

The eagle story and you

- This is a metaphor helping you to reflect on yourself. A man who can change live longer and healthier like an eagle. You are more purposeful and aims for some meaning in life.
- Long time ago, an eagle was chained many years. It just turned around and round....
- But then one day, his guilty master set him free. Unfortunately, he forgot how to fly.
- How about you? Why you forget to fly?

In its 40's



Its' long and flexible talons can no longer grab prey which serves as food

Its' long and sharp beak becomes bent



Its' old-aged and heavy wings, due to their thick feathers, become stuck to its' chest and make it difficult to fly



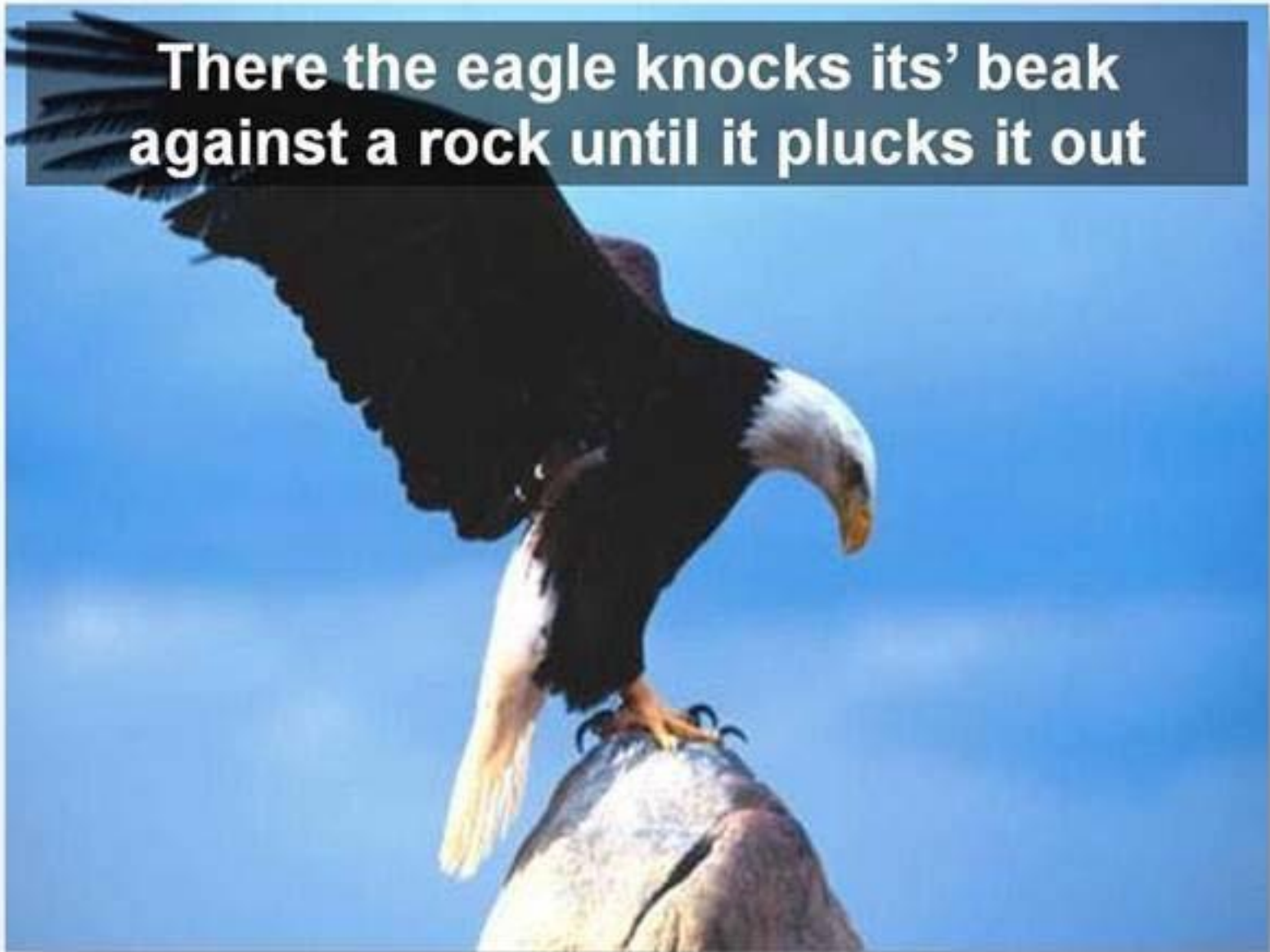


Then, the eagle is left with only two options:
die or go through a painful process of change
which lasts **150 days.**

