

MENTAL RESOURCE DEVELOPMENT

IMPROVING MENTAL RESOURCES

This includes constructing and continually upgrading an accessible library of personal knowledge that can be retrieved as needed, to improve our future functioning.

KNOWLEDGE

SUPPORTING HABITS & MINDSETS

MENTAL TOOLS

SELF-GROWTH

OUR PERSONAL IDENTITY

Self growth includes developing a coherent temporally extended sense of ourselves that stretches from our past into multiple potential 'becoming' futures.

AGENTIC SELF

BECOMING SELF