

RETRAIN YOUR BRAIN

**CHANGE YOUR THOUGHTS
TRANSFORM YOUR LIFE!**

Featuring the EASY 3-STEP

Retrain Your Brain Strategy

Stacy Mitchell BSN, RN

*RETRAIN YOUR BRAIN: CHANGE YOUR
THOUGHTS, TRANSFORM YOUR LIFE!*

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*Dedicated to my husband
Christopher, who helped me believe
that nothing is impossible.*

*My parents, Bob and Cathy, who
taught me what unconditional love
truly is.*

*And to my daughter Reese and my
son Christopher Joseph, you're my
reasons why. I Love You to the moon
and back!*

INTRODUCTION

“For as a man thinketh in his heart, so is he.” **Proverbs 23:7**

The mind is the initiator of our actions. Our actions are a direct result of our thoughts. We have the potential to transform ourselves by changing the habits of our mind. Our thoughts have creative power and affect everything we do and who we become. It's impossible to have a mind filled with negative thoughts and live a positive, fulfilling life.

In 2013, I was battling fear, sickness, depression and an eating disorder. I had just gone through a difficult divorce, lost my house, and was told by my doctor that I was going to be on medications for the rest of my life. Working as a registered nurse in the

medical field for almost two decades
brain washed me into believing that
fear, illness, sickness and disease were
just a part of life and medication was
how to fix it. I had hit rock bottom and
started searching for alternate
answers. In desperation, I cried out to
God for help.

He was about to take me on a journey
and reveal the answers to me that I
desperately needed. He was going to
teach me a new way of living.

I was searching for the answers
outside of myself like most people do.
However, my answers weren't outside
of myself they were within me. My
healing would come from the inside
out. That revelation would change my
life forever and my hope is that it will
change yours too!

Everything that happens in our lives is
the result of the choices we have

made. Every choice we make, whether it's good or bad, will always have a corresponding result. The choices we make are a direct result from the thoughts we think.

Everyone wants to have perfect peace in their life which includes health, wealth, love and happiness. These are the four pillars to an extraordinary life. However, most people will never experience this. Why is that?

Some of the greatest leaders, thinkers, authors, scientists, teachers, and business men in the history of the world such as Edison, Ford, Churchill, Einstein, Buddha, Carnegie, Aristotle, Gandhi, Rockefeller and Jesus had different views on life, but they all agreed on one thing.

The mind is everything,

What you think you will become.

The consistency with which the world's greatest achievers speak about the power of our thoughts and our mind, is unparalleled with any other topic of discussion in the history of the world.

We are what we think. We will always move in the direction of our most dominant thoughts. This is such a profound truth. We will never change our lives until we first change our thoughts. We must come to grips with this fact and make a conscious decision to take every thought captive.

Science is finally catching up with these truths. It has confirmed that over 75% of all mental, physical and emotional diseases comes from toxic

thinking. Wow! What a powerful revelation!

Toxic thoughts are the result of a “learned” fear response. The key term here is *learned*. We weren’t created to fear. We were created to love.

We began learning to fear starting from the day we were born. However, that isn’t the end of the story.

We have the power and ability to overcome that fear, wrong thinking and its consequences. My goal for writing this book is to teach people how to live a better life and to heal themselves from the inside out. I want to share with you the revelation that changed my life and give you a framework to follow so you can also ***Retrain Your Brain*** and create an extraordinary life!

For you to fulfill your purpose and destiny and to live the abundant life God created for you, you must dig up any limiting beliefs inside you and replace them with healthy roots of truth and love. This framework of thinking has the capacity to dramatically transform every aspect of your life. If you're willing to change your thoughts, you'll be able to transform your life. Let's begin!

CHAPTER ONE:

THE SCIENCE BEHIND THOUGHTS

*“Change the way you look at things,
and the things you look at change.”*

-Wayne Dyer

We must understand the way we think, because thinking is at the core of everything we do. We think every single hour of the day. We have free will to choose what we think about but there are consequences to our thoughts. Our thoughts are extremely powerful. Our words and thoughts are the driving force that the cells of our body respond to. Just because you can't see your thoughts doesn't mean they're not real.

Our thoughts are physical substances that are made up of proteins. They occupy space and create tree-like structures in our brains. The more we think about a certain thing the bigger that “thought tree” becomes.



Research now shows that DNA changes shape according to our thoughts. Toxic thinking will change your brain in a negative direction and throw your mind and body into stress. According to Dr. Herbert Benson MD, president of Harvard Medical School’s Mind Body Institute, negative thinking

leads to stress, which affects our body's natural healing capacities.

Toxic thinking wears down the brain. When we choose to engage in thoughts of worry, anger, anxiety, bitterness and unforgiveness, the brain will translate these fear-based thoughts into stress. This stress will then manifest itself in our bodies as illness, sickness and disease by releasing certain stress hormones and chemical reactions in the body resulting in the astounding statistics I shared earlier. On the contrary, if we change these thoughts to happier, more positive and encouraging thoughts, it will rewire everything back to its natural state of wholeness.

In 2005, The National Science Foundation published an article regarding research about human thoughts. It revealed that the average

person has anywhere from 60,000 to 70,000 thoughts run through their minds every single day. Of those, as many as 95% are the same exact thoughts that we had the day before. Talk about creatures of habit. What's even more significant, 80% of those thoughts are negative. That answers the question of why most people are not living a happy and satisfying life. How do we change that? We do so by using the power of a CHOICE!

We have the power to control the choices we make every single day. We have the amazing ability to think and to choose. When we think, we're evaluating and making our choices. When we choose, our brain captures those results by creating tree-like structures. Your choices lead to these "thought trees" being planted in the landscape of your brain.

The brain we have inside our head is amazing. It can change even in the most challenging situations. Not too long ago, scientists didn't believe this to be the case. They thought the brain was a fixed machine. Then came along research to show us they were completely wrong. This research which is included in Dr. Caroline Leaf's book, *Switch on Your Brain*, offered groundbreaking documentation to support that we can change our brains by changing our thoughts. This is called Neuroplasticity.

Neuroplasticity means the brain is malleable and adaptable, changing moment by moment.

Additional research confirmed not only can the brain change by changing our thoughts, but our environmental factors and the perception we have of our environment control our genetic

activity as well. This is called Epigenetics (meaning above the gene).

Epigenetics is the scientific power that our thoughts and choices, that are based on our beliefs and environment, impact our brains, bodies, mental health and spiritual development.

Most people still believe the common misconception that our genetic destiny is predetermined and if we have inherited genes for certain diseases such as cancer, heart disease, diabetes, or any other number of conditions, we have no more control over that than we do the color of our eyes and skin.

The news media reinforces this by repeatedly suggesting that specific genes cause certain conditions and diseases. They have programmed us

to believe that genes have the ultimate power over our health, well-being and even our personalities. This is just NOT TRUE!

