

THE TWELVE HABITS

The Twelve Habits all have unique features that are worn as a cloak or as a robe. How you wear your Habit determines the level of success you create in your life by impacting on how you feel and the types of experience you choose to encounter.

- The Scarlet Habit
- The Flame Habit
- The Aureolin Habit
- The Cerise Habit
- The Emerald Habit
- The Turquoise Habit
- The Cerulean Habit
- The Ultramarine Habit
- The Byzantine Habit
- The Slate Habit
- The Gold Habit
- The Quartz Habit

THE SCARLET HABIT

Innovator - Perfectionist - Judge

Childhood challenge: The Scarlet Habit is usually worn when a child is not allowed to enjoy an experience, if they are unable to relax, or accept themselves for who they are.

Surface belief: Those who wear the Scarlet Habit often believe that good people prosper, whilst the bad are punished. Therefore, they must be perfect to be loved, and if they are bad, they will be punished.

Strategy: Strives to make things better, by focusing on their own integrity and the errors of other people. This can lead to the repression of desire and rising to meet opposition head-on.

Emotional Challenges: Anger.

How to find the Core-self again and create momentum: Attention to detail and maintaining quality.

Core-self principles: Achievement and integrity.

THE FLAME HABIT

Healer - Giver - Martyr

Childhood challenge: The Flame Habit is often worn when a child is not shown humility from their care-providers, or they experience a lack of care/love.

Surface belief: Those who wear the Flame Habit have a tendency to feel valuable only when they give to others. So, if they help others, they will give love in return, though if they are not needed, they feel deeply neglected.

Strategy: May ignore their own wants or desires in favour of the needs of other people. This can translate to them focusing on their connection to others, whilst neglecting themselves and suppressing the resulting pain.

Emotional Challenges: Pride.

How to find the Core-self again and create momentum: Develop empathy for other's feelings.

Core-self principles: Relationships, love, generosity.

THE AUREOLIN HABIT

Provider - Achiever - Performer

Childhood challenge: The Aureolin Habit is often worn when a child is consistently rewarded when they perform a certain task and they cannot connect a punishment with any particular action.

Surface belief: Those who wear the Aureolin Habit strongly believe they cannot simply 'be', they must 'do', achieve, and create some result. They view success as a way of getting attention and believe punishment awaits them, should they 'fail'.

Strategy: They create the image of being busy and inspiring, doing whatever it takes to succeed; the wearer of this Habit will focus on productivity and the failure in equal measures.

Emotional Challenges: Trust.

How to find the Core-self again and create momentum: Focus on achievements and accomplishments, rather than working harder.

Core-self principles: Efficiency, productivity and success.

THE CERISE HABIT

Romantic - Artist - Individualist

Childhood challenge: The Cerise Habit is a favourite choice of those who felt rejected by a parent or care-provider. They often experienced a lack of feeling loved and received no gratitude.

Surface belief: Wearing the Cerise Habit can result in a belief that there is something inherently wrong with them. Thus, the wearer will try to stand out, be special, or different in some way; for if they blend in, they feel further abandonment will come.

Strategy: They attempt to be 'more' of everything, more talented, more productive, more efficient, etc. They focus on their own uniqueness, whilst noticing what they see as mundane and ordinary about others. This can lead to introspection and an idealistic view.

Emotional Challenges: Envy and melancholy.

How to find the Core-self again and create momentum: Aesthetic and appreciation for life.

Core-self principles: Authenticity, originality, connection.

THE EMERALD HABIT

Observer - Philosopher - Creator

Childhood challenge: The Emerald Habit will attract those who lacked abundance and energy as children. This sense of lack can lead to overcompensation when wearing this Habit.

Surface belief: The wearing of the Emerald Habit leads to giving more than they get or feeling that they do! There is an innate need to survive on being self-reliant, and a deep concern they do not have enough.

