Retrain Your Brain!

"Change Your Thinking, Change Your LIFE….."

Change habits by developing NEW "neural pathways"

These have been getting stronger every time you do something....time to try something NEW....

Neural Pathways

Identify the habit you want to transform and set the INTENTION

- What do you REALLY want?

- **What do you need to move away from**?

- How badly do you want this?

- SET the INTENTION---if it is high, then creating new neural pathways is inevitable

Observe what the old habit or pathway is doing in your life.

- Become an observer:
  - look at any hurtful feelings it is creating in your life
  - negative thoughts keep returning
  - how does your body respond to these old pathways
  - what results are you creating in your life?
- BE the witness, and BE AWARE of these

SHIFT your focus---very important!

- **To create a new neural pathway, you must take the focus OFF the old habit, and it will eventually become "extinct".**

- **Take your awareness off of what you DON'T want, and instead focus on what you WANT.**

- **Your body follows what you focus your MIND on.....**

Use Your Imagination….daydream!

- **You can build new neural pathways not only with new behaviors, but through imagination:**
  - **Imagine what you want over and over, repeating this in your mind**
  - **Focus and retrain…….**
  - **What would it look like? Sound like? Feel like?**
  - **Allow yourself to daydream and use Creative Visualization to make it real**
  - **Keep rebuilding your new neural pathways until they become your new "normal"**

Interrupt your thought and patterns as they arise

- Say "NO!" or "CANCEL" when an old thought or impulse comes in

- Replace it with "I don't have to do that any more"

- Turn immediately toward that new neural pathway you are building

- Keep moving in that direction

- Realize that this IS effective!!

Remain TEACHABLE to Spirit

- Connect with you HIGHER SOURCE/God/Higher Self for inspiration and support

- Know that you CAN change your thoughts, change your LIFE!

- Stay present, overcome your fears, and get to know the **Infinite Source!**