Not every health condition or physical problem is associated with a gene. Fewer than five percent of people are born with some genetic condition. The other 95%, who develop such conditions, acquire it through lifestyle and behavior.

This misconception causes people to live life with a victim mentality. We need to move from being the victim to becoming the victor over our circumstances. That starts by taking responsibility for our life.

We don't always have control over the events and circumstances that occur in our life. However, what we do have control over is our reaction to it. Our reaction to our circumstances has an

enormous impact on our mental and physical health. We're in the driver's seat of controlling our thoughts.

As we think, we change the physical nature of our brain. As we take control of our thoughts, we can cut down those lethal trees of fear and limiting beliefs and replace them with healthy trees of truth.

It is imperative we take full responsibility and initiate corrective action for every thought we have and for every decision we make!

The thoughts we think and the choices we make not only affect us, but our next generations as well. Science has revealed through Epigenetics that the thought networks and environmental factors such as diet, lifestyle choices, behaviors and stress can change the health not only of the people exposed

to them, but also the health of their descendants.

Epigenetic experts believe that the environmental conditions and life experiences of parents, grandparents and even great-grandparents will flip “on/off switches” on the genes that pass through the sperm and egg to the next several generations. The choices we make predispose our descendants creating genetic markers. These markers create a predisposition, but ***Not A Destiny.***

Certain circumstances in life cause genes to be either silenced or expressed over time. In other words, they can be turned off (become dormant) or turned on (becoming active). What you eat, where you live, who you interact with etc. - all of these can eventually cause chemical modifications around the genes that

will eventually turn those genes on or off.

We're not responsible for something for which we're predisposed to because of ancestral decisions. However, we do need to take responsibility for the awareness of the predisposition markers, evaluate them and choose to eliminate or keep them. Let me give you an example:

Cancer runs in my family. My grandmother had it, my mother had it, and I know it's just a matter of time until I have cancer too.

Have you ever heard someone talk like this? Thinking, speaking and believing you are going to experience a condition you don't currently have will activate and "turn on" that genetic marker and can make it a reality in your life.

You'll see this truth play out everywhere you go. People become a product of their environment.

However, the fact that you can ***Retrain Your Brain*** by the power of your mind and your environment, gives people hope that they can transform and live an amazing life regardless of their past. Let's dig a little deeper into how this all works.

Chapter 1 Key Points:

-Our thoughts are actual tree-like structures in our brain.

-DNA changes shape according to our thoughts.

-*Neuroplasticity* means the brain is malleable and adaptable, changing moment by moment. We can change our brains by changing our thoughts.

-The average person has anywhere from 60,000 to 70,000 thoughts run through their mind every single day. Of those, as many as 95% are the same exact thoughts we had the day before and 80% of those thoughts are negative.

-Over 75% of all illness, sickness and disease can be traced to toxic thinking.

-Epigenetics is the scientific power that our thoughts and choices, which are based on our beliefs and environment, impact our brains, bodies, mental health and spiritual development.

-Epigenetic experts believe that the environmental conditions and life experiences of parents, grandparents and even great-grandparents can flip “on/off switches” in the genes that pass through the sperm and egg to the next several generations.

Retrain Your Brain Exercise:

The words we speak are in direct correlation with what we're thinking about. So, evaluating what is coming out of our mouths will indicate the nature of our thoughts.

I want you to take a rubber band and place it on your wrist. The goal is to decrease the amount of negative words coming from your mouth. If you happen to slip up and speak something that's negative, snap the band. Keep track of your "Snap Count" each day.

This exercise is *Awareness Training*. It will help you begin becoming aware of your thoughts.

The goal is not to eradicate all negative thoughts, but to shift from thoughts that are primarily fear-based and negative to ones that are positive.

Your “Snap Count” should decrease every day.

“So is my word that goes out from my mouth: It will not return to me empty but will accomplish what I desire and achieve the purpose for which I sent it.” **Isaiah 55:11**

CHAPTER TWO:

CONSCIOUS AND SUBCONSCIOUS MIND

Our brain and our mind are not the same thing. The brain is the physical organ that is part of the visible, tangible world of the body. Our mind is part of the invisible world of thought, feeling, attitude, belief and imagination. The mind is comprised of the conscious and the subconscious. It's important to understand the difference, so let's break them down.

The conscious mind makes up 10% of the mind and is easier to understand. It only operates when you're awake. It can handle between five and nine ideas at a time. It's the creative part of the mind that generates ideas and then impresses those ideas on the subconscious.

The conscious mind communicates with the outside world and the inner self through speech, pictures, writing and physical movement to create thoughts. It then takes those thoughts and transfers them to the subconscious mind.

The subconscious mind operates twenty-four hours a day and up to 99% of all your actions come from here. It's enormous when compared to the conscious mind. It stores all your wisdom, memories and experiences you've had since the day you were born.

The subconscious mind is always switched on, even when you are asleep. Its primary function is to receive the data from our conscious mind. That data is then filtered through our beliefs and habits which

in turn develops our view of ourselves and the world around us.

According to neuroscientist Dr. Joe Dispenza, 95% percent of who you are by the time you are thirty-five years old is a combination of memorized behaviors, emotional reactions, beliefs, perceptions and unconscious attitudes that function just like an automatic computer program. We have hardwired our subconscious mind into a signature of automatic programs. This programming began forming at a very early age.

With every life experience you have, you give meaning to it. These experiences are recorded in the form of a neurosynaptic connection or “thought tree” and form the landscape of your brain. Some of these experiences are positive, creating “truth trees.” Other

experiences are negative, forming inner conflicts or limiting beliefs creating “toxic trees.”

The landscape of your brain creates the lens through which you view life.

If all you do is focus your conscious thoughts continually on negative things, then your subconscious mind will search its database and obediently deliver the feelings, emotions and the memories that you have associated with that type of thinking. You can potentially be caught in a never-ending loop of negativity, fear and anxiety, constantly looking at the bad in every situation.

On the other hand, if you consciously direct your focus on positive, calm and rational thoughts, the negative feelings will subside and disappear.

Control of the subconscious mind is accomplished through control of your thoughts and feelings. Those who do not control their thoughts and feelings may easily impact the subconscious mind with undesirable traits. Whatever information you continually meditate on, whether it's real or imagined, will become a physical thought (or belief) in your brain.

The conscious mind accepts both physically experienced actions and imagined actions, but the subconscious mind can't distinguish between what the conscious mind imagines and what is real. This is a key component to ***Retraining Your Brain***. We can create new positive or negative experiences and "thought trees" through meditation and visualization. These newly created "thought trees" can affect your life in either a positive or negative way.

Retraining Your Brain provides a way to dig up the negative “toxic trees” (beliefs and habits) and plant new positive “thought trees” of truth.