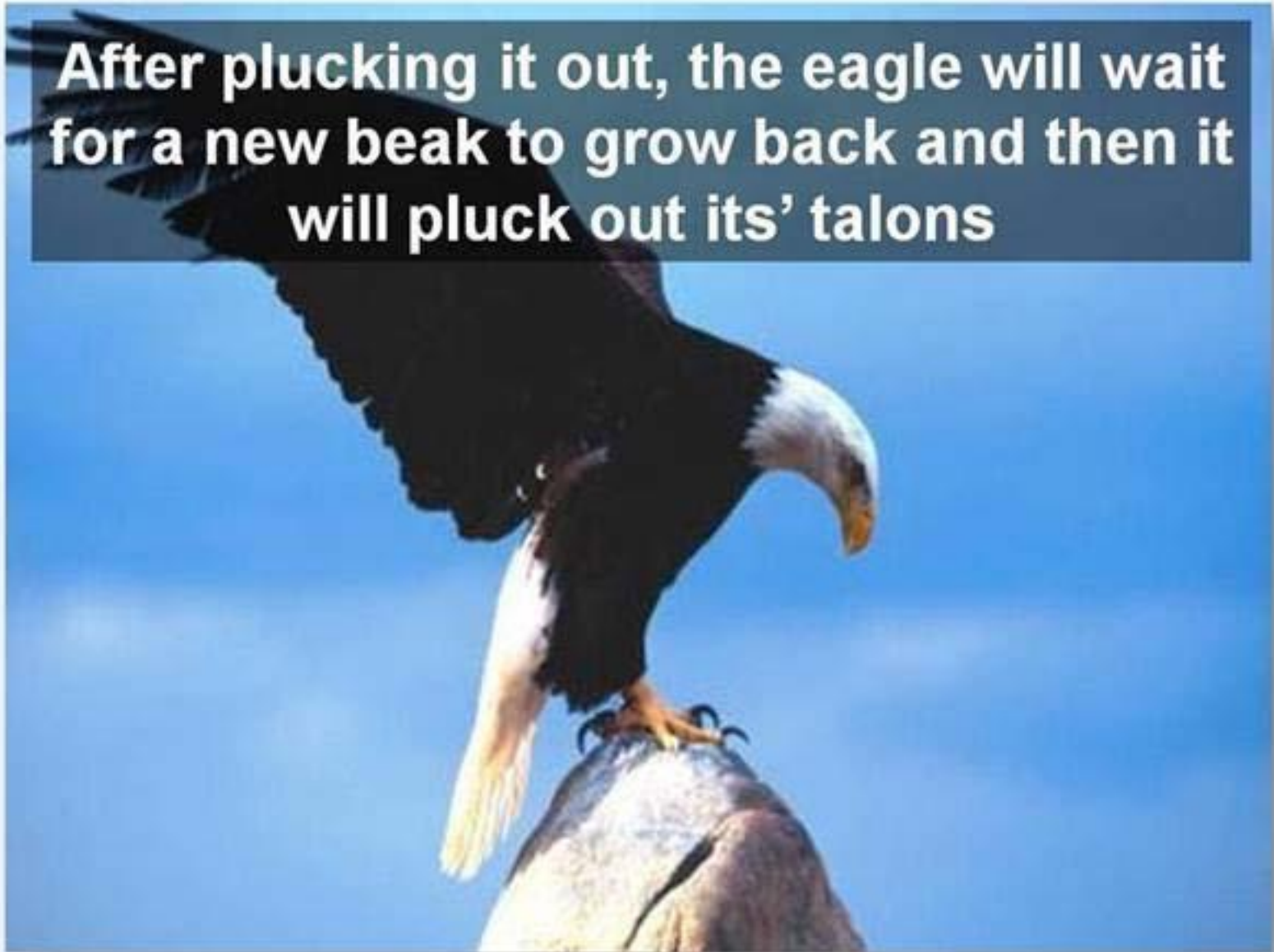


The process requires that the eagle fly to a mountain top and sit on its' nest

**There the eagle knocks its' beak
against a rock until it plucks it out**



**After plucking it out, the eagle will wait
for a new beak to grow back and then it
will pluck out its' talons**





When its' new talons grow back, the eagle starts plucking its' old-aged feathers

And after **five months**, the eagle takes
its' famous flight of rebirth and lives for

