

# HOW OUR BRAIN WORKS

POSITIVE



Positive thinking, positive action and positive interaction all help us produce our feel-good hormone serotonin which helps us to operate from our intellectual brain

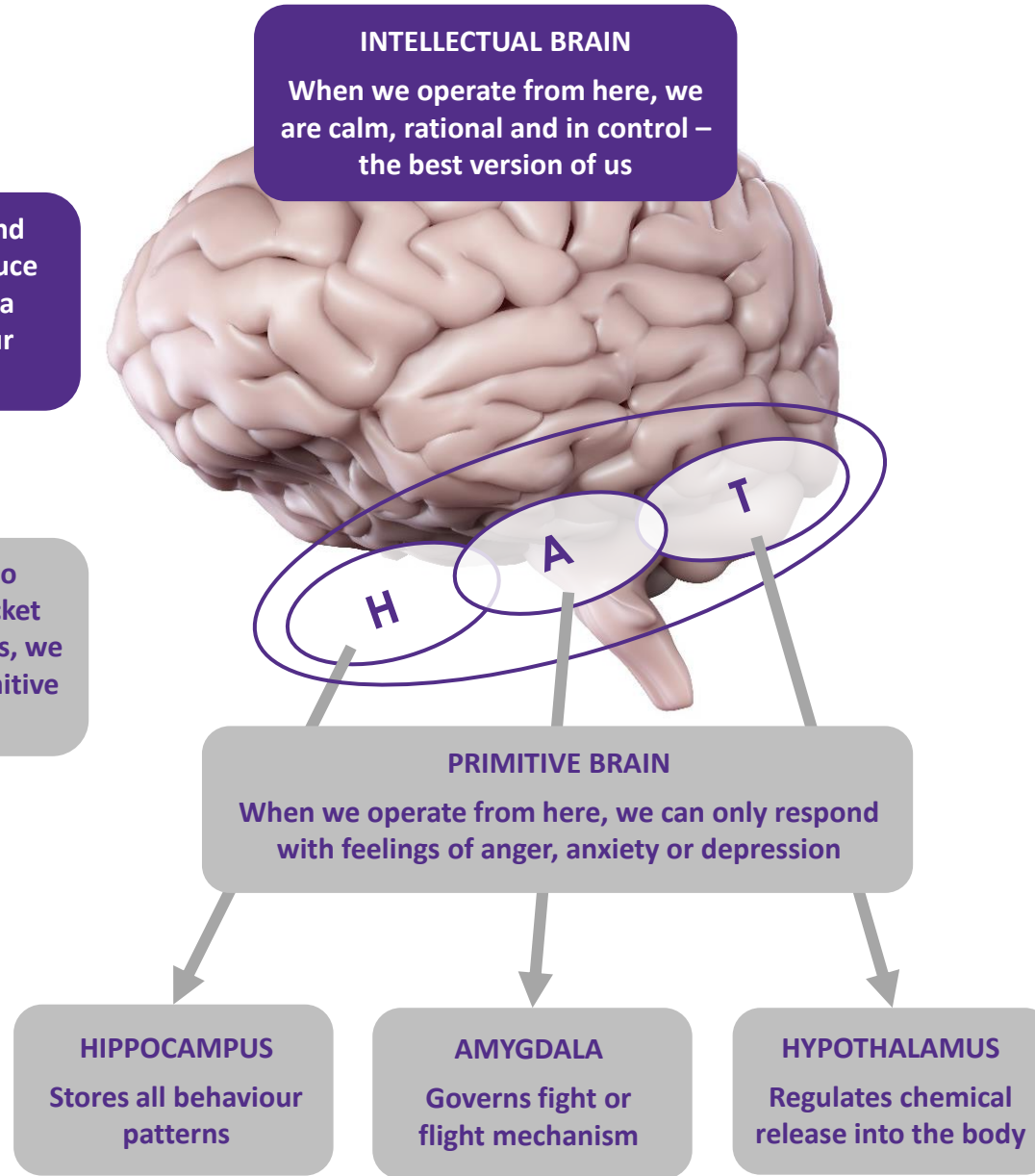
NEGATIVE



Negative thinking is converted into anxiety which fills up our stress bucket and when our stress bucket overflows, we lose intellectual control and our primitive brain takes over



INSPIRED TO CHANGE



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Key things to remember

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

6: \_\_\_\_\_