

Having Resilience in a World of Uncertainty

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How do we build resilience especially if life is upside down and the uncertainties celebrate the victories of most life's. Clarity, self-belief, deliberate focus and action are cornerstones in building resilience.

When we do hard things on the daily, life is easy but the opposite is also true, living life through daily challenges allows us to grow in inconceivable ways.

Take cold showers after a 5 minute exercise routine, 1st thing in the morning will allow you a feeling of accomplishment, which will anchor both discipline and focus, to mention a few benefits.

Changing the use of language will change your life, you give meaning to your life. An example would be to change "I got to - to I get to". You will soon realise how much you've got to be grateful for which will change the programming subconsciously. YOUR BRAIN IS A RECORDER AND YOUR SUBCONSCIOUS MIND, THE MIND OF MEANING AND WORDS. Thus, your brain will play back at you the very words you speak frequently. The brain experience 100.000 experiences per day, close to 70.000 thoughts a day, which 70% of those thoughts are exactly the same as the previous day (How your familiar past becomes your predictable future).

Apply the acronym FEED, AS IN FEED YOUR DOG.

FOCUS - ON THE NEW BEHAVIOUR, THOUGHT, HABIT OR EXPERIENCE, focus gets the ball rolling, which opens the gateway to your frontal lobes.

EFFORT - With a strong belief you can apply deliberate effort, going from perception to action.

EFFORTLESSNESS - When you practice the new behaviour, etc. with intend, it will become effortless as the brain will use less energy to wire the new program neurologically in a pattern.

DETERMINATION - Once the new act is patterned neurologically, it will take weekly determination to make the new roads, high ways in your brain.

Meditation

The goal of most types of meditation is to lower the brainwaves into the alpha-theta brainwave range. With that said, as you learn to become more aware and increase awareness of your brainwave state, your gamma brainwave activity will naturally increase. A very safe, healthy way to attempt to increase your gamma brainwaves is to make the act of meditation a daily habit or start up a meditation routine. If you are already meditating, great - you'll naturally increase your awareness. As you increase your awareness, your gamma brainwave will increase. Hypnosis/ Self-hypnosis. The goal of all hypnosis and self-hypnosis programs is to target the lower brainwave ranges (i.e. alpha and theta) and implant 20 new beliefs.

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