Strategy: They will minimise their own needs and seek knowledge to be best equipped in their fight for survival. This can lead to them being isolated and withdrawn

Emotional Challenges: Avarice and selfishness.

How to find the Core-self again and create momentum: Relying on their abilities for observation, analysis and creation.

Core-self principles: Reason, logic and study.

THE TURQUOISE HABIT

Inquisitor - Loner - Troubleshooter

Childhood challenge: Those who lose faith in others during their childhood may have a liking of the Turquoise Habit. They develop the view that people are helpless and need to prepare themselves to stop this from being their fate.

Surface belief: Those who wear the Turquoise Habit believe the world is unpredictable and cruel. They are hellbent on being safe and secure, terrified that being vulnerable will leave them helpless and defenceless.

Strategy: The Turquoise Habit wearer looks for hidden meaning in everything and actively seeks out danger. They cope by reflecting their own fears onto others.

Emotional Challenges: Fear.

How to find the Core-self again and create momentum: Using analytical ability and a sense of being prepared.

Core-self principles: Loyalty, duty, responsibility.

THE CERULEAN HABIT

Enthusiast - Pioneer - Visionary

Childhood challenge: The Cerulean Habit wearer is told as a child that they are unable to cope. Thus, they are unable to accept themselves as a valid, whole person. They may have a tendency to rationalise trauma and be very optimistic.

Surface belief: The Cerulean Habit symbolises a want of freedom from limitation and constriction, which can lead to the striving for the infinite and excessive. The absolute need, not to feel any pain, will divert their attention to extreme pleasure instead.

Strategy: They seek pleasure to numb any pain; planning a future that is full of options without any recognition of consequence or plan for dealing with pain.

Emotional Challenges: Gluttony.

How to find the Core-self again and create momentum: Focusing on their optimism and enthusiasm.

Core-self principles: Variety, pleasure, excitement.

THE ULTRAMARINE HABIT

Guardian - Leader - Manager

Childhood challenge: Those who lacked tenderness, trust and compassion from their care-providers may begin to wear the Ultramarine Habit. As adults they will look to empower themselves by exposing the weaknesses of others.

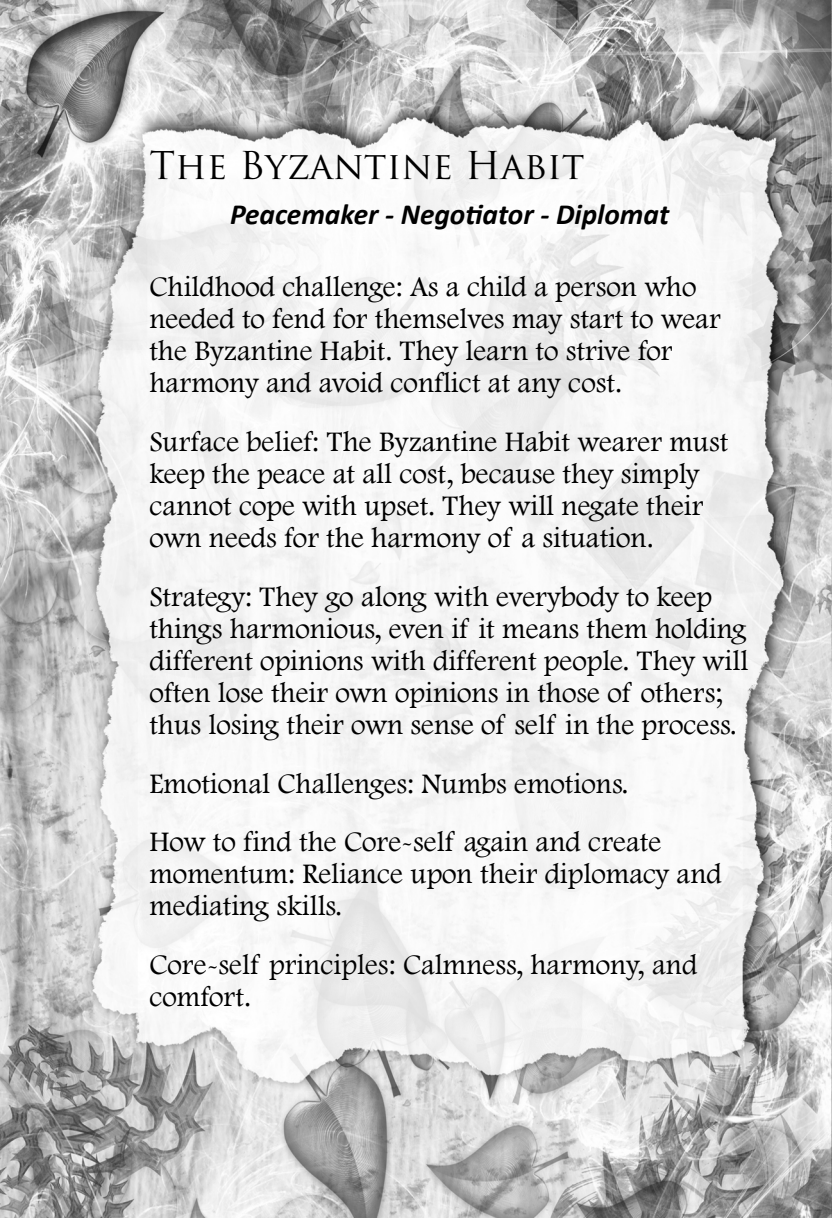
Surface belief: They believe that life is tough and to be conquered; a game that must be won at all costs. They will do anything to get where they want to be and show no sign of weakness.

