

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

power  
mind

Take command – Create significance

## YOUR BRAIN LOVES CHALLENGES BUT SHRINKS WITH OVERWHELM



### **BRAIN BOOSTER TIP:**

The brain is a goal seeking organ. It loves and thrives on challenges. Seek new experiences. Be open to new ideas and interpretations. This will grow new dendrites and connections between neurons – which makes you smarter! Remember use it or lose it. There is one proviso though – if the challenge is overwhelming eg learning multiple tasks at the same time – the brain panics. Cortisol which is released under stress actually impedes brain functioning, so pace yourself. Remember if teaching someone take it one step at a time – set them up to succeed.

Research conducted at the University of NSW Australia showed that the brain prefers & seeks rewards—it loves to party!! So when you have achieved a milestone or a goal, honour your achievements & celebrate – do something special, you deserve it

### **WHICH INTELLIGENCE?**

BODY INTELLIGENCE & OVERALL BRAIN FUNCTIONING

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

What are you going to do this week to provide variety to your life – learn something new that you would enjoy (you get 2 benefits more dendrites (smarter) & bathe your brain with the feel good hormones)

### **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:**

*Everyday I ask myself " What can I learn today?"*

## **Interested in how many brains you have ?**

**Interested in how PowerMinds NeuroLeadership coaching supports you to use all your brains ?**

TO FIND OUT MORE,  
CONTACT US NOW



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