Transformation is a choice.
Choice Dynamics - Decision Making. Brain States Influence on Decision-Making

Stress is a motivator.
Stress effects on the neural substrates of motivated behavior

Separation increases discomfort in the body.
Separation anxiety is associated with increased amygdala responsiveness and volume

Energy and sustained attention.
Positive Effects of Mindfulness-Based Training on Energy Maintenance and Sustained Attention in a Cohort of Nurses

Awareness and habit change.
Mindfulness and behavior change

Absorbtion, Transform, Flow Brain Activation States
Your Creative Brain.
Carson, Harvard Medical School, 2015

Integrity reduces stress
Possible neurobiological basis for tradeoff between honesty, self-interest

How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing

Using Your Breath to Change Your Mind:
New Insights Into How Breathwork Alters Physiology and Consciousness

Allostatic Self-efficacy: A Metacognitive Theory of Dyshomeostasis-Induced Fatigue and Depression
Stephan, 2016, Institute for Biomedical Engineering, University of Zurich, www.frontiersin.org/articles/10.3389/fnhum.2016.00550/full