

TRANSFORM YOUR THOUGHTS & HABITS WITH NEUROSCIENCE



Self-Guided Worksheet

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Introduction

Have you ever stopped to think that your thoughts are not just fleeting whispers, but powerful architects shaping your reality? Every emotion, idea, and action you experience is etched into your brain's neural pathways, thanks to a phenomenon known as neuroplasticity. Your thoughts don't just pass through your mind; they construct the very world you live in.

This worksheet is more than just a guide; it's your personalised roadmap to breaking free from limiting thoughts and habits. By leveraging the power of neuroscience, we'll show you how to transform your thoughts into uplifting emotions and actions. In doing so, you'll activate your happiness hormones and become the master architect of your flourishing reality.

Step 1: Identify what you want to change

What habit or thought pattern do you want to change?

Example: I want to stop procrastinating.

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Think of your brain as GPS; it needs a destination to guide you effectively. So, identifying what you want to change is the first step. By pinpointing what you want to change, you're also setting the stage for new neural pathways to form. It's like saying, "Hey, Alexa, we're taking a new route today."

Step 2: Understand your inner dialogue

What do you usually tell yourself about this habit or thought pattern?

Example: I can't focus; I'm lazy.

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Think of your inner dialogue as the radio station your brain tunes into. If it's always set to "Negative FM," you're going to feel down. Recognising your self-talk helps you identify and understand the limiting beliefs holding you back.

Step 3: Create a new inner dialogue

What should your new inner dialogue be?

Example: I can focus, and I have been productive before.

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Now that you've pinpointed your limiting beliefs, it's time to tune into "Positive Vibes FM". When you consciously opt for uplifting thoughts, you're essentially instructing your brain to release dopamine, the 'feel good' hormone. This shift allows you to transition from stress to a state of ease, thus opening a world of positive possibilities.



Step 4: Plan your practice

When will you practice this new inner dialogue?

Example: 9 AM and 6 PM daily.

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Consistency is vital when it comes to brain training. Just like a workout routine for your body, your brain needs regular exercise to build new, healthy neural pathways.



Step 5: Anticipate barriers

What obstacles might you encounter?

Example: Distractions, lack of motivation.

How will you overcome them?

Example: Set reminders, create a dedicated workspace.

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Life happens, and obstacles are inevitable. By anticipating potential barriers, you mentally prepare yourself to navigate around them. This proactive approach helps you stay committed to your happiness journey.



Step 6: Accountability & rewards

Who can hold you accountable?

Example: A friend, family member.

What reward will you give yourself for sticking to the plan?

Example: A small treat, one episode of my favourite show.

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Accountability can be a powerful motivator. Whether it's a friend or an alarm reminder, having someone—or something—to answer to can keep you on track. It's like having a personal trainer for your mind.

Rewarding your wins, no matter how small, reinforces your new neural pathways. It's your brain's way of saying, "Hey, this feels good. Let's do it again." So go ahead, reward your wins.

Step 7: Gratitude tip

Whenever you catch yourself spiralling into negativity or reverting to old, unhelpful habits, pause and make a quick mental list of things you're grateful for. This simple act can be a game-changer for shifting focus and resetting mood.

Things I'm grateful for:



Example:

Family - Last weekend, we had a family game night and I haven't laughed that hard in ages. It reminded me how much I value my family's presence in my life.

Health - I was able to go on a 5-kilometer hike last week without any issues. It made me appreciate how capable my body is and how it allows me to enjoy the outdoors.

Opportunities - I recently got selected for a leadership program at work. It's something I've wanted for a long time and it made me feel really hopeful about my future.

Compliments - My boss complimented me on my presentation skills at yesterday's staff meeting. It boosted my confidence and made my day a lot better.

Nature - I went to the beach last month and the sunset was absolutely breathtaking. It was a moment of pure serenity and it made me feel grateful for the beauty that nature offers.

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Gratitude isn't just a buzzword; it's a mental elixir. When you focus on what you're grateful for, your brain releases serotonin, one of the "happiness hormones." This simple act can instantly lift your mood and break the cycle of negative thoughts.

Step 8: Reflect, adjust and tackle procrastination

After a week, take some time to reflect on your progress. Did you stick to your plan? Did procrastination sneak in? If so, when and why? Make the necessary adjustments to your plan and continue practising.

Did I procrastinate more when faced with a specific task or thought?

Example:

I noticed that I procrastinated the most when it came time to practice my mindfulness exercises. The thought of sitting still for even a few minutes made me anxious, so I kept putting it off.

What triggered my procrastination? Was it a feeling, a person, or a situation?

Example:

The trigger was a feeling of restlessness and being overwhelmed. I had a busy week, and the idea of adding one more thing to my to-do list—even if it was for self-improvement—felt daunting. So, I chose to scroll through social media instead.