Strategy: The Ultramarine Habit wearer takes action, using strength and power to crush others. They also have a passion for life and live to excess to demonstrate their own power.

Emotional Challenges: Denial.

How to find the Core-self again and create momentum: Looking to their leadership and mentoring abilities.

Core-self principles: Strength, power, justice.



THE BYZANTINE HABIT

Peacemaker - Negotiator - Diplomat

Childhood challenge: As a child a person who needed to fend for themselves may start to wear the Byzantine Habit. They learn to strive for harmony and avoid conflict at any cost.

Surface belief: The Byzantine Habit wearer must keep the peace at all cost, because they simply cannot cope with upset. They will negate their own needs for the harmony of a situation.

Strategy: They go along with everybody to keep things harmonious, even if it means them holding different opinions with different people. They will often lose their own opinions in those of others; thus losing their own sense of self in the process.

Emotional Challenges: Numbs emotions.

How to find the Core-self again and create momentum: Reliance upon their diplomacy and mediating skills.

Core-self principles: Calmness, harmony, and comfort.

THE SLATE HABIT

Sceptic - Nay-sayer - Physicist

Childhood challenge: Here is a distinct lack of acceptance, causing the child to mistrust the caregiver. Too many broken promises, or lies, make them unsure of reality and cause denial of anything outside their understanding.

