

Heraclitus, the Greek philosopher said: "Change is the only constant in life." While we don't necessarily have to enjoy change, we do need to learn to embrace it as an inevitability. We need to be confident in our ability to handle anything that comes our way.

Earlier this week we spoke about the human brain and how the amygdala likes to run the show. This part of the brain tries to keep everything the same and avoid risk and danger. We need our prefrontal cortex to take over instead, as this controls the complexity of our thinking. It helps to spur creativity and analytical problem-solving, and it allows us to think in layers (for example, if A happens, then B or C could be possible outcomes.)

Our mindsets are incredibly important. It took me a long time to realize that I wasn't a victim *unless* I chose to be one; that I wasn't helpless *unless I gave up my power*; and that I wasn't pathetic *if I chose to be excellent instead*.

There are four things that I want you to remember:

- You can change your mind at any time.
- You have to let go of the "if only" mindset. Everything is a choice or the result of a choice that you are making every day.
- Remember who you are. You are fearfully and wonderfully made.
- Go all in on the change you want to become. No "half-assery" allowed!

## **AND YOUR ALIGNMENT ASSIGNMENT...**

Step 1: Plan your day a week in advance. What needs to be accomplished? Use our time-blocking sheet if you need to take control of your day. Remember, we get the choice of two pains- the pain of regret (which is long-lasting) or the pain of following through (which is momentary.)

Step 2: Be open to new ideas! Fire up creativity and new thinking in your life. Remember, your reticular activating system will look for things to prove you right, so look for the successes and positivity in your life.

Don't be afraid of change- you have everything you need inside of you. Train your brain to look for solutions instead of being bogged down and overwhelmed by the problem at hand. Shift the responsibility from the amygdala to the prefrontal cortex of your brain.