



# BRAIN HACKS FOR LIFE

## STAR EXPERIENCE

You can create on-demand access to any type of resource state you desire:

- Joy
- **PEACE**
- Happiness
- Accomplishment
- Confidence
- Mental Alertness

To create a **STAR EXPERIENCE** resource state (**PEACE**), follow these steps:

1. **Think of a time in your past** that brings a smile to face when you think about it.
2. **Create a snapshot of that experience**—a picture that, when you see it in your mind's eye, represents the strongest positive part of that entire experience.
3. **Step into the picture and see the experience** as if you are in the snapshot itself.
  - **Notice what you see** – the people, objects, colors, shapes, and sizes.
  - **Notice what you hear** – the sounds, volume, and texture.
  - **Notice what you taste** – pay attention to the flavors: salty, sweet, bitter, sour, or like a \_\_\_\_\_?
  - **Notice what you smell** – pleasant, relaxing, soft, or sweet? (Oftentimes, this is the most hidden of your five senses!)
  - **Notice how it feels in your body** – scan your body from head to toe and notice the relaxation, tingling, lightness, etc.

**Now you're ready to take the next step with Rob!**

**Find more resources from Caterpillar's Employee Assistance Program at [EAP.cat.com](http://EAP.cat.com).**