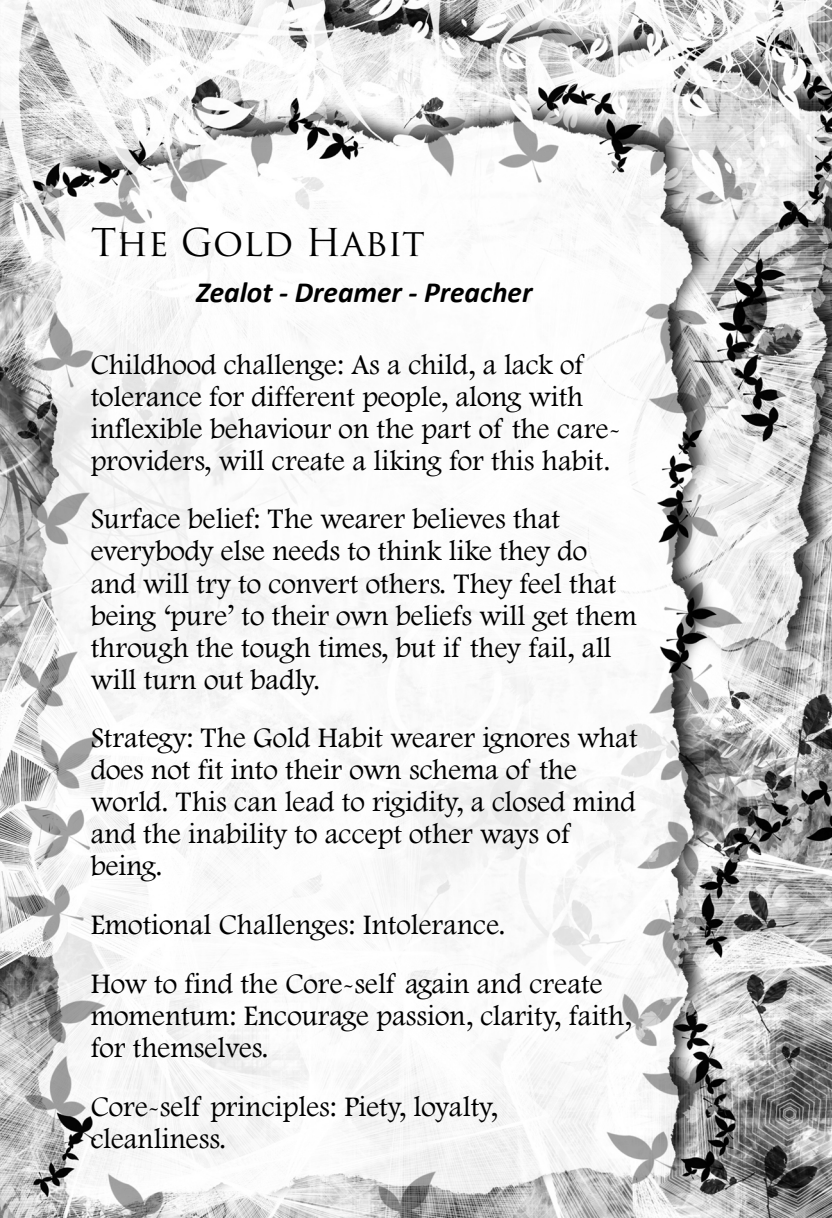
Surface belief: The Slate Habit wearer believes everybody is out to swindle them and seeks the truth. When deceived, they feel foolish, so will do anything to stop that from happening.

Strategy: The person who wears this Habit will block new experiences, if they do not fit into a predetermined schema of the world. It may be science, religion, or some other criteria for 'what is' and 'what is not', but they often stagnate in dogma as a result of this rigidity.

Emotional Challenges: Acceptance.

How to find the Core-self again and create momentum: Maintain Focus and adjust point of view.

Core-self principles: Science and deduction.



THE GOLD HABIT

Zealot - Dreamer - Preacher

Childhood challenge: As a child, a lack of tolerance for different people, along with inflexible behaviour on the part of the care-providers, will create a liking for this habit.

