

Increase your intelligences with **BRAIN BOOSTERS**

You are smarter than you think!

**power
mind**

Take command – Create significance



Slow slow.....
quick quick
slow



Richard Watson in his brilliant book **Future Minds—how the digital age is changing our brains, why this matters & what we can do about it** describes the brain's great capacity to process huge amounts of information that stream into our lives through texting; social media; phones; radio; TV; work communication; internet. He also says that there is a threshold to the amount of information the brain can process effectively. What is needed for effective functioning is deliberate; planned down time to reflect; recharge and integrate, hence the theme of slow slow;;quick quick slow. Richard encourages us to have times of stillness; daydreaming; face to face conversations exploring ideas .*"Rumination is the prelude to creation. Not only is doing nothing one of life's remaining luxuries, it is also a state of mind that allows us to let go of the external world and explore what's deep inside our head. But you can't do this if ten people keep sending you messages about what they are eating for lunch."* p 148 Humans ,unlike any other animal have a prefrontal cortex, the only brain that can make a conscious choice. Rather than living by default as created by society—live it my design and choice. Maximise your brain functioning by choosing to stop; relax; integrate and refresh (slow ..slow) then reengage with the " world " with vim , vitality and vigour (quick ..quick)

SUGGESTED ACTION FROM THIS BRAIN BOOSTER Throughout the day make a conscious choice—slow down—take a breath—think about responding or creating social media—is this really enriching your life ?

AFFIRMATION FOR YOUR BRAIN REPATTERNING:
I VALUE THE MAGNIFICENCE & MIRACLE OF MY BRAIN & I AM GRATEFUL
I CARE FOR IT WITH DEEP REVERANCE

POWERMIND COACHING

Take command—create significance

Discover 3 steps to MAXIMIZE your brain functioning

One day power seminar Sunday 18 September 2011

Register now for the powerful one day " The Rest of Your Life starts here"

TO FIND OUT MORE,
CONTACT US NOW

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