If you continually practice by using visualization or mental rehearsal techniques, the new series of behaviors and experiences you desire, your brain will begin to physically change. It will begin installing new neurological circuitry. You’ll be producing epigenetic variations that lead to real structural and functional changes in your brain initiated by your thoughts alone. This is how neuroplasticity works. When you pair new thoughts and mental images with strong, positive emotions, the circuits in your brain begin to reorganize themselves to reflect what you’re mentally rehearsing. At this point, your mind and body are working together and you’re creating a new

state of living. Your brain and body are no longer a record of the past, but rather a map to the future. A future you created with your mind.

Everything you say and do was first a thought. Nothing happens until a thought is built. The subconscious mind operates and nourishes the conscious mind twenty-four hours a day. Up to 99% of the choices you make are based on the habits and beliefs you've built into your subconscious mind. They form the base from which you see life and the choices you make.

It takes work and a disciplined thought life to have your brain filled with positive "thought trees" of truth. Mastering self-control of your thoughts and feelings is the basis of ***Retraining Your Brain***. This is how you transform your life to one of peace,

happiness, fulfillment and love. We call this Mastering Mindset!

Mindset is the foundation of all the success you will have in your life. We now know mindset is really about brain change. It must be the priority for change to occur in your life!

Chapter Two Key Points:

-The brain is the physical organ that is part of the visible, tangible world of the body. Our mind is part of the invisible world of thought, feeling, attitude, belief and imagination. The mind is comprised of the conscious and the subconscious.

-The conscious mind makes up 10% of the mind and is easier to understand. It only operates when you're awake.

-The subconscious mind operates twenty-four hours a day and up to 99% of all your actions come from here.

-95% percent of who you are by the time you are thirty-five years old is a set of memorized behaviors, emotional reactions, beliefs, perceptions and unconscious

attitudes that function just like an automatic computer program.

-The conscious mind accepts both physically experienced actions and imagined actions, but the subconscious mind can't distinguish between what the conscious mind imagines and what is real.

-We can create new positive or negative experiences and "thought trees" through meditation and visualization techniques.

-If you continually practice by using visualization or mental rehearsal techniques, the new series of behaviors and experiences you desire, your brain will begin to physically change.

Retrain Your Brain Exercise:

Visualization Technique: Create your day before you even step out of bed.

Step One: Take a few deep breaths, keep your body relaxed and close your eyes. Imagine sitting in a movie theater, the lights dim and then the movie starts. The movie is your entire day played out perfectly from start to finish exactly as you want your day to go. See as much detail as you can create, including your clothing, your expressions, the environment and any other people that might be around. Add in the sounds you would be hearing such as traffic, music, other people talking etc. Finally, recreate in your body any feelings you think you would be experiencing as you engage in this activity.

Step Two: Walk up to the movie screen, open a door in the screen and

enter in the movie. Experience the whole thing again from inside yourself, looking out through your eyes. Again, see everything in vivid detail. Hear the sounds you would hear and feel the feelings you would feel. This will deepen the impact of the experience.

Step Three: Open your eyes, get up and walk out your day exactly as you visualized it!

This exercise only takes a few minutes and is a great way to start your day, Create it!

“Give life to the dead and call into being things that were not” (and then they will become) Romans 4:17

CHAPTER THREE:

Mindset

As we have discussed, mindset is the foundation of all the success you will have in your life. Let's take a closer look at it.

Our mindset is our mental attitude that has taken shape, based on our life experiences, environment, education and the ideas and beliefs we have observed from others with whom we have had a close relationship with. Mindset is the key for how we interpret and react to what happens to us and around us. It forms our personality.

Our personality is made up of how we think, act and feel. Our personality has created our present, personal reality called our life. If we want to make changes in our lives, we now know

that requires brain change. That means we must make changes to how we think, act and feel. We must become aware of our unconscious habits and behaviors in order to modify them.

The process most people go through is they are thinking the same thoughts, making the same choices, demonstrating the same behaviors and creating the same experiences based on their current personality traits and habits. If we don't change our mindset, we will continue to have the same results that we've had in the past. This is not an easy task because it requires us to step outside our comfort zone, which is very difficult. However, if we desire different results in our lives, we must be willing to change.

“If you want to change, you have to be willing to be uncomfortable.”

-Zig Ziglar

There is a principle in neuroscience that says nerve cells that fire together, wire together. We have hardwired our brain with a finite signature of automatic programs. To make changes in our lives, we must access this operating system of our brain. When we understand how this operating system of our brain works, we can then begin to make changes. We do this by developing new mental habits that are needed to uninstall and modify parts of the operating system that will in turn provide us with results that are congruent with the life we want to create.

Thoughts are the language of the brain; feelings are the language of the body. Feelings and emotions are the

end product of past experiences. We remember past experiences better because we remember how they feel. How we think and feel creates our state of being. There are only two states of being.

1) Beautiful state of being

2) Suffering state of being

We are always in one or the other. We are never in both states at the same time and we are never without a state of being.

A beautiful state of being encompasses excitement, joy, compassion, love and curiosity. A suffering state is defined by anger, jealousy, overwhelm, fear and anxiety. Your emotions are your GPS that lets you know what state of being you are operating from.

In a beautiful state of being we are connected to creativity, health and intuition. This is where we need to be for change to occur and to get the transformation we want in our life. When we move into a state of suffering, we disconnect from everything that will allow us to change and create the life we want. There is only one driving force that determines our state of being, that is our own thinking.

We learned in an earlier chapter that 95% of our thoughts are exactly the same as the day before and 80% of those thoughts are negative. Most people wake up every morning and the first thing they think about is their problems. Those problems are connected to certain people, certain things, times and places. Most people's entire state of being when they start their day is already in the

past and in a state of suffering. So, we have a choice to make. The choice is whether we are going to be defined by a vision of the future or defined by the memories of the past. Your choice!

The moment we choose to do something different, it is going to feel uncomfortable, because there will always be a level of uncertainty and unpredictability. That is when you know it's Game Time!

The wall between where we are and where we want to go is not in the external world. The issue is not having enough time or enough resources. The real issue is that we have an inner conflict, a limiting belief inside us that is not congruent with what we want to create. In order to initiate change, this inner conflict must be identified and removed.

That inner conflict is a belief or perception that was most likely installed inside us at a very early age. The landscape of our brain is filled with a vast amount of these inner conflicts. They impact how we think, and ultimately the choices we will make. Once we become aware of these unwanted inner conflicts, we can uninstall them.

When the body feels uncomfortable, it starts influencing the mind. The mind hates anything that is uncertain. The mind is designed to help us survive, not thrive. It's focused on safety and security. The problem is everything we want is in the unknown realm and filled with uncertainty. For us to change, we must enter the unknown which the mind hates. So, it will try and push us toward what is certain and familiar. (Back to the land of familiar, our comfort zone) That

inner voice will start providing excuses to us such as, “I’ll start tomorrow, I’m not good enough, it’s too hard” etc. That voice will be amplified because we are out of our comfort zone. If we respond to those thoughts, it will lead us to the same choice, which will lead to the same behavior, creating the same experience, producing the same result. We may feel like we made the right choice, but in reality, it is only a choice of comfort because it is familiar.

