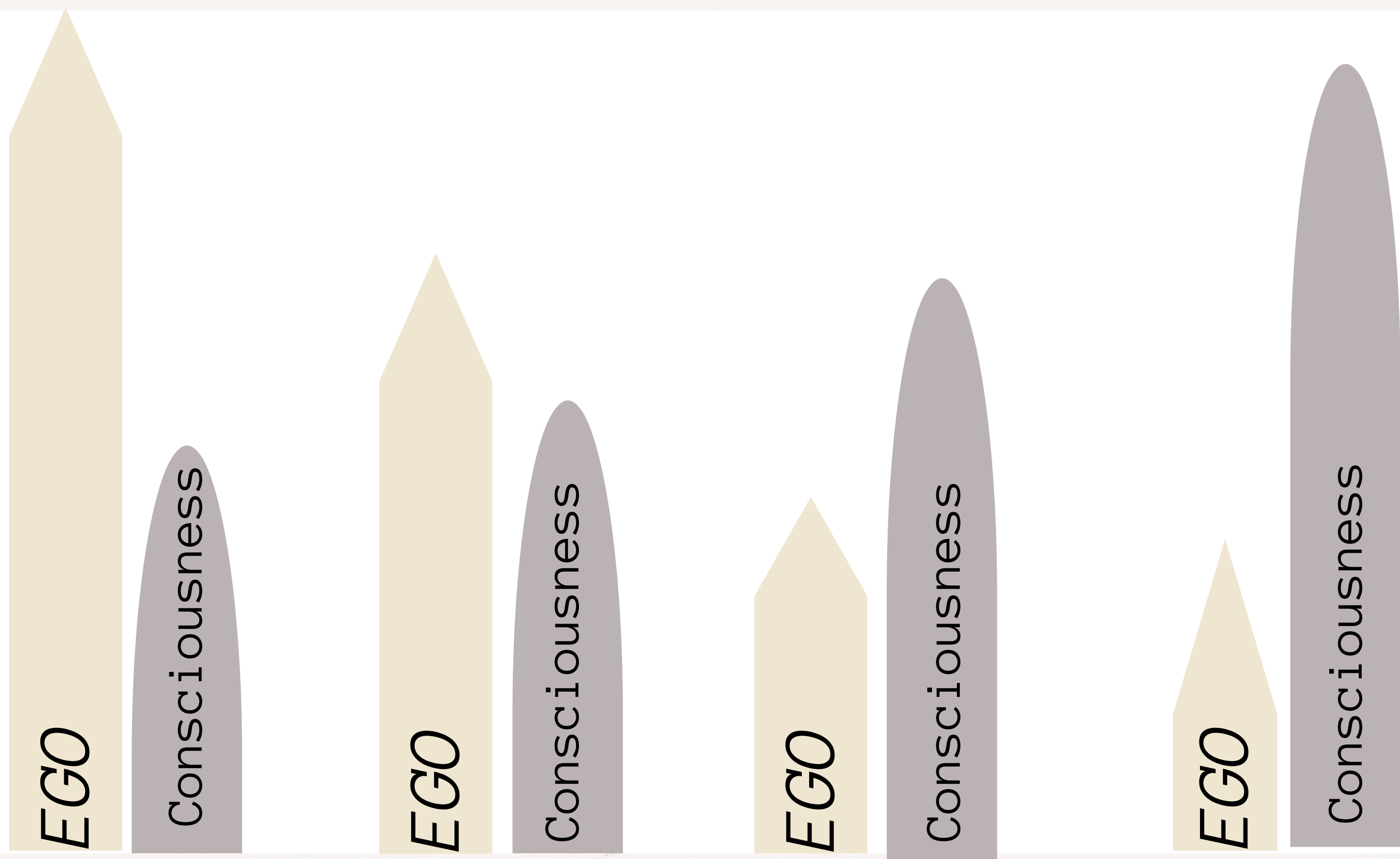


FINDERIA OF INNER BEAUTY

\* David R. Hawkins: The Levels of Consciousness

# The PROCESS

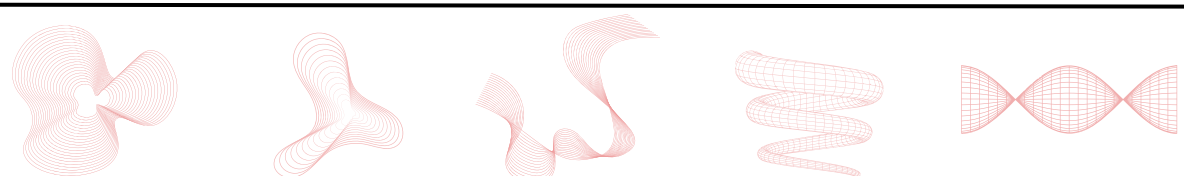
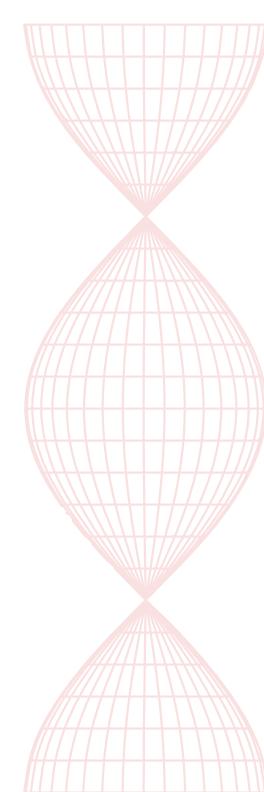
THE PROCESS TO TRUE SELF-CONFIDENCE, LESS CONSUMPTION,  
POSITIVE EMOTIONS AND MORE POSITIVE ENERGY.



Confrontation  
with fear

Confrontation  
with fear

Confrontation  
with fear



# The RESULT

LIFE FULL OF ENERGY AND POSITIVE EMOTIONS.

I have healthy and profound relationships.

My self-esteem has increased.

I am losing the fear of fear.

I am getting to know myself and my abilities.

I am learning to trust myself and my body.

I lead a life without compromises.



FINDERIA OF INNER BEAUTY

