



TRAIN YOUR BRAIN
—— For Success

Work Sheet 2

Use this simple but highly effective technique
to begin training your brain for success
TODAY!



INSPIRED TO CHANGE

Some times the brain get's it wrong!

Our brains are amazing organs but sometimes they get it wrong! Our brain doesn't understand the difference between imagination and reality and this can get us in to difficulty. Every time we worry about something our brain thinks it is actually happening. So if we worry about a meeting we have coming up 50 times our brain thinks it has happened 50 times. It's not *what* we worry about that makes our brain get it wrong – it's how many times we worry about it.

Shift your expectations!

By shifting your expectations away from the worse case scenarios that we worry about, towards more positive expectations we can start to take back control from our primitive, negative mind and spend more time in our sensible, intellectual brain. And we can use the fact that our brain doesn't know the difference between imagination and reality, the very fact that gets us in to trouble, to help us get back on track.

Visualise your preferred outcome!

By visualising your perfect day, with everything going just as you want it to, with you feeling exactly as you want to feel, we can train our brain to expect more positive outcomes.

This activity is simple. Every evening, before you go to bed, spend 2 minutes imagining the next day going perfectly, right from you jumping out of bed, full of enthusiasm for the day, feeling motivated and productive, through to the end of the day with you sitting down at home, feeling happy as you have achieved everything you wanted to achieve in a calm, relaxed way.

By doing this we are telling our brain what to expect the following day. Our brain is designed to act on what we predict will happen next so it will do everything it can to make your perfect day happen for you. You have also shown your brain that there are no lions lurking in your perfect day – it's a safe day so there is no need for the primitive brain to step in.

And it doesn't matter if your day doesn't go according to plan. By doing this activity you will ensure you are functioning from your intellectual brain, so no matter what gets thrown at you during the day you'll be able to deal with it!



Give it a try!

So why not give it a try? We have laid out your first week with some phrases to prompt you to get you started.

Let's get started!

Let's track your progress and see how much of a difference this simple action makes!

Right now, today how would you score yourself on the following areas on a scale of 0-10 (with 0 being the worst and 10 being the best)?:

Happiness

Confidence.....

Day 1	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....
Day 2	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....
Day 3	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....





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Day 4	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....
Day 5	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....
Day 6	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....
Day 7	1. I will wake up feeling 2. I will achieve..... 3. I will end the day feeling.....



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How did you do?

Let's track your progress again and see how much of a difference this simple action makes!

Right now, today how would you score yourself on the following areas on a scale of 0-10 (with 0 being the worst and 10 being the best)?:

Happiness Confidence.....

What is the difference in your score?

What differences have you noticed about yourself?

Note down the things you have done or felt differently since you have been doing this process:

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Congratulations!

Just by carrying out this small daily task you have continued on your journey to Train Your Brain for Success. But don't stop now! Keep this up for at least a month to really notice the difference. Most people enjoy this daily act so much that they continue it on for years!

