



Your Person

"Unless you love someone, nothing else makes any sense." e. e. Cummings

1. Money
2. Work
3. Personal Relationships

"Many people walk through life in a cognitive slumber, blindly following the norms attached to their identity." James Clear

"The biggest barrier to positive change at any level- individual, team, society- is identity conflict." James Clear

"Progress requires unlearning. Becoming the best version of yourself requires you to continuously edit your beliefs, and to upgrade and expand your identity." James Clear

You are a _____

Ecclesiastes 4:7-12: "Again, I saw something meaningless under the sun: ⁸There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. 'For whom am I toiling,' he asked, 'and why am I depriving myself of enjoyment?' This too is meaningless— a miserable business! ⁹Two are better than one, because they have a good return for their labor. ¹⁰If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. ¹¹Also, if two lie down together, they will keep warm. But how can one keep warm alone? ¹²Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Genesis 2:2,3(ESV): "And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

Stop Creating and Start Relating

Love has a RHYTHM and that Rhythm is SLOW

ID- Your Instincts

EGO- Your voice of wisdom and reason

Super Ego- Your _____

Your Brain wants to BOND

We are DRIVEN but we have a need for RHYTHM

Genesis 2:20-24: "But for Adam no suitable helper was found. ²¹ So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²² Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. ²³ The man said, 'This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man.' ²⁴ That is why a man leaves his father and mother and is united(cleave, cling, remain united to, stick with, etc.) to his wife, and they become one flesh."