The best way to make changes and to predict your future is to create it, not from the known but from the unknown. Close your eyes and start thinking about your future. You are activating the creative centers of your brain. When the thoughts in your mind become the experience, you begin to feel the emotion of the event

before it is made manifest. You are giving your body a taste of the future.

These new thoughts and feelings are creating new empowering trees in the landscape of your brain. You are beginning to change your biology. As you create this new landscape, you will start to see a whole new world before you. You are no longer viewing your future from the lens of the past. Next, let's look at several examples of Mastering Mindset.

Chapter Three Key Points:

-Our mindset is our mental attitude that has taken shape, based on our life experiences, environment, education and the ideas and beliefs we have observed from others with whom we have had a close relationship with.

-Our personality is made up of how we think, act and feel.

-Thoughts are the language of the brain, feelings are the language of the body. Feelings and emotions are the end product of past experiences.

-How you think and feel creates your state of being. There are only two states of being.

1) Beautiful state of being

2) Suffering state of being

-In a beautiful state of being you are connected to creativity, health and

intuition. This is where you need to be for change to occur and to get the transformation you want in your life.

-The moment we choose to do something different, it is going to feel uncomfortable, because there will always be a level of uncertainty and unpredictability. That is when you know its Game Time!

-The best way to make changes and predict your future is to create it, not from the known but from the unknown. Close your eyes and start thinking about your future. You are activating the creative centers of your brain.

Retrain Your Brain Exercise:

Journaling Goals

Each day take a few minutes and write out a list of goals you have. You can have a list of goals for that day as well as long term goals. Write each one of the goals on an index card and keep them with you. Each morning and each night go through the stack of index cards. One at a time, read each card than close your eyes for several seconds visualizing the completion of that goal in its perfect desired state. Next, open your eyes and repeat the process with the next card.

The process of writing down your goals and using the power of visualization, can produce amazing results!

CHAPTER FOUR:

EXAMPLES OF MASTERING MINDSET

“The man who thinks he CAN, and the man who thinks he CAN’T, are both right” – Henry Ford

Here are some examples of how powerful our minds are and the results we can achieve by changing our thoughts and mastering mindset.

- 1) The following comes from an in-depth article written by Joseph M. Carver, PhD:

Emotional Memory Management: Positive Control Over Your Memory

The brain doesn’t know if a “file” is real or imagined. How can this be? The human brain makes files based on

information it's given, usually through our senses, but sometimes through our thoughts. If we have a sweetheart, being in the same room will give us that warm, romantic feeling. However, looking at their picture and thinking about them will do the same thing, even though they are not present. Even better, simply thinking about them will produce the same feelings (pulling the same file). The brain only reacts to the file or image it has created. It doesn't care how it receives the image or information.

Psychologists at the University of Chicago took three different groups of basketball players. Group one practiced shooting foul shots every day for thirty days. Group two imagined shooting foul shots every day for thirty days. Group three, did absolutely nothing. When tested, group one improved their foul

shooting by 24%. Group two improved their foul shooting by 23% just by using the power of their minds. Group three had no improvement.

These results are amazing! The players in group two never missed a foul shot because they made every single shot in their minds. This group received more emotional confidence from their brain. Their brain then memorized the foul shooting pattern as if they were physically on the court.

We have the ability to build our own files, even when the actual real-world experience is lacking. Simply by using our imagination, we can alter files by imagining new information. Pick a target problem for improvement, then design, imagine, and create a set of information to correct it. We can create new files to help with anything

from a tennis backhand to awkward social interactions.

2) The following is an article written by Carolyn Gregoire:

The Brain-Training Secrets of Olympic Athletes!

Many athletes have used the technique of mental imagery or visualization to up their game and perform at their peak. Research on the brain patterns of weightlifters found that the patterns activated when a weightlifter lifted heavy weights were activated similarly when they simply imagined lifting heavy weights. One study, published in the Journal of Sport & Exercise Psychology in 1996, found that imagining weightlifting caused actual changes in muscle activity.

Angie LeVan wrote in *Psychology Today* that mental imagery impacts many cognitive processes in the brain such as: attention, perception, planning, memory, and motor control. So, the brain is getting trained for actual performance during visualization. It's been found that mental practices can enhance motivation, increase confidence, improve motor performance, prime your brain for success, and increase states of flow.

However, visualizing is more than just thinking about an upcoming event. When athletes use visualization, they truly feel the event taking place in their mind's eye.

- 3) The following article was published in Success Magazine on May 27th, 2013.

Morris Goodman: Miracle Man

On March 10, 1981, Goodman was flying a single-engine Cessna 172 around Chesapeake Bay. Thirty-five years old and one of the top life insurance agents in the world, Morris lived in a 5,000-square-foot home in Virginia Beach, Virginia, with his wife Sandy. He drove a Cadillac Seville and had purchased the Cessna just the day before.

As Goodman prepared to land, the setting sun reflected off the water. It looked like a million diamonds just for me, he recalls. I was at peace with the world. His engine suddenly lost power during the runway approach and Goodman saw power lines directly in front of his windshield. The plane

ripped through the high voltage cables and flipped as it crashed in a field.

Twenty-two minutes later, Goodman arrived at a hospital emergency room. Doctors diagnosed a broken neck and crushed spinal cord, jaw, and larynx. The nerves in his diaphragm were so badly damaged he couldn't breathe. A tracheotomy was performed, and he was connected to a respirator. His bowels, bladder, and kidneys weren't functioning. He was unable to swallow. Goodman needed care at a hospital with more resources, so he was rushed to Norfolk, Virginia General, forty miles away.

There, his family was told to prepare for the worst. The doctors said it was unlikely he'd make it through the night, his sister Pat Waldo recalls. Goodman defied the odds by surviving a nine-hour operation, his body

stitched together with wire and plastic. But the outlook was still grim. We were told he wouldn't have functioning below his ears, Waldo says. He might be able to see and hear, speech was unlikely, and he'd have no movement from the neck down.

Goodman, now sixty-eight years old, had other plans. I believed with all my heart and soul that I would one day be normal, not hooked up to machines, not silent, not fed through tubes, not pushed in a wheelchair.

Anyone walking by Goodman's hospital room would have heard the deep-pitched voices of his favorite motivational speakers. Tapes by Zig Ziglar, professional coach and motivational speaker Bob Proctor, and positive thinking master Norman Vincent Peale were the soundtracks to

his persistence. When you turn on a light switch you don't create electrical power, Ziglar said in a recording that Goodman played frequently. You simply release the power that is there all the time. Goodman reached deep within himself to summon that power.

