

3 Ways to Take Charge of Your Brain & Be Ready for 2021



by Philippe Douyon
CEO, Inle BrainFit Institute

As we end a year fraught with illness, trauma, protests, and uncertainty, it's important to remember that life changes in phenomenal ways when we decide to take control over what we can instead of focusing on things beyond our power.

In an effort to ring in a new beginning and get ready for 2021 let's start by taking charge of something that can change our lives....OUR BRAINS.

I want to explore 3 things that we can do that will shape the evolution of our brains and get us ready for the new year.

Here they are:

#1. Change our thinking

Albert Einstein once said, *"we cannot solve our problems with the same thinking we used when we created them."*

In our current state of paralysis by pandemic, isolation from loved ones, and the financial insecurity crippling our personal and

global economies our thoughts matter more today than they ever have.

There is research that states that we have between 12,000 – 60,000 thoughts everyday.

90-95% of those ideas and opinions are the exact same thoughts that we had yesterday and 60-70% of them are negative.

Our thoughts govern our actions. When we think differently about our circumstances it opens us up to what is possible. It allows us to find creative solutions and adapt to Unfamiliar challenges.

New ways of thinking changes our perspective on life and induces neuroplasticity. It forms the creation of new neurons and new connections, keeping the brain healthy and minimizing the risks of neurological degeneration.

#2. Exercise Daily

The brains of modern humans are very different

Whether it's challenges or a new beginning, ability control of our ultimately de level of

*to overcome
get ready for
beginning it's our
to take
our brains that
determines our
success.*

from the brains of our early ancestors.

Over the millennia our brains have gotten bigger and more complicated. The number of neurons and connections between them have increased in a process called encephalization.

Research shows that the reason that the brain evolved in this way was the need for early humans to run long distances. It was the activity of moving their bodies in order to escape from predators and chase down prey that caused the brain to grow and the number of cells to expand to the numbers we now have today.

We know that regular exercise gives our brains everything they need to make new neurons and new connections. Exercise promotes the brain's ability to adapt, learn, and heal. It's the best stress reliever, anti-depressant, and anti-anxiety treatment there is.

Exercise is also a necessary prescription in the prevention of disease and

the recovery from illness.

#3. Focus on the life we want to create

Our brains need us to lead them especially since there are millions of things competing for our attention everyday.

When something becomes the center of our interests that is where our lives follow.

A group of neurons in our brainstem called the reticular activating system focuses our awareness on what's important to us, increasing the likelihood that our thoughts come to pass.

Whether it's to overcome challenges or get ready for a new beginning it's our ability to take control of our brains that ultimately determines our level of success.

Come take charge of your brain with your personal brain expert!



70+ Video Courses.

Includes 4 Modules with over 70 total video courses with assessments for active learning.



Unlimited Access.

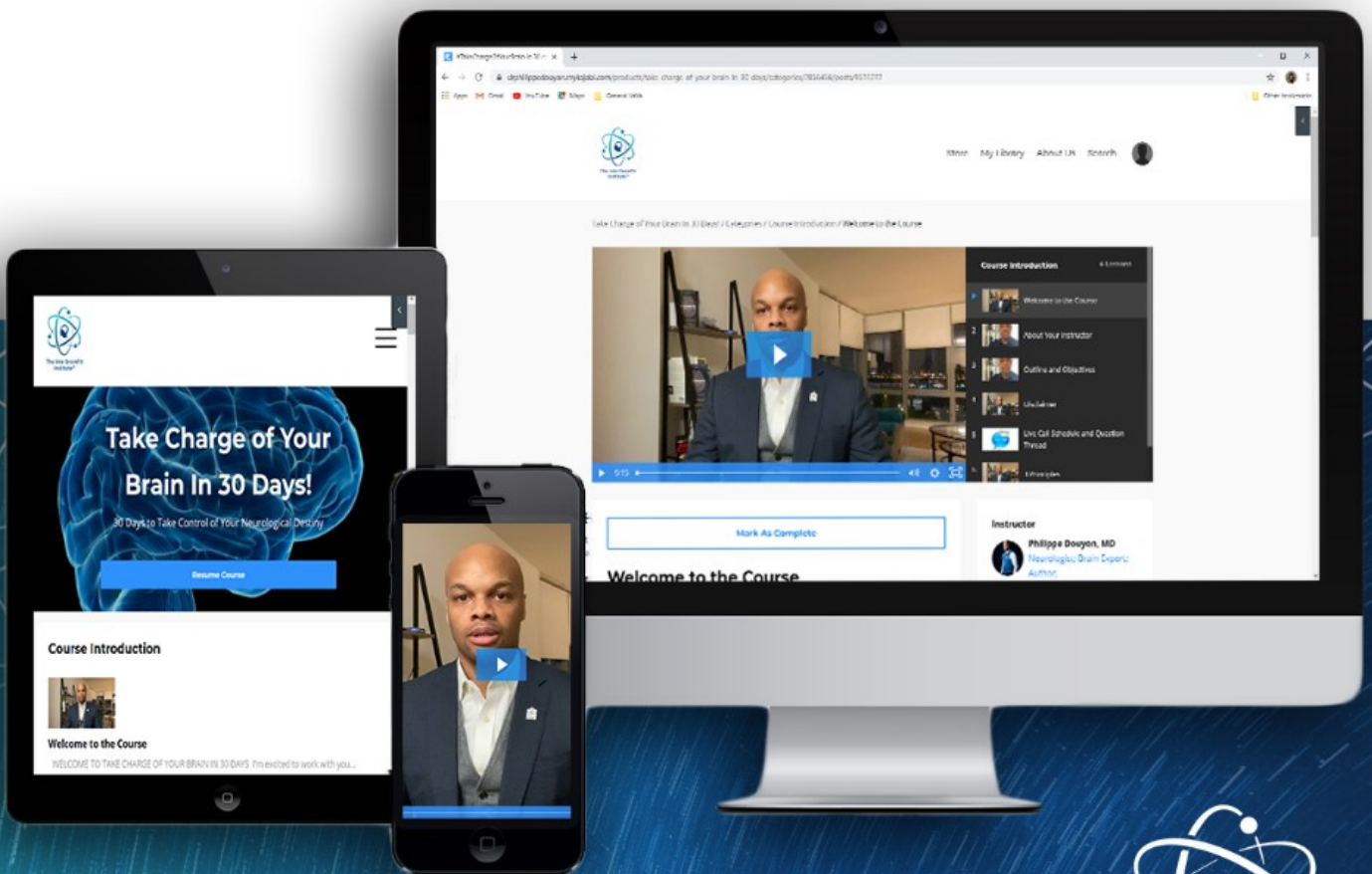
You get unlimited access to all of the Take Charge of Your Brain content for 1 full year.



Community.

Join the online community to discuss course content or access live coaching from Dr. Douyon.

It's HERE!



Take Control NOW

