

TIPS TO AWAKEN YOUR STRONGEST SELF & Access Your Higher Brain

"Who you think you are controls most of your behavior. Expand your identity to include more of your brain and self and you'll become stronger, more effective, and more joyful."

-- Neil Fiore, *Awaken Your Strongest Self*

- ❖ **Notice** your immediate, "default" reactions—your most frequent thoughts, feelings, and impulsive reactions—to stress and pressure. Take a few days to identify which reactive habits you need to update and replace to fit your current vision, abilities, values, and challenges.
- ❖ Use the symptoms of procrastination, ambivalence, or indecision—the inner conflict between two primitive parts, "You have to" versus "I don't want to"—to evoke your new human brain's unique ability to **choose** what to do and to take responsibility for the consequences.
- ❖ Label your stress levels on a scale of one to ten (where "one" means safety and "ten" is the worse stress ever). Within one to two weeks, your body will quickly calm down when you say, "This is not the end of the world. It's safe to exhale and stop the stress response."
- ❖ Notice how self-criticism and telling yourself "you have to" lead to stress and anxiety. Replace all self-threats with a message that makes you feel **safe with you**. Tell yourself: "Regardless of what happens, I will not make myself feel bad. I will not let any event or person determine my worth."
- ❖ Consider that some forms of shame and depression are ancient (mammal brain) survival mechanisms to keep you from fighting in situations where you can't win. Today we salute, shake hands, and bow to show respect. Use your new human brain to **maintain your worth**, consider your current situation and values, and to **override** any lower brain archaic reactions that no longer fit.
- ❖ Remember how you felt when you helped a friend cope with a stressful or heart-breaking event. You observed their problem from a distance and shifted to the role of a compassionate, wise counselor. Do this for yourself and experience the freedom of observing old habits and thoughts without having to identify with them. **Shift to the perspective** of your larger, Strongest Self.
- ❖ Play and work consistently at your personal best by connecting to the rest of your brain and body—when you feel like a Dale Earnhardt, Jr., a Danica Patrick, or an Oprah playing **in the Zone**—performing at levels far beyond what the ego knows how to do. Integrate all parts of you into the grander whole that is your Strongest Self.
- ❖ Change "I don't know" to "I wonder what will come to me." Watch for the surprise as the creative side of your brain starts working to bring you from "not knowing" to "knowing."

Awaken Your Strongest Self: Break Free of Stress, Inner Conflict, and Self-Sabotage [McGraw-Hill, Oct. 2010] Neil Fiore, PhD

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Awaken Your Strongest Self shows you how to access the deeper resources of both sides of the brain—the practical and the creative; the waking and the dreaming—and awaken the new human brain to play its proper leadership role of setting a mission and integrating all parts to achieve your higher goals.

In four steps, and as little as four weeks of practice, you will be able to awaken your new human brain to organize your lower-brain functions, control negative habits, and make your life more joyful, more balanced, and less of a struggle.

Step 1: Step Back From Your Old Ineffective Patterns

Step 2: Step Up to Your New Brain and Your Strongest Self

Step 3: Awaken the Five Qualities of Your Strongest Self

Step 4: Awaken the Leader in You to Achieve Your Goals

Integrate All Parts into an Effective Team and Stop Self-Sabotage

With your Strongest Self in the role of a leader or chairperson, all parts of your personality can be heard and integrated into a powerful team. Learn how to conduct a *committee meeting* that eliminates resistance and self-sabotage by gaining cooperation of every part of you that now eagerly contribute to your leadership vision, achieve your goals more rapidly, and maintain your health habits.

Five Solutions for Life's Five Major Problems

Wake Up Your New Human Brain with Five Solutions

- Ignite the new brain's leadership capabilities to organize the multi-levels of one's brain—the reptilian, the mammalian, and the primate.
- Turn on your "new human brain"—located in the forehead, prefrontal cortex—to maximize efficiency and enjoy a sense of confidence and ease.
- Learn how to make your life more joyful and effective by expanding your brain-cell power and replacing 5 major life problems with the 5 qualities of your Strongest Self:
 - **Safety to shut off the stress response and worry**
 - **Choice of actions that are congruent with your higher values to replace procrastination and indecision**
 - **Focus on tasks and solutions rather than self-blame and lack of confidence**
 - **Presence in the moment to replace feeling overwhelmed with regrets about the past and trying to control the imagined future, and**
 - **Connection to your deeper resources and support to replace lonely struggle and self-sabotage**