

# DO YOU HAVE WHAT IT TAKES to Jumpstart your Brain for “Endless” Energy

*Marcia Ha*



## “There is Nothing New Under the Sun”

As you live from day to day in challenging times, it is absolutely necessary to maintain a hopeful emotional state of mind in order to maintain your focus and to achieve your desired results.

Yes! Studies remind us that there is nothing new under the sun. Success stories, decades ago, shared strategies that provided positive results in challenging times. Let’s review a few:

1. Internationally known Joe Osteen reminds us to begin your day with meditation and a positive book or recording versus listening to the news.

Yes! Studies share that reading reduces stress and increases learning and creativity in your brain.

2. Be determined to increase your brain focus and overall health by beginning your day with a nutritious breakfast and at least 10 to 30 minutes of physical movement.

Studies share that exercise stimulates the brain (which is the responsible for initiating all body functions).

3. Commit to reaching out and helping at least one person each day. Increased awareness of the needs of others will remind you of your value, ability, and power to be a part of the solution.
4. Finally, journal daily. Creative writing can lead you to setting realistic goals which require connecting with others who share similar goals as well as represent the resources you need in order to succeed. Journaling also increases your awareness of your progress with personal and business goals (noting your developed strengths and lessons learned).

In closing, there's nothing new under the sun. Success stories encourage you to embrace change and challenges with understanding, knowledge, determination, and valuable resources which all increase your awareness of choices and your ability to succeed in life.

Jumpstart your brain, jumpstart your life!

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