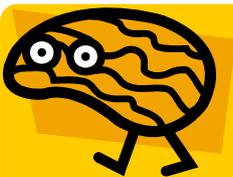


# Increase your intelligences with **BRAIN BOOSTERS**

*You are smarter than you think!*

**power  
mind**

Take command – Create significance



## This brain was made for walking ?



### **YOUR BRAIN WAS MADE FOR WALKING & THAT'S WHAT YOU CAN DO ..... ONE OF THESE DAYS THESE BOOTS ..**

If you are blessed to be as young as I and can remember Nancy Sinatra's hit song ..you will remember the ending to the phrase ..one of these days these boots are gonna ....  
More and more research is affirming the body- brain connection and by moving your body you are actually helping your brain function faster ; clearer and establish the myelinated paths I spoke about in the last Brain Booster. We have heard the phrase " **sleep on your problem** and your unconscious mind will find a solution." Great idea and well validated. Now you can add another simple and powerful problem solver to your repertoire. After mapping out a problem or creating a new idea, go and " walk on it " **It is amazing what links you will make, new insights emerge.** Our western culture is very desk bound and that constricts creative thinking. Use your coloured pens, gaze at pictures, listen to some music or sing yourself and then go for a walk. I encourage you not to go " deliberately to find the solution" . Relax; enjoy the walk ( which is also **great to get your vital daily Vitamin D dose** ) and be prepared to have ideas' pop into your head. Like the header says " you are smarter than you think " .Give your brain a chance to prove this. **PS Remember when you walk hydrate yourself—can you confidently say you drink at least 2 litres of pure water a day . Really ?? Well done ...off you go then... and remember to smell the roses; eucalypt & jasmine on your way.**

**SUGGESTED ACTION FROM THIS BRAIN BOOSTER** : I choose to enjoy the discoveries my brain has to give me on my walks

### **AFFIRMATION FOR YOUR BRAIN POTENTIAL**

***I CONSCIOUSLY CHOOSE TO WORK/WALK WITH MY BRAIN TO EXPRESS MY CREATIVITY***

## **Create the Future You Deserve**

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**Sunday 15 April 2012 9 am–4 pm**

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