Every time the respirator took a breath for him, he'd attempt to inhale, first one hundred, then two hundred, and later, three hundred times in a row in his struggle to breathe on his own again. Goodman told no one about this grueling program, which took hours at a stretch, for fear the doctors would tell him his goal was unattainable. I refused to think of quitting, even though I had no indication that this was doing any good, he says. Without 100% commitment, I couldn't have sustained the belief that I could succeed. On May 25th, two and a half

months after the crash, Goodman was taken off the respirator. Eight months after the crash, Goodman walked out of the hospital. Goodman's message of triumph against enormous odds through a herculean effort, combined with a refusal to let himself be SNIOP'ed, his acronym for: Susceptible to the Negative Influence of Other People.

"Once I've decided on a goal, I'll move heaven and earth to achieve it. The ability to zero in on one goal and concentrate 100% of my mental energy on it is the principal reason I'm here today." - **Morris Goodman**

- 4) The following is an excerpt
from the book *Mind Hacking*
by Sir John Hargrove

**John Nash -The brilliant
mathematician who is the subject of
the famous Hollywood movie *A
Beautiful Mind* (as well as the book
of the same name).**

John Nash won the 1994 Nobel Prize in Economics for his work in the field of strategic decision-making known as “game theory”. His work is used today in everything from artificial intelligence to military strategy. Nash was also a paranoid schizophrenic. While his mental illness developed over many years, it wasn’t until he was due to be promoted at MIT that his mental illness erupted. As his illness worsened, he spent time in and out of various mental institutions, suffering from “dream-like delusional states”

such as being persecuted by the federal government, aliens trying to contact him through the *New York Times* and the conviction that he was the Messiah.

What happened next is even more remarkable. Without the aid of medication, he gradually retrained his thinking by using what he called a “diet of the mind.” He was still tempted by the delusional patterns, but he rejected them. He describes it as an ongoing habit of choosing the right thoughts, more “like a continuous process rather than waking up from a dream.” This mastery of his mind, this ability to disengage from his own mental movie, led to tremendous career success later in life including the von Neumann Prize, the Nobel Prize, and the 2001 Academy Award for Best

Picture (he should get credit for that one, too).

These examples show the immense power we have within us. There is nothing you can't overcome if you use the amazing power of your mind. Your brain becomes what your mind focuses on. Your brain produces what you say, do, and how you feel.

In the last example, we saw how John Nash retrained his thinking by forming an ongoing *Habit* of choosing the right thoughts. In the next section we are going to look at the formation of habits, the importance of them and how to change them.

CHAPTER FIVE:

THOUGHTS & HABITS

“A mind is but a product of his thoughts. What he thinks he becomes.”

-Mahatma Gandhi

Habits are the small decisions you make and the actions you perform every day. According to researchers at Duke University, habits account for 40% of our behaviors on any given day. Would you agree that understanding habits will have great impact on your everyday life? Your life today is essentially the sum of your habits.

How healthy or unhealthy you are, a result of your habits. How in shape or out of shape you are, a result of your

habits. How successful or unsuccessful you are, a result of your habits. How happy or unhappy you are, a result of your habits.

Every habit you have, whether good or bad, started as a thought, and is the result of many small decisions made over time. We receive information through our five senses. This is happening at four hundred billion actions a second. Your five senses are your connection from the external world to the internal world of your mind.

As information comes in, proteins are formed, and a tree begins to take root in the brain. It will remain a temporary thought for one to two days. This thought is built along the neurons of your brain. After two days, if you don't continue thinking about this thought, it will disintegrate into thin air. If you

continue to rehearse the new thought (or behavior) for more than two days, cell bodies change, molecules are activated, and that tree will continue to grow.

If you spend a few minutes each day (a minimum of 7 minutes) focusing on this new thought or behavior for a total of twenty-one days, a new memory (positive or negative tree) will be formed. Building a new memory is the first step in creating a new habit, or automatic behavior.

If you want to turn that memory into a habit, automatization comes into play. Automatization is the process of forming a new habit over time. On average, research confirms that continuous daily rehearsal of that same thought (or behavior) for another forty-two days, which would be a total of sixty-three days, will form

a new habit. The time it takes for a new habit to form can vary depending on the person, the behavior, and the circumstances. At this point, that memory becomes part of your subconscious mind.

Researchers also found that missing a day to perform the new behavior did not affect the process of forming a new habit. In other words, it doesn't matter if you mess up every now and then. Building better habits is not an all or nothing process.

Your brain is working hard all day long as you're thinking, choosing and building. Thoughts are the connection between the mind and the body. You're constantly building and redesigning the architecture of your brain. This is the process in which all thoughts and habits are formed, whether good or bad. As I explained in

a previous section, most of our thoughts are negative. There's no shortage of unhealthy and unproductive behaviors. We all struggle with them from time to time.

Most people want happiness, love, health, and prosperity, but until you ***Retrain Your Brain***, you'll continue to live the life you're currently living. Nothing will change. Why is that? Because you're a creature of habit and what you repeatedly do forms who you are, what you do, and the things you believe. Researchers from MIT discovered a simple neurological loop at the core of every habit. A loop consists of three different parts:

Cue: This is the part of the habit loop where you are triggered to take some sort of action through a cue in your internal or external environment.

Routine: Good or bad, this is the part of the habit loop where you act on the habit you want to adopt or drop.

Reward: This is the part of the habit loop where your brain receives a reward for taking the desired activity.



This graph is based on Charles Duhigg's habit loop in *The Power Habit*. To understand your own habits, you need to identify the components of your loops. Once you understand these loops, you can then work on changing your habits.

Here's the framework for change:

- 1) Identify the routine
- 2) Isolate the cue
- 3) Experiment with rewards
- 4) Have a plan

Let's break down a habit and see what it looks like.

- 1) Your phone rings (CUE). The ring acts as the cue to tell you to answer the phone.
- 2) You answer the phone (ROUTINE). This is the actual behavior.
- 3) You find out who is calling (REWARD).

You wanted to find out why the person on the other end was calling you. Discovering that information is the reward for completing the action.

Repeat the same action enough times and it becomes a habit.

All habits follow this 3-step structure. How can we use this simple structure and create new habits and stick to them? By being intentional and having a plan.

Obviously, some toxic habits and limiting beliefs can be more difficult to change, but knowledge of how thoughts and habits form is the place to start. I've implemented this framework into my 3-Step ***Retrain Your Brain*** Strategy described in a later chapter.

Thinking is a powerful, creative force, which can be a blessing or a curse. Becoming aware of this is one thing but choosing to do something about it is another. Your life today is the sum of your beliefs and habits. These are the “thought trees” that have been

planted in the landscape of your brain. It is the automatic computer program you keep living from. Whatever problems you're dealing with right now is the result of thousands of decisions you've made over time.

