1. BECOME SELF-AWARE
2. EXPLORE YOUR SOFTWARE
3. CHANGE THE PROGRAMMING

[Diagram showing the process of changing the programming with various icons and illustrations related to grocery shopping, poultry farming, and environmental impact.]
4. COMPETE WITH YOURSELF ONLY
5. UNDERSTAND THE WORLD
6. FEEL WHAT YOU ARE FEELING
7. BE GRATEFUL AND GIVE BACK
8. SAVE YOURSELF TO SAVE THE WORLD