

Brain-Friendly Tools for Life and Life Coaching: A Sample

- ❖ Mindfulness (can be done anywhere, anytime)
- ❖ Gratitude attitude
- ❖ Avoiding word prisons
- ❖ Clarifying core life values (purpose, meaning)
- ❖ Acceptance of the now and the past (likely *not* the way your brain thinks of it)
- ❖ Problematic thinking patterns & the “Scooby Brain” (your brain on survival default)

Mindfulness is simply

being aware of what is happening right now without wishing it were different.

~Enjoying the pleasant without holding on when it changes. (which it will)

~Being with the unpleasant without fearing it will always be that way. (which it won't)

~James Baraz