To start living the abundant life God has for you, you'll need to start making new decisions every day. It's your choice whether you decide to ***Retrain Your Brain*** or not.

When I cried out to God for help, the first place he directed me was His instruction manual for life, The Holy Bible. I had never really looked at the Bible as a life manual before.

According to the Guinness Book of World Records the Bible is the best-selling book of all time, with over 5 billion copies sold and distributed. What makes the Bible so popular? It is filled with answers to some of the

most important questions humans have ever asked. These answers, most people have overlooked, never have been told or have never understood. Let's take a brief look at this life changing instruction manual.

Chapter Five Key Points:

-Habits are the small decisions you make and the actions you perform every day. According to researchers at Duke University, habits account for 40% of our behaviors on any given day.

-Every habit you have, whether good or bad, started as a thought, and is the result of many small decisions made over time.

-As information comes in, proteins are formed, and a tree begins to take root in the brain.

- If you spend a few minutes each day (a minimum of 7 minutes) focusing on this new thought or behavior for a total of twenty-one days, a new memory (positive or negative tree) will be formed. Building a new

memory is the first step in creating a new habit, or automatic behavior.

-On average, research confirms that continuous daily rehearsal of that same thought (or behavior) for another forty-two days, which would be a total of sixty-three days, will form a new habit.

-Researchers from MIT discovered a simple neurological loop at the core of every habit. A loop consists of three different parts: a cue, a routine, and a reward.

Retrain Your Brain Exercise:

Create a New Habit

All behavior is driven by the desire to solve a problem. Sometimes the problem is that you notice something good and you want to obtain it. Sometimes the problem is that you are experiencing pain and you want to relieve it. Either way, the purpose of every habit is to solve the problems you face. Identify one new problem you want to solve. Here are 3 key points to follow when forming new habits.

- 1) Make your new habit *Tiny*.

A *Tiny* Habit can be:

- A behavior you do at least once a day
- Takes you less than 30 seconds to do
- Requires little effort

If you don't make your behavior Tiny to begin with, you will almost certainly fail to create a new daily habit.

2) Do your *Tiny* Habit immediately after an existing behavior.

The next step is to identify an existing habit or behavior. This is going to be the cue that triggers your new *Tiny* habit. Ask yourself: "What behavior do I always do, regardless of how I feel?" This can include waking up, showering, going to the bathroom and brushing your teeth, to name a few.

3) Celebrate small wins

The ability to self-reinforce good behavior is a key component to rapid habit formation.

Everyday do your new *Tiny* Habit immediately following the existing behavior you've chosen to do and

remember to celebrate. Here, your brain and body are learning a sequence. “After I X, I do Y and I feel Z.”

For example, “After I wake up (cue), I do two push-ups (routine) and I feel awesome!” (reward)

You are learning to put a new behavior into your routine by using the Habit Loop. You are not learning a new behavior itself. The more you perform this new routine, the more the new behavior will automatize and become a new habit in your life.

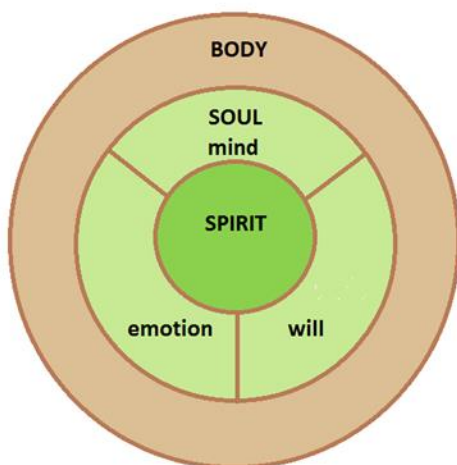
CHAPTER SIX:

BIBLICAL TRUTH BEHIND THOUGHTS

*“Do not conform to the pattern of this world but be transformed by the renewing of your mind” **Romans 12:2***

Let's look at the bestselling book of all time and see what it says. To begin and fully grasp what we are talking about, let's start with a revelation of who we really are, our true identity. Most people go through life never truly understanding what it means to be a human being or the greatness of it. Our Instruction Manual tells us God created us in his image and likeness. Being made in the image and likeness of God, means that we were made to resemble God himself.

God created man differently than he created everything else. Besides man, everything else that God created was spoken into existence. Man was created from dust, which makes us unique among all of God's creation. God created us perfectly. He took dust from the earth and turned us into human beings with three distinct parts: body, soul, and spirit. All three parts are intimately connected and specifically created to work together with each other. All three parts are extremely important. The body is the outer part, which can be seen with our physical eyes. The soul is the inner part and the spirit is the inner most hidden part. All three parts have very specific functions. Look at the diagram and I'll explain each distinct part individually.



Body: Through our five senses, the body is our contact with the natural, physical world. It is the most outward visible part of our being.

Soul: Our soul is composed of our mind, will, and emotions. Our mind enables us to think, reason, and consider. Our will enables us to choose and make decisions. Our

emotions enable us to have feelings like anger, sadness, and happiness.

Spirit: Our spirit is the deepest, most hidden part of our being. It's the part of us that communicates directly with God.

Besides human beings, no other creature on earth was created with a spirit. God created us with a spirit, so we could always be connected to him.

God created us with a desire to love and to be loved by him. He created us to live from our spirits. We were never meant to operate and make decisions based on our contact with the natural world. When we act according to our senses, instead of from our spirit, we can easily be deceived and sin against God. This is what happened to Adam and Eve and caused the fall of man.

As I shared earlier, our soul includes our mind, will, and emotions. This is where all decision making happens. Therefore, our soul determines the quality of our life. This is where the daily battle takes place. Whatever controls our soul will control our life. The enemy (Satan) knows this, and he'll try to influence our decisions any way he can.

Getting our body, soul, and spirit in perfect alignment doesn't happen automatically. It is a never-ending process. Spiritual growth takes time. We crawl before we walk, and we walk before we run. Spiritual growth is no different.

Therefore, God tells us in His Word that we must *Renew Our Minds*. God wants us to make the right decisions, so we can fulfill our purpose and calling in life. To make right decisions,

we must have Godly wisdom, revelation, and knowledge. This only comes by renewing our mind to what the Instruction Manual for life, The Holy Bible says.

Whether we meditate on the lies of the enemy or the truth of God's Word, signals are fired in our brain that are faster than the speed of light. These signals create proteins that form an actual, physical tree-like structure in our brain. Making wrong choices leads to sin and can destroy us. If we want to transform our life, we must choose our thoughts carefully.

"Pay attention to what I say; turn your ears to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart,

from everything you do flows from it.”

