

DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

How To Train Your Brain For Success

The brain is a powerful tool and if we know how to harness that power then the world is our oyster. Every choice we make automatically are ingrained habits such as acting without considering the consequences or over thinking and then doing nothing. Every single thing we do and move we make are driven by our subconscious mind. This frees up our conscious mind to focus on bigger challenges that are not routine and requires more effort. This sounds like a very efficient way for the brain to function, and it is. However many of us have allowed our subconscious mind to pick up bad habits that we repeat continually without question.

The great news is that the brain has been proven to be a constantly changeable thing. We can re-train our brains to pick up new habits as automatic responses and this can be done fairly easily if we use our conscious mind to take control for a long enough period.

One great way to do this is by using positive affirmations. If you don't know what this is then it's simply a short phrase that states what you want your new habit or frame of mind to be. It could be something as simple as "I don't need to smoke." If you say this enough times on a regular basis without contradicting it (verbally or non-verbally), then your subconscious mind will adjust accordingly and learn the new habit. You can use this for anything you want, such as improving confidence to give presentations or overcoming a fear of the dentist.

A great example of this is how we build up muscle memory for regular activities such as driving a car. We have practiced these movements and skills so much that we can do it without much conscious thought and can drive regular routes while thinking about more complex issues affecting our lives. Another example would be the muscle memory needed for playing musical instruments. The neurons in the brain connect together if they are both needed at the same time and these connections get stronger as they are used together more and more. A great phrase to describe this is "Neurons that fire together, wire together". Once you start doing this and seeing the results then you can begin to use it for further successes such as getting promotions or finding an ideal partner. The options are limitless.

(<https://affirmativethinking.wordpress.com/science-of-affirmations-proof/>)

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

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