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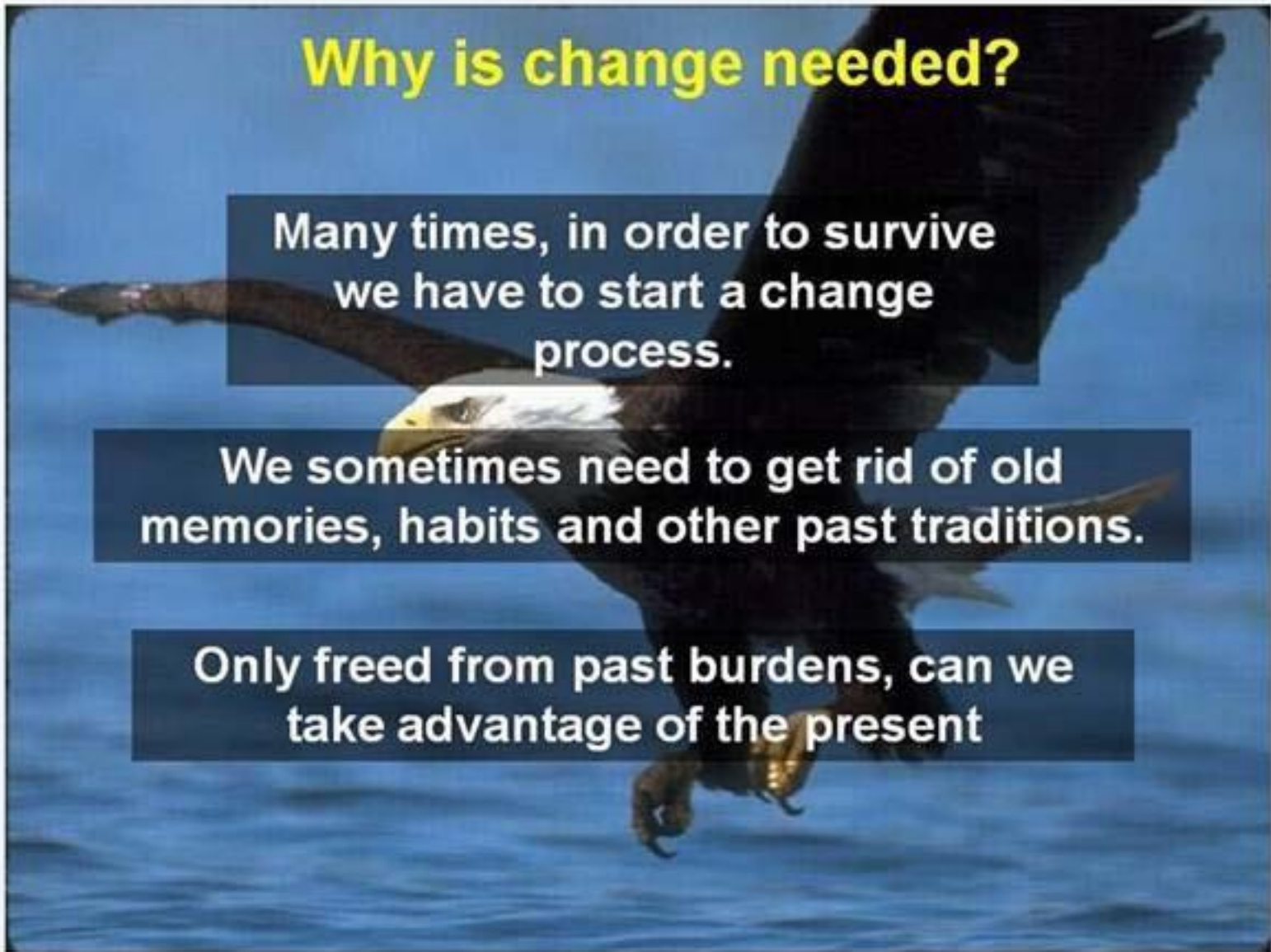
30 more years

Why is change needed?

**Many times, in order to survive
we have to start a change
process.**

**We sometimes need to get rid of old
memories, habits and other past traditions.**

**Only freed from past burdens, can we
take advantage of the present**



SUMMARY OF CHAINED EAGLE

- EAGLE IS **TO CHANGE** BAD HABITS TO GOOD HABITS
- INSTINCTS SUCH AS EATING WITHOUT MOVE BECAUSE IT WAS CHAINED BY ITS MASTER.
- AFTER ALL, THE EAGLE IS FREE BUT FORGETS HOW TO FLY.

SUMMARY OF CHAINED EAGLE

- Without change, you got the chain around you like a chained eagle who does not move/fly, meaning no freedom, no creativity and no growth
- Get rid of bad habits, and build up your good habits
 - Free your mind
 - Explore yourself
 - Keep doing your new routine for at least 6 weeks

Building good habits

- Acquire for more self-knowledge : your strengths and weaknesses
- Set your direction (goal)
- Taking the first step, small but be confident
- Be persistent, go on at least six weeks as your routine
- Human needs three weeks to get familiar to new task and another three weeks to get a new habit

Questions

- Have you been trapped or chained by some old routines/practices/thinking?
- Do we need to change old habits? Why?
- How to have new habits and new you?
- Give an example

Discussion

- <https://www.youtube.com/watch?v=1ryv1u2yXCk>
- How do you change the bad habit such as smoking?
- Discuss the concepts you learned and then give an example