Proverbs 4:20-23

Every cell in our body is connected to our heart. God created us that way. Our mind controls our brain and our brain controls our heart. Our thoughts affect every cell in our body. We’ve been programmed, since the day we were born, as to how life is supposed to operate, but what we’ve been programmed to believe is not necessarily what the Bible tells us.

Toxic trees of fear, worry, death, and hopelessness make up most of our mental landscape. This way of thinking has become a natural way of life for most people. We must renew our minds and ***Retrain Our Brains*** to change this process.

There are over 7,000 promises in the Bible. As soon as we understand and

believe God's promises, changes in our life will begin to happen.

In the Bible, God has given us guidance for every decision in life such as:

- Who to marry
- Having children
- How to get out of debt
- How to deal with illness

So why are so many people not experiencing the good life? The reason is we don't believe or understand the promises of God.

Many people believe in the existence of God and through faith in Him, He will provide a pathway to heaven. However, there is often a disconnect between our faith in Him to lead us to heaven and our trust in Him to navigate our lives on earth. That

disconnect is the basis for the turmoil in our lives.

How do we fix this disconnect? The answer is to ***Retrain Your Brain*** to accept His wisdom and knowledge by increasing our faith. Wisdom gives us the ability to navigate life's challenges by allowing us to perceive the true nature of all things and to implement the will of God regarding that perception. We must effectively apply truth to everyday decisions. Wisdom gives us the ability to use information correctly and to navigate life successfully. Many of us would not be in our current state if we had more wisdom from God when we made previous decisions in our life.

King Solomon was the wisest man to ever live. God appeared to Solomon in a dream and promised him anything

he asked. Solomon prayed, *“Don’t give me riches give me wisdom.”*

(1 Kings 3:11-15)

We need to learn from King Solomon by living the rest of our lives more wisely. How do we do that?

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” **Proverbs 3:5-6**

When we navigate our life, most of us work backwards. We first rely on our own instincts and when we don’t like the results, we then turn to God. Once we reverse this approach, the results of our decisions will become more positive.

Why should we trust God first? Because his wisdom is beyond our ability to understand it. God’s wisdom

is infinite, and we have the Holy Spirit living inside us that connects us to this wisdom. How do we know if we are trusting in God? *We're not leaning on our own understanding.* Human understanding is flawed by sin. Therefore, decision making will always be questionable unless governed by the standard of the Lord.

Paul states in Philippians 3:3 *"Put no confidence in the flesh."* Living in a fallen world makes this extremely difficult. Most people mix God and the world, the sacred and the secular. When you mix the two you are thinking with two minds which builds conflict and indecision. God refers to this as "doublemindedness."

James 1:5 says, *"If any of you lacks wisdom, you should ask God, and God will give it to you abundantly."*

But then he gives a warning.

“But when you ask, ask in faith, not doubting for a doubleminded man is unstable in all his ways.”

The consequence of living
doubleminded:

“That person should not expect to receive anything from the Lord. Such a person is doubleminded and unstable in all they do.” **James 1:7-8**

We often make wrong turns along our journey of life, but God knows the alternative route to get us to our destiny. However, we must continue to walk with Him and trust Him daily. Most people are missing out on their purpose and true destiny in life because they are walking alone and not with God.

I can tell you that when I learned that truth, I decided to make some drastic changes. I began communicating with

God every day through prayer and reading the Bible. I would pray that He would grant me wisdom, discernment and strength. I soon realized I was able to understand the Bible better and apply the words to my life. This was the first step in changing my life!

I also realized I had to make some changes in my everyday life, including people with whom I associated, the places I went, bad habits and negative thoughts I had. These things were having a negative influence on me, but I was not aware of it until God started giving me His wisdom that I asked for. Making these changes was extremely difficult because I was familiar with them and they provided me with “comfort.” However, this “comfort” was really deceiving me and keeping me away from the truth. If God had not provided me with the faith and

strength to continue down this path of change, I would have failed.

Going back to the land of familiar would have been so much easier. But thankfully quitting was not an option for me! I faced my fears, the difficulties and the critics head on and I can tell you, it was the best decision I have ever made.

Learning how to ***Retrain Your Brain*** requires discipline, perseverance and practice, but once you do it, amazing things will start to happen in your life. Let me introduce you to my easy 3-Step ***Retrain Your Brain*** Strategy to get you started.

Chapter Six Key Points:

-Our Instruction Manual tells us God created us in his image and likeness. Being made in the image and likeness of God, means that we were made to resemble God himself.

-Man was created from dust, which makes us unique among all of God's creation. God created us perfectly. He took dust from the earth and turned us into human beings with three distinct parts: body, soul, and spirit. All three parts are intimately connected and specifically created to work together with each other.

-Besides human beings, no other creature on earth was created with a spirit. God created us with a spirit, so we could always be connected to him.

-Our soul includes our mind, will, and emotions. This is where all decision

making happens. Therefore, our soul determines the quality of our life. This is where the daily battle takes place. Whatever controls our soul will control our life.

-There are over 7,000 promises in the Bible. As soon as we understand and believe God's promises, changes in our life will begin to happen.

-Many people believe in the existence of God and through faith in Him, He will provide a pathway to heaven. However, there is often a disconnect between our faith in Him to lead us to heaven and our trust in Him to navigate our lives on earth. That disconnect is the basis for the turmoil in our lives.

-How do we fix that disconnect? The answer is to ***Retrain Your Brain*** to accept His wisdom and knowledge and to increase our faith.

- *“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”* **Proverbs 3:5-6**

Retrain Your Brain Exercise:

Spend some time everyday studying and gaining wisdom from the bestselling book of all time, the Instruction Manual for life.

The Holy Bible

CHAPTER SEVEN:

***THE EASY 3-STEP
RETRAIN YOUR BRAIN
STRATEGY***

“Every plant that my heavenly Father has not planted will be pulled up by the root.” **Matthew 15:13**

To ***Retrain Your Brain***, you must change your thinking and renew your mind. You must control your brain and never let your brain control you. The discovery of neuroplasticity, which is the ability to change your brain, has helped people all over the world and changed their lives. Neuroplasticity is the process by which all permanent learning takes place. It has allowed people to overcome many difficulties

that most of the world views as impossible.

After I learned the powerful effects of neuroplasticity and implemented a simple program for change, I was able to heal myself of fear, bulimia, depression, and sickness. I've been able to completely transform my life. I want you to be able to do the same. It's time for you to dig up any toxic trees of limiting beliefs and unhealthy habits and start creating healthy trees of truth and love. This will transform your life.

Renewing your mind and ***Retraining Your Brain*** is not a one-time thing, it is a LIFESTYLE. The most efficient way to start improving your life is by implementing my easy 3-Step ***Retrain Your Brain*** Strategy. This strategy is based upon a method that supports

self-directed neuroplasticity called *Neurosculpting*.

Focused, disciplined attention on the correct things is a major key to ***Retraining Your Brain*** and what Neurosculpting is based upon.

