



BENEFIT YOURSELF: DELIBERATELY TRAIN YOUR BRAIN TO SERVE YOU

Our brains easily become stuck seeing patterns and need new ways of thinking and viewing the world in order to jar them out of patterns that are not beneficial.

Some occupations train brains to be pessimistic and fault-finding. This negative mindset increases susceptibility to depression, stress, poor physical health, substance abuse and poor relations with others. While the pessimistic, cynicism and/or fault-finding may be beneficial at work for some occupations it is not beneficial in many critical areas including your relationship with your family, friends, co-workers and loved ones nor is it beneficial in your relationship to yourself.

It is possible to retain the required attributes for work while learning to have attributes that better serve you in other areas. Just like you are capable of changing attire for different activities you can also train yourself to bring different attitudes and perspectives to different situations.

We are not taught how to program our brains to serve us in school. We are not even taught to think about how our brains are programmed. Our brains are programmed. The question is whether you want to live with the defaults that have been programmed into your brain by your experiences or do you want to understand how the programming impacts your experiences and your perceptions of events which impacts your level of happiness and well-being and deliberately adjust the programming of your brain so that it serves you. The default programming is not set to maximize the benefits you receive from the programming. You can easily and deliberately program your brain to serve you better than the default settings are currently doing. Pessimists and those in occupations who are trained to look for problems can usually achieve the greatest benefits quickly but almost everyone has default programming that could be changed to enhance their experience.

Citations:

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Happiness 1st Institute brings our program with many thoughts and ideas designed to help students get out of non-productive 'stuck' patterns of thinking. Most individuals have developed at least some patterns of thought that do not serve them. Our brains automatically create patterns and often, without our conscious awareness, we develop patterns that make our lives less invigorating and fun.

It is never too late to make some conscious decisions about the type of work you want your brain to do for you. It will respond to new information at any age if the student is open to receiving the knowledge.

See our website for many of the benefits of increased happiness. When we deliberately train our brain to better serve us increased happiness is one of the many outcomes. Other advantages include increased resiliency, better health and better relationships.

Visit our website or call us today to enroll in our course or sign-up for a retreat or cruise.

Happiness 1st Institute
www.Happiness1st.com

About the Author, Jeanine Broderick, President of Happiness 1st. Jeanine's lifelong journey to find meaning and purpose led her to recognize that happiness is the key factor to leading a quality life. Having worked most of her life in a corporate setting, she founded Happiness 1st Institute, a business that utilizes the best new scientific information in Positive Psychology, Emotional Intelligence, Neuroscience and Quantum Physics to help individuals achieve the ultimate satisfaction of more fulfilling lives in and out of the office while improving general well-being among co-workers and increasing productivity within the company.

A lifelong quest for self-improvement has resulted in a unique combination of wisdom in areas that have captured her interest. From a C-suite position to a deep understanding of how our thought processes help or prevent our happiness and how to change those thought processes to help us live more fulfilling and inspired lives her unique path is inspirational.

She inspires and motivates those who hear her messages. Her audiences consistently praise her ability to assist them in seeing positive possibilities instead of the obstacles to their being their best self. She transmits her knowing that others can become more than they have been with such confidence that others begin seeing themselves through her eyes. Her down to earth examples of her real life experiences help her audience open their minds to their own untapped potential and motivate them to believe in their ability to move toward the best self they have imagined for themselves and to also see potential in others.

She has combined her expertise in the business world with her deep understanding of new scientific discoveries that are changing the future of our interactions with one another and with our internal dialogue with ourselves and the world. She has the ability to help others believe in the possibilities and see them more clearly. She inspires her audience towards self-motivation through belief that their actions and attitude matter.