

# V. Trans-self Integration

Sense of source, Cosmic consciousness

#### IV. Self Generation

Mind-Body Integration, Sense of Spirit

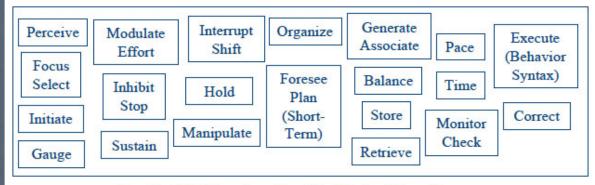
### III. Self Control:

### **Self Realization**

**Self Determination** 

Self Awareness Self Analysis Goal Generation Long-Term Foresight/Planning

# II. Self Control: Self Regulation



# I. Self Control: Self Activation

Awaken, Attend

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Adolescent

Adolescent

Adolescent

adolescent

Elementary

Pre-

Early childhood