You want to move forward in a confident, unstoppable way but something is holding you back. That something is your limiting beliefs or inner conflicts. Those beliefs and conflicts are decisions that you have unconsciously made over time and those decisions structure your brain.

Your experience of life right now is based on the decisions you have made in the past. So, anywhere you are feeling stuck, you have a limiting belief that is preventing you from moving forward.

When you become aware of the limiting belief or inner conflict, you have an ability to respond. An opportunity to make a new decision that is congruent with what you want. Once you make the new decision, neuroscience happens. You begin creating brain change and this change attracts new thoughts and ideas and you start to see opportunities you have never seen before and transformation begins.

You begin to alter a part of your brain called the Reticular Activating System (RAS). The RAS is a bundle of nerves located near your brainstem that acts as a gatekeeper. It filters out irrelevant information, only allowing relevant information to enter your awareness. Your RAS takes what you focus on and creates a filter for it. It sifts through millions of bits of sensory information that occur around you at

every moment. It presents only the pieces that are important to you.

Have you ever purchased a new car, and all the sudden you see that exact car everywhere? They have been there all along, but now the RAS is filtering them into your awareness causing you to notice them, whereas before they were irrelevant to you.

The problem is most people don't know how to control their RAS in a positive way. They focus all their attention on their problems. So, what keeps showing up for them? More problems and things going wrong in their lives.

Once you make a new decision and focus your attention on that new decision, the RAS is heightened, and you begin to filter in the all the elements that support that new decision. You begin to see, hear and

feel things that always existed, but you never noticed before. The RAS is one of the greatest God-given tools we all possess to create change and success in our lives.

“Coincidence is God’s way of remaining anonymous.”

-Albert Einstein

How It Works:

First, you must want to change. You must come to a point in your life that you are ready to act. If you want your life to change, you must change!

There are three main components needed for change to occur. I call them the 3A’s for change. These components make up my ***Retrain Your Brain*** Loop. It is based upon the

Habit Loop discussed in a previous chapter.

The components of the ***Retrain Your Brain*** Loop are:

- 1) **Awareness** - Identify the limiting belief, bad habit or inner conflict
- 2) **Action** - Consciously make a new decision and implement it
- 3) **Accomplishment** - Create the life you want

Change your decision, change your brain, change your life!

We are creating a new lifestyle!

Component One: Awareness

You must develop a disciplined thought life and increase your awareness of what you're allowing into your mind. This component is about becoming aware of the signals entering your mind from the outside

world. You need to constantly be aware of what you're thinking about. The signals you need to be aware of are:

1) The external environment that comes in through your five senses. (what you are watching, reading, and listening to and the words being spoken to you by those you associate with)

2) The thoughts deep inside the subconscious part of your mind. (your memories or existing habits)

Your thoughts have an emotional component as well. Every time you have a thought, you also have a feeling attached. This means that when you bring a thought into consciousness, you also bring an attached emotion with it. As you go through life, you will experience triggers that will activate the old inner

conflict trying to pull you back to the familiar. When that thought is brought into your awareness, it becomes unstable and can be changed. This is how neuroplasticity works. First, you become aware of the inner conflict, belief or habit. Next, acknowledge where it came from and see it for what it is. The key here is *Self-Awareness*. The ***Retrain Your Brain*** Exercise from Chapter One will help you implement this component.

Component Two: Action

Once you have acknowledged the limiting belief you can free yourself. You now have the freedom to put your attention on a new decision that you have made. Now, *Take Action* and pivot your attention from the old limiting belief to the new empowering decision.

As you do this work and continually pivot from the old habit or limiting belief to the new empowering decision, essentially what you are doing is pulling your attention off the toxic tree in the brain. After a short period of time, that tree will be torn down. You won't be giving any more fuel to that old neurosynaptic connection and eventually it will die.

At the same time, you are putting your focus on the new decision which will build new neurosynaptic connections around this new empowering belief. (Truth Tree) The result of doing this is:

Component Three - Accomplishment

This is how you ***Retrain Your Brain*** and create an extraordinary life. You must identify all limiting beliefs and make new empowering decisions. The key is to become conscious of our limiting beliefs and inner conflicts

(Negative Toxic Trees) and have a tool to remove them and install new empowering decisions. (Positive Truth Trees) This easy 3-Step Strategy is how you do it.

- 1) Identify the limiting belief
- 2) Pivot from the old limiting belief and consciously make a new empowering decision
- 3) Create the life you want

Example:

- 1) I am never going to get well and overcome this illness. I will have to take medications for the rest of my life.
- 2) My instruction manual says God heals all. I am made in his image and likeness. I am living healed, healthy and whole.

3) I have overcome my illness and am off my medications living a healthy and fulfilled life.

REPEAT REPEAT REPEAT

(Remember it takes 21 days for a new memory to take root and another 42 days for a new habit to form.)

The challenge is we have hundreds of limiting beliefs and inner conflicts that prevent us from moving forward. Take time to sit down and identify the limiting beliefs and bad habits that need changed. Start working on them one by one. We are creating a lifestyle. This is a daily activity that is helping you create the life that you want. It will take time to tear down those toxic trees and to build new empowering ones.

The process of healing and change takes time. Don't give up! Stay focused. Anytime you start to have worry, fear, or doubt enter your mind, you need to stop, identify it and pivot. Then visualize, write down and speak new empowering decisions over yourself. Then you will begin to experience *Perfect Peace* in your life, the ultimate accomplishment.

Retraining Your Brain and healing your fear-based thoughts will allow you to experience life the way God originally intended it to be. An extraordinary life is one filled with perfect peace, health, and true happiness. Once you begin to experience that, you can share it with others, and we can all start making a positive impact in this fallen world. It starts one thought at a time!

I hope this information has opened your eyes to the importance of your thoughts and words. God created us so uniquely with the ability to heal ourselves in many ways. Over 75% of all illness and disease that we experience comes from our thought life. It comes from toxic thought patterns. Fear is the root of these patterns and fear on its own activates more than 1,400 chemical and physical reactions in the body that cause illness and disease.

However, you can do something about it by getting control of your thought life. This means not letting thoughts run rampant through your mind. Learning to take captive every thought and analyze it before you decide to accept it or reject it is the answer. How do you do that? By setting up a defined mental process like the easy 3-Step ***Retrain Your***

Brain Strategy I have provided. This strategy heals the fear-based thought at its root. It is a guide to help you change your thoughts and transform your life! The goal is to make this part of your everyday life. This is not just a one-time event. **Retraining Your Brain** is a lifestyle! Start transforming your life today!

God Bless You!

Stacy Mitchell

I WANT TO HEAR YOUR TRANSFORMATION STORY!

I would love to hear from you, so I can answer any questions you may have and see how this easy 3-Step ***Retrain Your Brain*** Strategy is helping you transform your life!

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