

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

power
mind

Take command – Create significance

YOUR BRAIN LOVES TO CELEBRATE



BRAIN BOOSTER TIP:

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. Consider though the activity you choose to celebrate – any overindulgence in alcohol can lead to addiction and is detrimental to your brain, relationships and career.

WHICH INTELLIGENCE?

BODY INTELLIGENCE & OVERALL BRAIN FUNCTIONING

ACTION FOR THE WEEK:

What three simple ways can you reward yourself on achieving your goals?

Eg Silently saying to yourself "well done"; ringing/texting your friend/coach; treat yourself to something special.

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 am grateful for my achievements and I celebrate to honour my effort and outcomes

Interested in how many brains you have ?

Interested in how HeartLogic's NeuroLeadership coaching supports you to use all your brains ?

TO FIND OUT MORE,
CONTACT US NOW



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