

Retrain the Mind – Never Stop Learning

We are our own worst enemy when it comes to learning. The moment some people think they know 'enough' they stop learning. When you get praise for something in work or get a degree, get a good job, lose weight or get a promotion sometimes you might become comfortable and complacent not to progress further.

Getting comfortable and staying comfortable is not a helpful mindset. If you want to stay hungry for knowledge, you will be more successful so train your brain and keep learning.

My years at university, studying psychology and Neuro-Linguistic Programming (NLP) lead me to want to explore people's behaviours and keep learning more. My studying years determined my skills and gifts with my interests into social behaviour, habits, different personalities and how the mind works. Yes, I wanted to be a criminal investigator, but my work experience led me to work in the field of health and social care workers working to develop programmes that promoted healthy ageing and wellbeing.

Being an NLP practitioner and understanding communicate and how the mind works offered me the opportunity to learn about the power of neuroplasticity. Dr Corinne Allen talks about neuroplasticity and her experience of working with people with brain injuries, the function of the brain and how it produces new cells, new nerve endings and new connections with new information coming into the mind. Learning and reading lead the brain to soak up these new beliefs, new characteristics from friends, new habits and these habits are programmed into our brain cells. That's why people can change if they change their habits and feed the different brain information.

Other research I've read talked about how heart or blood transplants carry such programmed cells and that after such medical lifesaving procedures that the person receiving the procedure would adopt the traits of the person it came from. Yes, if I were in the hospital, I would like to know the characteristics of that person I would take a donor from or get a blood transfusion from.

I've got to a stage in life I love reading and learning from influential people. I have discovered great habits and adopted a healthy mindset from exceptional people like Brendon Burchard, Tony Robbins, Eckhart Tolle, Lewis Howes, JP De Villiers, Ester Perel, Pete Cohen, Lynda Field, David R Hawkin's and Dr Christine Northrup. Their inspirational books and videos have given me great perspectives on life, career, relationships and the power of the connections between the mind, body and soul.

Self-learning masters creativity opens up your mind to explore your world and think differently. I did hear someone say to me once "I don't need to read I get all my information from my phone" but love reading a book as it leads me into a journey about life and into a new world to understand other's opinions, their research and very useful information or advice. I also am very aware that everything I read is filtered by my meta programmes, so I delete, distort and generalise information. So, my version of a book may be different from

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another person's version. It depends what type of information I focus on and what I want to take away from my own experiences the learning and the lessons.

Do you think that your mind is always going to be negative? Do you always think you are going to be fearful? Maybe you find learning harder than others; maybe you are not as successful as other family members? Well, research shows if you train the brain it can change and raise ways of better cognitive thinking, and you are adaptable to learning new skills.

Don't get stuck in your current thoughts get real with seeing the power of retraining your mind. Check out my worksheet online on retaining the mind.

Exercise: How to retrain the mind

- Start understanding how you can re-programme your mind – watch videos on NLP and the power of the mind
- Read more and become more self-aware of your thoughts and thinking patterns. Write them down and see patterns of your thoughts.
- Listen to music - research says that if you listen to classical music such as Mozart is can positively affect your learning abilities
- Deliberate or Meditate - deal with stress and focus on small tasks at a time
- Do puzzles or games
- Enjoy physical activity
- Eat a balanced diet
- Learn a new skill, join a new creative class
- Sign up for healthy mind training
- Sign up for life coaching programmes – mind training programmes
- Understand your fears
- Have an action plan for projects and adopting good habits
- Believe in your goals and yourself
- Get the energy
- List your strengths and achievements
- Get the right mindset to move your thoughts to action
- Live with passion, clarity and courage
- See that every problem has a solution
- Become your own best friend
- Manage your time better

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- Manage stress in your life
- Communicate your feelings to those who hurt you
- Be around people who are extraordinary and inspiring
- Gratitude is powerful and can change your state – be more grateful
- Keep a learning journal or a thought journal and become aware of your thoughts

You get 86,400 seconds in a day, so you need to use them wisely. Ask for help or support – tell people what changes you want in your life so they can support you adopting a healthy mindset. The more you speak about them the more real they become.

Write Action on how you are going to retrain your mind on the top tips above.

A large, empty rectangular box with a light blue border and a yellow-to-blue gradient background. The box is intended for the user to write their action plan based on the tips provided above. The bottom right corner of the box is folded over, suggesting it's a page from a notebook or journal.

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1. **Now check in with yourself.** Who is going to help you?

2. **What are your barriers to this exercise?**

If you correct the mind everything else falls into place

Great job!