

DO YOU HAVE WHAT IT TAKES?

YOUUnique Whole Brain Life Skills, LLC

~ Marcia Harris, MA, CLL

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Spring forward with “Endless” Brain Energy

Imagine you with “endless” brain energy.... You jumpstarting your day in harmony. Your amazing brain directing a continual flow of physical, mental, and spiritual energies. You off that emotional roller coaster!

YOUUnique Whole-Brain Life Skills, LLC focuses on “endless” brain energy as well as adding great value through a YOUUnique Whole-Brain strategy resulting in enormous personal growth with increased insight, creativity, and productivity.

The use of three to four areas of your brain is recommended as you create win-win situations. This action defines and reflects your core (your significance) in business and personal successes. (The New Science of Learning:) You suddenly emerge as the solution to the needs of others.

I now imagine you asking “How do I start?”

Recent and past studies reflect that the key to your success is to (1) build, (2) grow, and (3) maintain your strength or energy source. Your “endless” energy begins with your amazing brain weighing less than three pounds (David A. Sousa). I recommend you follow these five (5) simple steps daily for great results:

1. Imagine the end result for your day.
2. Speak your desired result with passion 6- 12 times (self-motivation jumpstarts creativity and cell growth in your brain)
3. Reach out to three to five persons.
4. Prepare for feedback (what’s in it for them?)
5. Build reliable resources as you build healthy relationships.

Interested? Stay tuned for important brain facts and strategies to jumpstart and grow your whole brain for personal and business success at www.endlessbrainenergy.com

As others are inspired by you, setting and achieving their goals, you will suddenly realize that you are living your purpose as the solution to the needs of others.

Keep in mind, your “endless” energy resource is a combination of two activities: (1) jumpstarting your brain daily as well as (2) developing great relationships and resources from your win-win situations.

In closing, we have discussed (1) the importance of using three to four areas of your brain with each activity applying your key points for success (build, grow, and maintain) and (2) following 5 steps daily to jumpstart your brain for personal and business success.

Are you now ready for an “endless” mental, physical, and spiritual energy resource? If you answered “yes”, what are you waiting for?

I challenge you to stop (right here, right now) and reach out today at 740 353 8056 or www.endlessbrainenergy.com .

Your L.I.F.E. (Longevity, Insurance, and Faith Extended) depends on it.

Jumpstart your brain: jumpstart your life!

Have a great season of change!

I look forward to connecting today!

For additional information and references see:

Journal of Neuroscience, Vol. 36, Issue 16, 20 Apr 2016

How the Brain Learns: 4th Edition, copyright 2011 (David A. Sousa)

The New Science of Learning: How to Learn in Harmony With Your Brain. August 2013 by Terry and Todd Zakrajsek

The Dana Foundation

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