

*You cannot solve a problem with the same level of thinking that created it.”*

*~Albert Einstein*

*Neuro-Logical Levels of Change* by Robert Dilts

- **Spiritual** – For whom or what? Awakening the core of you that is unchanging.
- **Identity** – Who am I being? “I am ...”
- **Values & Beliefs** – What’s most important? Holding on to old beliefs?
- **Capabilities** – Gaining new skills, like forgiveness, patience, or new professional skill.
- **Behaviors** – Acting in new ways, new habits.
- **Environment** – Changing what is seen around you.