

MIND TRAINING SESSIONS

SUMMARY

10 Keys to Unlock Your SuperBrain

1/3 of your memory is genetics and 2/3 is in your control

Common Sense is often not a common practice

10 keys for unlocking your SuperBrain

1. Good Brain Diet
2. Killing ANTs (automatic negative thoughts)
3. Exercise, as anything good for your heart is good for your head
4. Brain Nutrients
5. A positive peer group
6. Clean Environment
7. Sleep – when you sleep you are consolidating short memory into a long term memory
8. Brain Protection
9. New Learnings – Lifelong learning adds years to your life and life to your years
Remember , consistency is power !
10. Stress Management

Your mind is always eavesdropping on your self-talk

Today's Action Step :

- * Review these 10 areas of your lifestyle and notice the areas you're neglecting.
- * Make a commitment that you will focus on that area and develop it and improve it.