

The Neurobiology of Success: Tips for Working with Your Brain to Reach Your Goals

1. Pleasure makes you work harder and more efficiently and decreases negative internal chatter. Make a list of 20-30 simple activities that you could do for 30 seconds that bring you immediate pleasure. It could be things such as: stroking your hands, massaging your scalp, dancing, singing a favorite song, smelling flowers, thinking about someone you love, being out in nature, laughing, or hugging someone. Allow yourself to enjoy several of them throughout your work day, especially when you are engaged in an activity that is tedious or difficult, so that you can stay focused and keep working.
2. Take breaks. Set a timer on your phone to go off every hour while you are working to remind you to take 60 seconds to yawn and stretch. Or several times an hour do one very slow stretch and a couple of yawns and your stress level will remain low, which will optimize the performance of your brain. Mindful breathing also gives you greater emotional control and diminishes physical tension.
3. Yawn when confronting a difficult problem at work, before entering a stressful business meeting or sensitive discussion, and before taking a test (it can improve your grade point average). Yawn as much as possible because it is amazingly beneficial for you.
4. Consciously shift back and forth between periods of high work productivity and brief periods of mind wandering, while mindfully observing the changing thoughts and feelings arising in that daydreaming state. This allows you to access your creativity to think outside the box. While in that state you can also ask your intuition for an insight into a problem you are trying to solve.
5. Sit or stand in an open, expansive position, such as with your arms behind your head and feet propped up, or in the Wonder Woman or Superman pose or the victory pose (arms above head in a “V”) for at least two minutes before an interview or speech and you will feel assertive, confident and powerful.
6. Pay attention to the content of that constant stream of thoughts in your head. Does your internal dialogue about your goal serve you or sabotage you? Get the content of your subconscious mind (your beliefs, habits, associations) in line with what you want consciously. The best way I know of to do this is through hypnotherapy. In the natural, safe state of hypnosis people make changes quickly and easily because in hypnosis we are talking to the subconscious, rewriting its scripts and programming. Hypnotherapy can help you disconnect bad habits and create new positive habits; it can help you to release fears and trauma, and to change the way you look at or feel about something. It’s not external mind control; it’s a tool to empower yourself to reach your goals.

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