

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



MORE FUN

FIRING UP THE RIGHT SIDE OF YOUR BRAIN UNLEASHING YOUR CREATIVITY



BRAIN BOOSTER TIP:

Einstein said "Imagination is more important than knowledge" "Why did he say that?" My guess is that it is the right side of the brain is the one that thinks the new ideas and the left brain the engineering brain "makes it happen" eg Edison's right brain imagined a concept of a light bulb. His left cerebral cortex – the brain of logic, language, numeracy, planning and analysis made 100's of experiments to "make it happen". Look about your room now and everything you see that is human made is a combination of the power of the right and left brains working. Your right side brings you fresh ideas, novel solutions to challenges. You use this brain to vision a future, the think of possibilities. This brain has no words but is enriched and expresses through symbols, pictures, sounds, colours. Any activity that you can do to bring more colour, music, aromas, beauty will activate your creative juices and fire up your right side imagination brain. Go on hum, sing and whistle yourself to greater intelligence!!

WHICH INTELLIGENCE ? RIGHT CEREBRAL CORTEX—the brain without words only pictures

ACTION FOR THE WEEK: **What 3 different things could you do this week to bring more variety into your life—eg music, art, aromas, flavours?**

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 seek, enjoy & celebrate new experiences that stimulate my imagination to be fully activated. LIFE is a celebration & I choose to expand my enjoyment of it

Interested in how to improve your creativity & problem solving ?

Register for our next monthly workshop !

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



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