

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

**power  
mind**

Take command – Create significance

## **MORE FUN & ENJOYMENT THE POWER OF BELONGING**

**Which groups do you belong to which bring you pleasure ?  
Family, work, social ?**



### **BRAIN BOOSTER TIP:**

As an animal species, homosapiens thrive in groups. We are meant to enjoy each other. Safety & security through our close and social relationships is our genetically programmed way of learning, growing & developing. If isolated – humans get distressed. Our survival depends on us being in connected groups. If we are isolated, CORTISOL is released which washes away brain connections AS WELL AS suppressing the immune system.

### **WHICH INTELLIGENCE?**

SPIRITUAL AND SOCIAL INTELLIGENCE

### **ACTION FOR THE WEEK:**

Am I connected with at least one positive, nurturing group?

If yes value these and publically be grateful . If you do not belong to a group, seek this week to find onewhere you would find enjoyment in – eg Sport, Music, Environment, Political. Ask a friend, join with them .

**WRITE DOWN YOUR COMMITMENT HERE :**

Print this page off and leave it in a prominent place to mark off when you have achieved this goal.  
( Remember the brain loves goals and loves to achieve them...go for it! )

### **AFFIRMATION FOR YOUR BRAIN REPATTERNING:**

*I belong to groups that I really enjoy – I richly contribute and I richly receive & I am grateful*

**Interested in how your brain of bullying & brilliance works?**

**Want to improve your social intelligence? Come to our next 1 day workshop Sun 23 May**

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

**power  
mind**  
Take command – Create significance

M: 0409 713 466  
E: [ilze@powermind.com.au](mailto:ilze@powermind.com.au)  
[www.powermind.com.au](http://www.powermind.com.au)  
CODE 230210-0013



