



DATE YOUR BRAIN



Where did you find that? I've been searching for it everywhere.



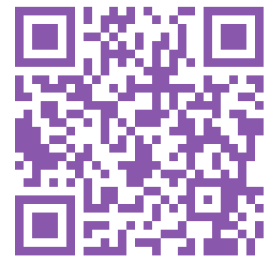
I created it myself.



DIYMENTALBOOST.COM

Why and how does this work?

- Neuroplasticity - allows our brain to adapt, and we can choose what it adapts (behaviors, thoughts, feelings)
- Subconscious Rewiring - Interrupting automatic unhelpful mental loops and build new neural pathways.
- Emotional Intelligence - Helps one to determine what mental thought patterns are unhelpful.



As you gain a basic grasp on how amazing the mind was designed to work on your behalf. You will be able to have peace of mind in any situation

BE MADE NEW IN YOUR DOMINANT MENTAL ATTITUDE

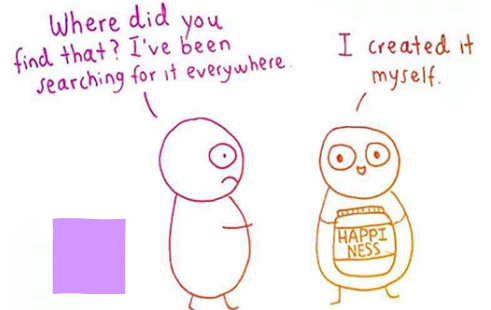


PHILLIPIANS 4:6-8, 11

PREP BRAIN: Imagine being like Hannah, release an emotional burden of an on-going situation. 1 Samuel 1:1-18



NOW LISTEN TO WHAT YOUR MIND HAS TO SAY... BRIEFLY ANSWER WHAT IS THE PROBLEM, ISSUE, CONCERN OR PAIN?



How intense: 1-10

DID YOU ACTUALLY TAKE A MOMENT TO BREATHE? THIS IS ACTIVATING THE NERVOUS SYSTEM FOR YOUR GOOD!



What are your thoughts... What would you tell God if he asked you these questions: Why is your concern? How can it be worse? Why is it hard to feel at peace about it, hard to overcome or deal with?

What in this concern is connected to the past? State what the memory/image/sensation that comes to mind. And how long has it been something that affected your life?



Circle Emotion or Thought:

Fear or Worry / Sadness or Hurt Feelings / Anger or Annoyance / Helpless or Alone Disrespected or Unloved / Injustice or Unfair / Wrong or Bad / That's just the way life is.



USING OPPOSITE WRITING HAND write out Philippians 4:8 or find any 20 objects you see around you! Bonus: HUM a melody or any song that makes you feel pleasant.

(It is irrelevant if it's spelled right or looks readable)

Self-Help Worksheet designed off the format of PHILLIPIANS 4:6-8, 13

Discontinue use of this worksheet at your discretions. Only use if the brain feels good about it

3 ALLOW YOURSELF TO FEEL THANKFUL! SO IMAGINE SOMETHING HEART-WARMING

- *YOUR PET
- * FUN VACATION
- *SOMETHING YOU ARE LOOKING FORWARD TO DOING (MAKE SURE IT'S SOMETHING ALL GOOD)

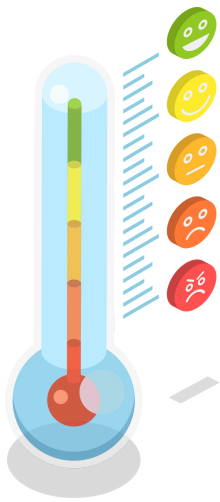
*IN ALL
Things
GIVE
Thanks*



OR SCAN AND VIEW A 60 SECOND FEEL GOOD IMAGERY OF CREATION

THIS HAPPY THOUGHT IS NOT CONNECTED TO YOUR CONCERN. IT IS NOT A RETHINKING OF YOUR CONCERN.

THE MIND WILL SHIFT ON ITS OWN FOR THE BETTER! SOON ITS HABIT WILL BE TO THINK IN THE PATTERN OF PHILLIPIANS 4:8 ! PRACTICE MAKES PROGRESS



QUICK EVAL: THINK OF ISSUE YOU WILL NOTICE LESS INTENSE FEELING!

How intense now: 1-10



****CONTINUE! REPEAT TO COMPLETE YOUR SELF-SESSION**

IMMEDIATE REPETITION IS IMPORTANT. SO, REPEAT FOR THE MIND TO GENERATE A COMPLETE SHIFT.
1 THESS 5:17

AFTER 3 TIMES DO A SELF-EVAL!

**REPEAT STEPS 1-3
TWICE MORE**

BONUS SELF- EDUCATION VIDEOS



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