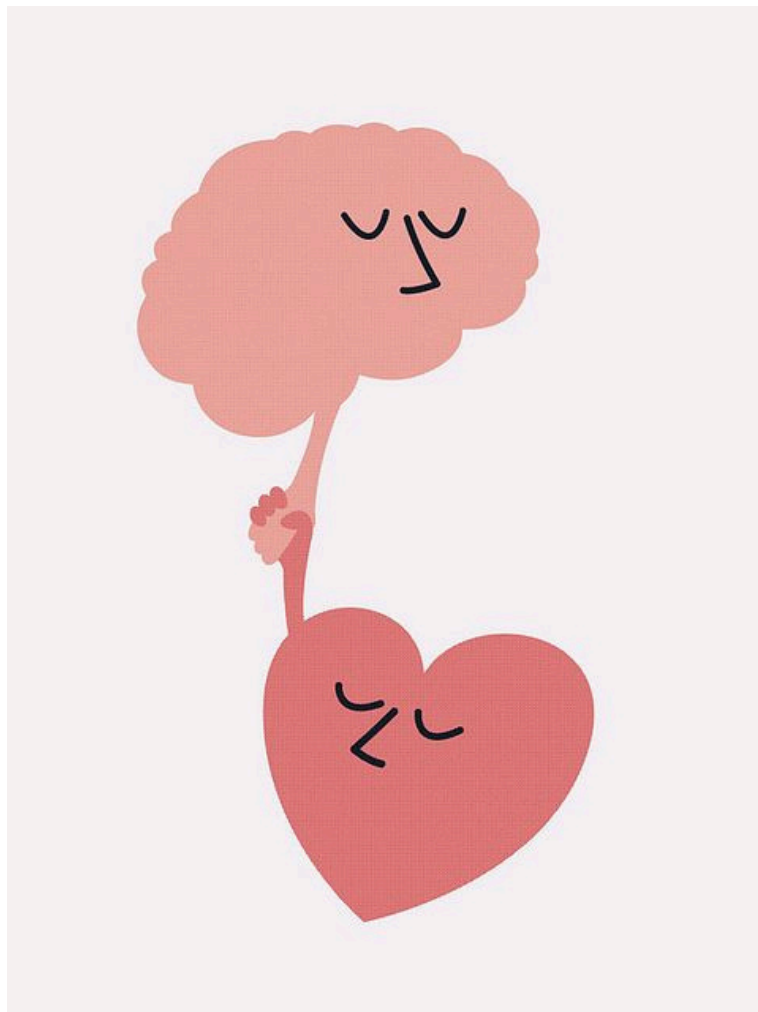


DATE YOUR BRAIN

STRESS LESS

IN 2025



DIYMENTALBOOST.COM
NO CHARGE ONLINE COURSES & TOOLS

THE BRAIN HAS ITS OWN LANGUAGE!



"May you have peace"

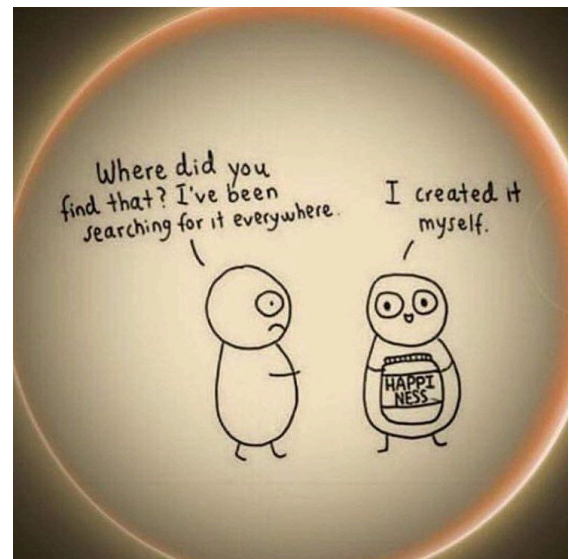
Understand the
brains language
then we can aid our
own MIND to be our
greatest supporter
& asset.



NEUROPLASTICITY...

The BRAIN is designed to be
limitless, habitual and be
updated just like a computer
for enhanced capabilities.

When we understand this AND
know how to utilize, then its an
ASSET to make life "EASIER".
Not knowing causes us to
unknowingly use it as a
LIABILITY to make life
"HARDER".



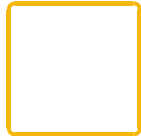


1st - EMOTIONAL INTELLIGENCE COURSE

"DATE YOUR BRAIN"

2.5 hrs (LISTEN)

SCAN



HOW THE BRAIN CREATES FEELINGS.

Example...Your brain is like a garden.

Plant a flower a flower grows. Plant a

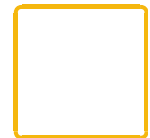
weed, weeds grow. Your perception

creates how you will feel. YES... IT IS

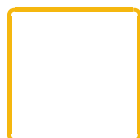
THAT BASIC! [View video #1, #2, #3, #4](#)

How does the brain understand
what we want it to feel or do?

[View videos 5,6,7 & 8](#)



Are we giving our brain clear direction? Or are there ways we unknowingly cause conflicting messages.



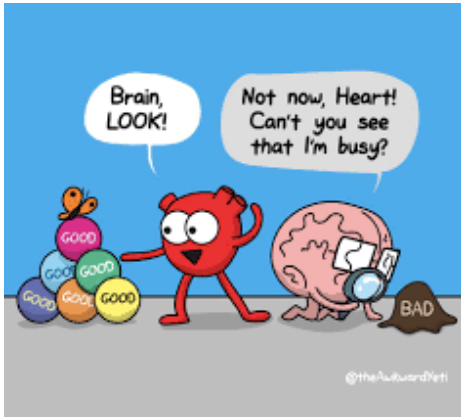
EASY WAY TO COMMUNICATE WITH YOUR MIND. [View video #9 & 10](#)

It's a skill that can be honed quickly. It's the key between thriving or just surviving.

2nd - 3 Step Thought Process!

What it is? How it works!

45 minutes (**LEARN**)



NEXT: USE 'MENTAL BLISS SELF-SESSIONS'

**Your BRAIN is
listening to you...
it thrives on your 'clear' direction!**



**3rd - CHOOSE TO THRIVE (GROW)
SUBCONSCIOUS REWIRING**

Checkmark to commit to yourself!

(chose 1)

"I want to adopt a "weekly" mental self care routine for 30 minutes a week."



"I want to do 56 self-session video course."



Write down
Acct Name & Password

**You can
do this!**

Help others to receive this
unique resource!!

*Make a monthly donation

*Purchase motivational
notebooks

*Give a review



SELF EMPOWERMENT OF MIND

Support the message!

"Your generous donation helps
this message to reach others
and sustains no charge services.

Renee Thomas, Founder

575-201-3679

