

Increase your intelligences with **BRAIN BOOSTERS**

You are smarter than you think!

**power
mind**

Take command – Create significance



Start a Fresh— De-clutter



There is great benefit in clearing space & de-cluttering. Why? Although the brain fires at lightening speed it can only “consciously think of ONE thing at a time”. Therefore, if you are spending time “looking” for files, equipment, numbers, things—not only are you **wasting time** you are slowing down and disrupting peak brain functioning. Author Mihaly Csikszentmihaly in his book Flow describes our peak creativity occurs within the elements of concentrating on one thing.

As you prepare your diary for the New Year – make it easy for yourself to locate data quickly. Take the time to clear your desk; create easy access folders & really cull information you have not used. Release yourself to the attachment that “one day it may be useful” Like fashion advisors encourage us – if you have not worn it in the last year – get rid of it . If efficiency and effectiveness is one of your goals – invest in this discipline and enjoy the results. What can you clear and cull in the next 10 minutes ?



Brain Booster Fire Appeal Pledge Results - Thank you to the 11 readers who replied to our invitation to pledge and pay to the Fire Appeal. Together we contributed \$330 - thank you !

SUGGESTED ACTION FROM THIS BRAIN BOOSTER: Set the timer—go for it. How much can you cull and clear in 10 minutes?

AFFIRMATION FOR YOUR GOAL

I am efficient and effective.....

I easily locate what I seek.

POWERMIND—Centre for Leadership Coaching Excellence
Start your New Year Confident— Create the Future You Deserve

Seize your complementary coaching session & explore what is possible for you

CONTACT US NOW

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