

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy

Marcia Harris MA, CLL

August 2018



NURTURING YOUR PASSION

Believe it or not, you were born with a purpose. You were born to add spice and variety to someone's life. You may think to yourself, "I don't know what it is I want to do in my life; I do not feel that I matter". Let me remind you that you are unique and have a lot to offer.

Take a few moments now to think of an activity you enjoy doing which requires very little effort. In fact, engaging in this activity seems to flow so naturally that it relaxes and refreshes

versus draining you.

Yes, in fact, the more you engage in this activity the better you feel mentally spiritually and physically. This is your passion!

Keep in mind, there will still be a point when both your body and mind will give you a signal that it is time to be still in order to relax and to regain your mental and physical strength for the next day.

Your passion is a reflection of your gift and may come in the fields of music, art, mechanics, sports, reading, writing, event planning, teaching, speaking, listening, caregiving, gardening, farming, medicine, science, math, and much more!

Your passion is not limited. In other words, it may be a combination of gifts you were born with.

Once again, take a few moments to relax and visualize the task or activity that you do best (with the least amount of effort) that comes naturally for you.

Once you have focus on your area of interest (your passion), it is important to set the tone to be the "best" you.

Studies show (Journal of Neuroscience) that your amazing brain works best with 7 to 8 hours of sleep, exercise 3 to 5 times a week, and nutrition. You can build up to 25 to 30 minutes of exercise gradually.

An important point is your brain loves even a little movement or stretch. Movement stimulates neuron growth in the hippocampus of your brain. Chronic stress kills the neurons in this hippocampus. So you see, even a little movement “every” hour is a move in the right direction to preserve your brain cells through relaxation.

The next important point is that your amazing brain is 70% fat and needs healthy fats and plenty of water to run smoothly. It is important to include olive oil and fish oils to enhance your mind (you’re amazing brain).

If your diet includes very little fish, it is suggested that you take a fish oil supplement. Always consult your doctor if you are under a doctor’s care. Keep in mind, healthy food and supplements are much less expensive than medication!

In closing, now that you have had this opportunity to revisit or discover your passion, I encourage you to nurture and live your passion daily. I also encourage you to inspire others using gratitude, enthusiasm, and creativity as you connect with them each day.

For additional questions or comments contact Marcia at 740-353-8056 www.endlessbrainenergy.com, or [Facebook.com](https://www.facebook.com).

Have a great month of change.

Jumpstart your brain jumpstart your life!