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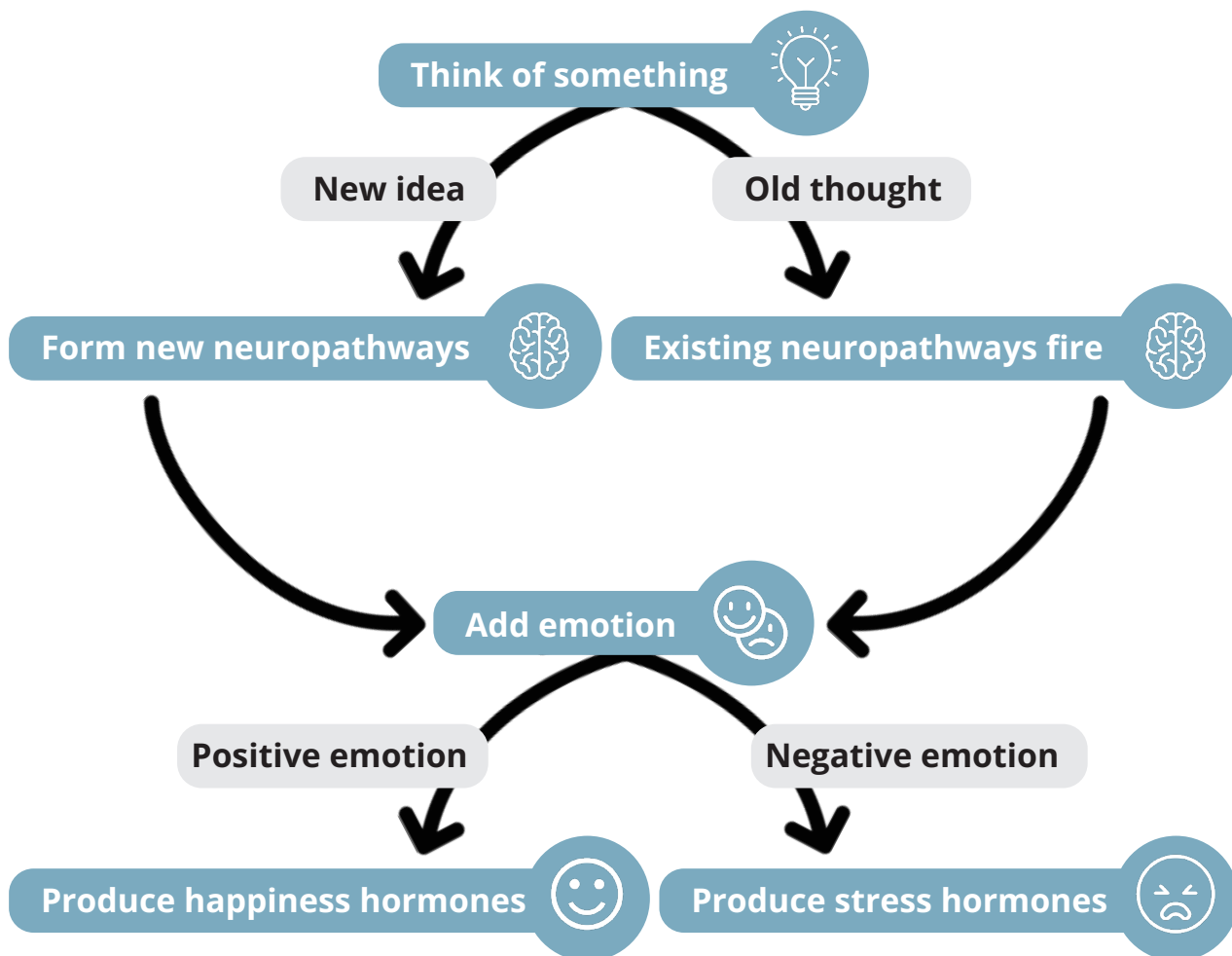


Procrastination is the mind's way of sticking to old habits. Understanding why you procrastinate helps you break free from old habits that hold you back. By asking these questions, you're taking control of your own happiness. So, reflect, adjust, and beat procrastination to become a happier you.



Bonus: Understand Your Brain Chemistry

Essentially, your brain is like a busy control centre, sending signals that affect your mood and feelings. When you think of something, your brain gets to work. If it's a new idea, your brain starts building new pathways. If it's an old thought, existing pathways light up. Add some emotion to the mix, and these pathways become superhighways. Depending on whether your thoughts are happy or stressful, your brain releases different hormones.



Positive thoughts release dopamine, making you feel good. Negative thoughts release adrenaline or cortisol, causing stress.

Unlock the power of neuroscience to transform your thoughts and habits, turning your brain into a control centre for happiness and well-being.



Here's to a happier, healthier you.

Warmly

Joanne and the team.