

REWIRING YOUR BRAIN FOR CALM, CONTENTMENT, & HAPPINESS

Awareness: Become conscious! We have power, we can personally take responsibility, no matter how difficult, heartbreaking, frustrating (or fill in the blank) life can be – we can respond from either a victim stance or an innovator stance.

Victim Innovator

Trigger – stimuli: Something occurs that ignites the firing of a neuropathway

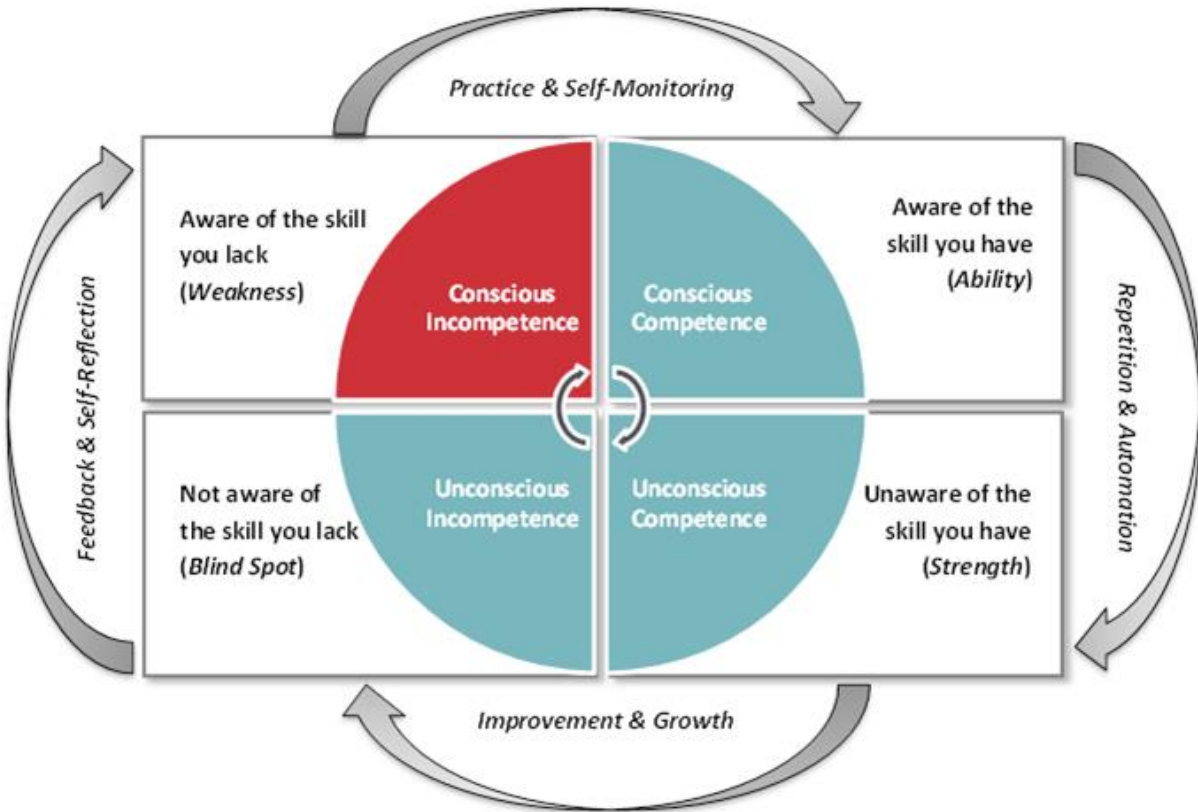
Fact about event, situation, circumstance, or problem:



Default “wired” negative thoughts that follow neuropathways that create a stress response	Rationally optimistic skillful thoughts to create new neuropathways that serve your well being
Behaviors associated	Behaviors associated
Outcome	Outcome

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us.” – Marianne Williamson

What Lens are you looking through? (Our brains are single processors – negative processor, or positive processor)
 – Practice and focus on looking at everything through the best lens for your own well being



The Law of Choices

***The most basic choice we have in life
is whether to expand or contract,
whether to bring our creative and expressive energies
out into the world in positive or negative ways.
No matter what our circumstances,
we have the power to choose our directions.***

***In each of us are heroes;
speak to them
and they will come forth.***

ANONYMOUS