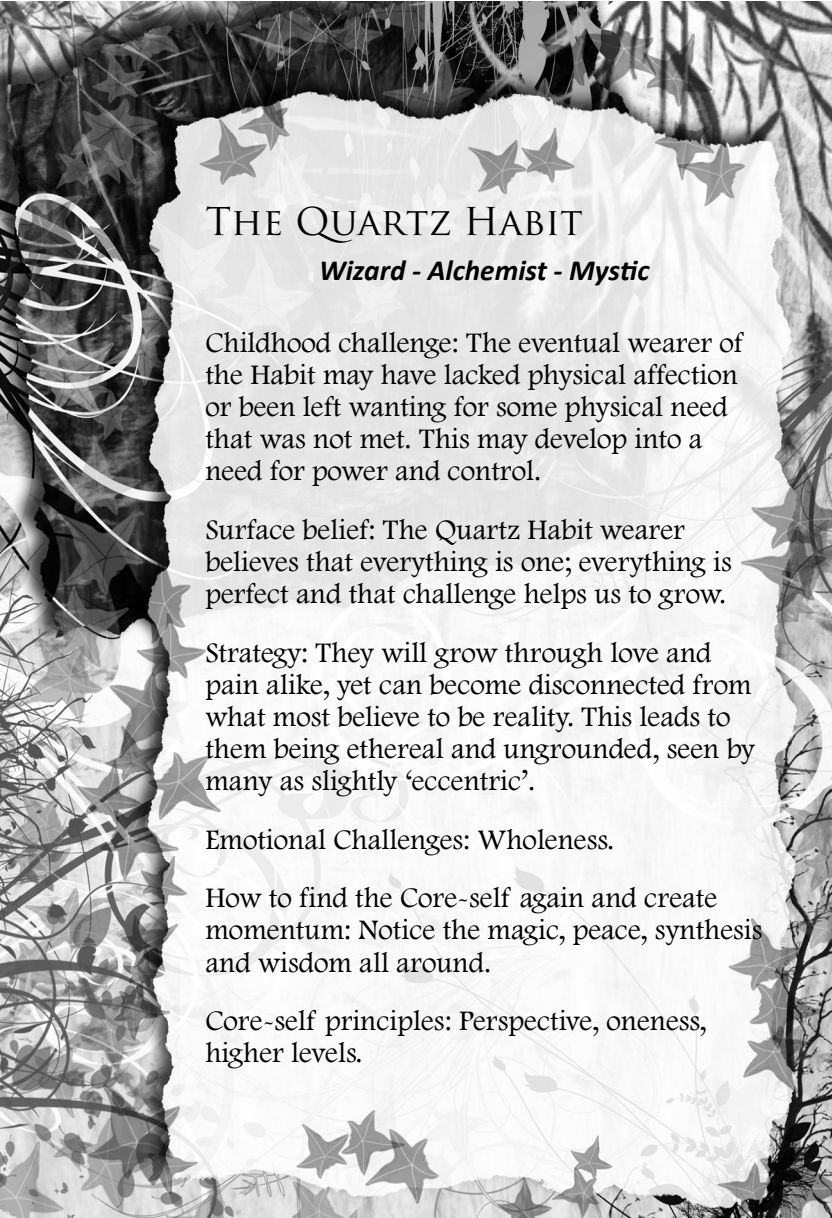
Surface belief: The wearer believes that everybody else needs to think like they do and will try to convert others. They feel that being 'pure' to their own beliefs will get them through the tough times, but if they fail, all will turn out badly.

Strategy: The Gold Habit wearer ignores what does not fit into their own schema of the world. This can lead to rigidity, a closed mind and the inability to accept other ways of being.

Emotional Challenges: Intolerance.

How to find the Core-self again and create momentum: Encourage passion, clarity, faith, for themselves.

Core-self principles: Piety, loyalty, cleanliness.



THE QUARTZ HABIT

Wizard - Alchemist - Mystic

Childhood challenge: The eventual wearer of the Habit may have lacked physical affection or been left wanting for some physical need that was not met. This may develop into a need for power and control.

Surface belief: The Quartz Habit wearer believes that everything is one; everything is perfect and that challenge helps us to grow.

Strategy: They will grow through love and pain alike, yet can become disconnected from what most believe to be reality. This leads to them being ethereal and ungrounded, seen by many as slightly 'eccentric'.

Emotional Challenges: Wholeness.

How to find the Core-self again and create momentum: Notice the magic, peace, synthesis and wisdom all around.

Core-self principles: Perspective, oneness, higher levels.