Thinking Aspire and about their What do they having hope Self health Feel lack of to get doubt THINK AND FEEL? condition confidence recovered constantly what really counts major preoccupations Causes they worries & aspirations say are: Treatment cost is high What do they What do they people SEE? HEAR? thinks heart smoking/ **Diabetes** disease is what friends say environment alchohol uncurable what boss say consumption Most people what influencers say what the market offers die of heart disease HIGH What do they 80% 20 % of BP preventable heart SAY AND DO? cases of heart attacks are disease and attitude in public silent stroke appearance behavior towards others PAIN GAIN identifying "wants" / needs fears frustrations measures of success Dizziness chest pain and treating obstacles obstacles

Fatigue

Fainting

consulting

doctor

friends

as soon as

possible