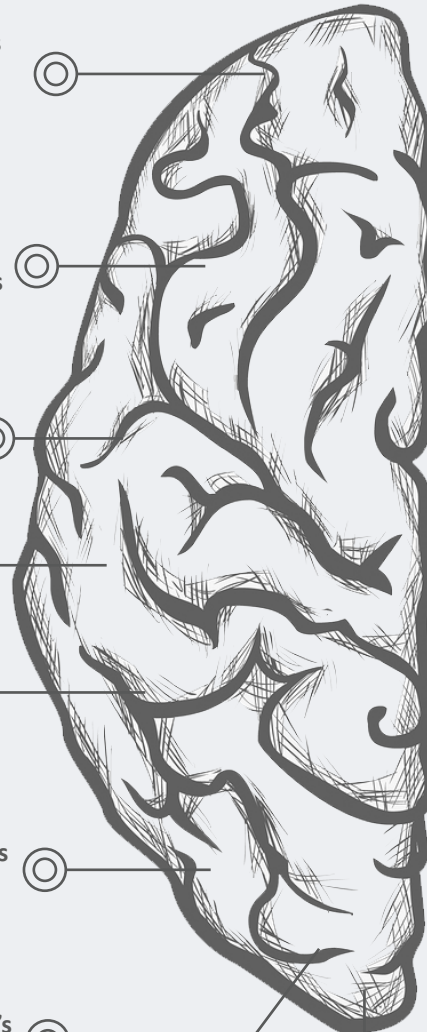


LOGIC



EMOTION



90% of life is habits. The brain processes all habits the same, so we must choose them wisely. Poor habits ripple out and create problems. Rich habits create success.

The brain sees only images and reacts to real and imagined images nearly the same. Visualization activates the brain to focus on available resources that previously went unnoticed.

Your brain generates 10-23 watts of electricity, enough to power a small light bulb.

Fun increases learning and retention.

The over-consumption of sugar impairs brain function.

Negative instructions (don't fumble), and positive instructions (get a touchdown) both create images acted on by the brain. Those images then move towards the actual end result.

A chore - like making your bed - triggers the brain's sense of productivity.

Overcoming old thinking and myths is essential for growth. In fact, it is a myth that the left sides of the brain is all logic and the right side is all emotion. Yet, this still helps in understanding behaviors.

Dopamine motivates towards goals and gives a thrill when they are reached (counterfeit: cocaine).

Oxytocin is secreted with loving relationships, intimacy and close bonds (counterfeit: sleazy movies or relationships).

Serotonin flows when one excels, feels important or has contributed (counterfeit: crime, gangs, bullying)

Endorphins come from laughter or exercise ("runner's high") and relieves stress (counterfeit: morphine).

Music can completely alter moods in 1 second to 8 minutes.

We remember less of what was said and remember more how people made us feel.

Taking quiet, reflective time triggers the brain's sense of purpose.

Exercise improves memory, attention span, and decision making skills.