

## **Brain Bites - When Decisions Making becomes easy, Life and Leadership thrives! June 2010**

### **Category – Decision Making**

When you're at a cocktail party and the waiter comes along with a platter of hors d'oeuvres, is it hard for you to choose whether or not you want some?

For most of us, it's not that tricky. We're either hungry or not, we either like that particular appetizer or we don't, and quite comfortably we say, "yes please", or "no thank-you". It's obvious, clear and easy.

What about having that same level of confidence and ease with everyday life choice making?

Life is constantly serving us a delicious platter of options, and we're continually creating our lives, by default or by conscious choice, in healthy or unhealthy ways.

Be it the food we eat, the thoughts we entertain, the feelings we nurture, the responses we have, the actions we take, the people we associate with...even down to the way we breathe. In every moment the options are endless.

Making beneficial choices, both big and small, on an hour to hour, day to day basis, is essential to supporting the well being of ourselves, others and the planet at large.

Are you overwhelmed by this task, or do you confidently embrace the opportunity to be the steward of a healthy, happy and meaningful life?

Some may be blocked to knowing that options and choices even exist, while, others may prefer to ignore the plethora of possibilities simply because it seems too daunting to open themselves to life's creative canvas.

In the words of developmental expert, Dr. Joseph Chilton Pearce, "To the mind, anything is possible, however the heart and body will always ask, what is most timely and appropriate now."

To navigate effectively, in the field of play and possibility, we require muscles of self-awareness, the ability to discern, set boundaries, honour our pace, not to mention the fuel of inner strength, courage and tenacity, to name a few.

These are not intellectually fabricated skills, they are born from a grounded, balanced and fertile physical body that senses safety, stability and comfort. This physical hearth not only houses, it also affects, the development of our heart intelligence, and our ability to unleash the brilliance of our whole mind potential, so we are capable of making responsible and inspired choices for all.

Ask yourself, are you comfortable navigating your life experiences in ways that best serve and support your health, balance and prosperity? Do you make timely and appropriate decisions? Do you easily create win-win solutions? And finally, are you living a fresh and innovative life?

*David Straker, author of the book 'Changing Minds' and founder of ChangingMinds.org, the largest international website resource on aspects of how we change what others think, believe, feel and do, shares this, "A leader's cognitive ability contributes to the performance of the team...stress affects the relationship between intelligence and decision quality. When there is low stress, then intelligence is fully functional and makes an optimal contribution. However, during high stress, a natural intelligence not only makes no difference, but it may also have a negative effect."*

Perhaps it's time to raise the bar in your day-to-day life, career or classroom, and learn how to use Cognitive Fitness tools to clear stress, and access your physical, emotional and mental intelligence.

**With Brain Works Global *cognitive fitness training*, decision making become effortless, and you will:**

- Access the wisdom of self-awareness
- Clear unhealthy stress and move into a clear and balanced place.
- Gain a tool box of fun and effective Brain Gym® movement options that will create the neurological networks necessary to set and achieve your goals.

***Come Join us for one of our community trainings or bring us to your organization for some Brain Gym® for Business or a Staff Retreat day. Make the decision to exercise your brain!***

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., train clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.