



Instead of relying on flimsy motivation which usually translates to how we "feel," let's make ourselves a feel-good cocktail instead.

The *nucleus accumbens* is a tiny part of the brain where the "bar" is located. One of the main ingredients for a feel-good cocktail is Dopamine, and this is stored in the *nucleus accumbens*.

Dopamine floats around in the empty places of your brain (imagine a waitress bringing around a tray of drinks) and helps you get up off the couch. You'll feel dopamine knocking on your motivation if you're saying, "I really should get up, get dressed, etc."

Connection goes past the "should" and right to the DECISION TO DO - that's Dopamine's job!

We need to get off the Dreadmill loop that keeps us stuck and move past 3 things if Dopamine is going to get into our glass:

- I have to
- I don't feel good about this
- I can't

Instead, here's the Pancake part. Flip those thoughts to

- I get to
- Feelings come and go, right now I am \_\_\_\_\_
- I am able and capable of doing anything

Suddenly, your glass becomes half full instead of half empty. Possibilities emerge as different decisions are made and Dopamine is triggered. You start to obliterate the obstacles in your path and get off the Dreadmill of Negativity and into a life of promise.

What else goes into a feel-good cocktail?

- Tracking, crossing off your list, using stars and checkmarks for completed tasks. There is a hand-brain connection that helps us retain what we write down.
- Schedule it - for example, exercise. Commit to 30 seconds or 1 minute. Get dressed in your workout clothes, lace up your shoes, and get your "costume" on. These tiny things tell your brain "Game on!"

- If you exceed the "just 30 seconds," you will FEEL GOOD! Celebrate it and write it down.
- Your energy goes where your focus goes; look for SOLUTIONS, not problems.
- Help a sister out! Giving is powerful and creates a clear pathway for a Dopamine cocktail.
- Activate it all by being a part of a community. Share your success and in the success of others. Allow others to lavish you - don't be shy! It FEELS good!
- Up your Biome. Dopamine loves probiotics! Take your ProActive Probiotic, eat fermented foods (sauerkraut, etc. - non-dairy!), and lots of greens for prebiotics.

This is the best pancake diet ever - a gluten-free, inflammatory-free, feel-good cocktail that will help you flip motivation and make it work FOR you!

Let's get busy!