

Increase your intelligences with **BRAIN BOOSTERS** *You are smarter than you think!*

**power
mind**

Take command – Create significance

**STRESSED OR BLESSED ?
WHICH LEVER DO YOU KEEP SWITCHED ON ?**



BRAIN BOOSTER TIP:

A colleague was lamenting how “stressed” she was. I pondered. The majority of Australians have access to fresh water; nourishing foods; safety; a dry clean bed to sleep in ; positive friends; meaningful work; washing machines; transport; mobile phones. Is this what our ancestors would think is being stressed ? It is a matter of perspective. The brain is a goal seeking organ. If you seek “ stress ” you will get more ! If your attitude is one of appreciation—your neurology calms and soothes and you can be far more productive. Homosapiens are the only animals with a prefrontal cortex the brain of conscious choice. The power to choose is yours ! Stressed or blessed?

WHICH INTELLIGENCE?

PREFRONTAL CORTEX—THE BRAIN OF CONSCIOUS CHOICE

ACTION FOR THE WEEK:

Check in daily—when feeling wound up—take a deep breath & affirm “ I am truly blessed I am surrounded with such abundance of good things and people ”
Say it silently—say it out aloud as a gratitude in words that feel comfortable to you.
This will inspire others to consider their attitude

Print this page off and leave it in a prominent place to mark off when you have achieved this goal.

AFFIRMATION FOR YOUR BRAIN REPATTERNING:

“I take full responsibility for my choices—I determine how I will respond to any situation ”

POWERMIND COACHING

Take command—create significance

Leverage your life to create even more significance.

Register now for the powerful one day “ The Rest of Your Life starts here ” seminar.

This advice is general in nature and while every effort is made to ensure its relevance and applicability to your personal situation, we recommend that you always seek appropriate professional and/or medical advice in conjunction with any implementation of the advice given.

**TO FIND OUT MORE,
CONTACT US NOW**

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