



TEACH YOURSELF

# MEET YOUR BRAIN

»»»»»»»»»»»»»»»» WORKBOOK 1 ««««««««««««««««



This workbook is just for you. No one else!

We recommend you use it to complete the activities you are guided through during the modules.

Ideally you will print it out and have it next to you as you work through the modules.

There is real power in writing things down both for your own clarity and in defining clear goals, we hope you take the time to do this.

*Setting goals is the first step in turning the  
invisible into the visible  
- Tony Robbins -*

# Understanding your responses



## Personal Reflection 1

List any situations that cause your Amygdala to react, even when the danger is not real:

How do you feel during these moments in your mind and your body? Write down at least 5 words to describe how you feel.



## Personal Reflection 2

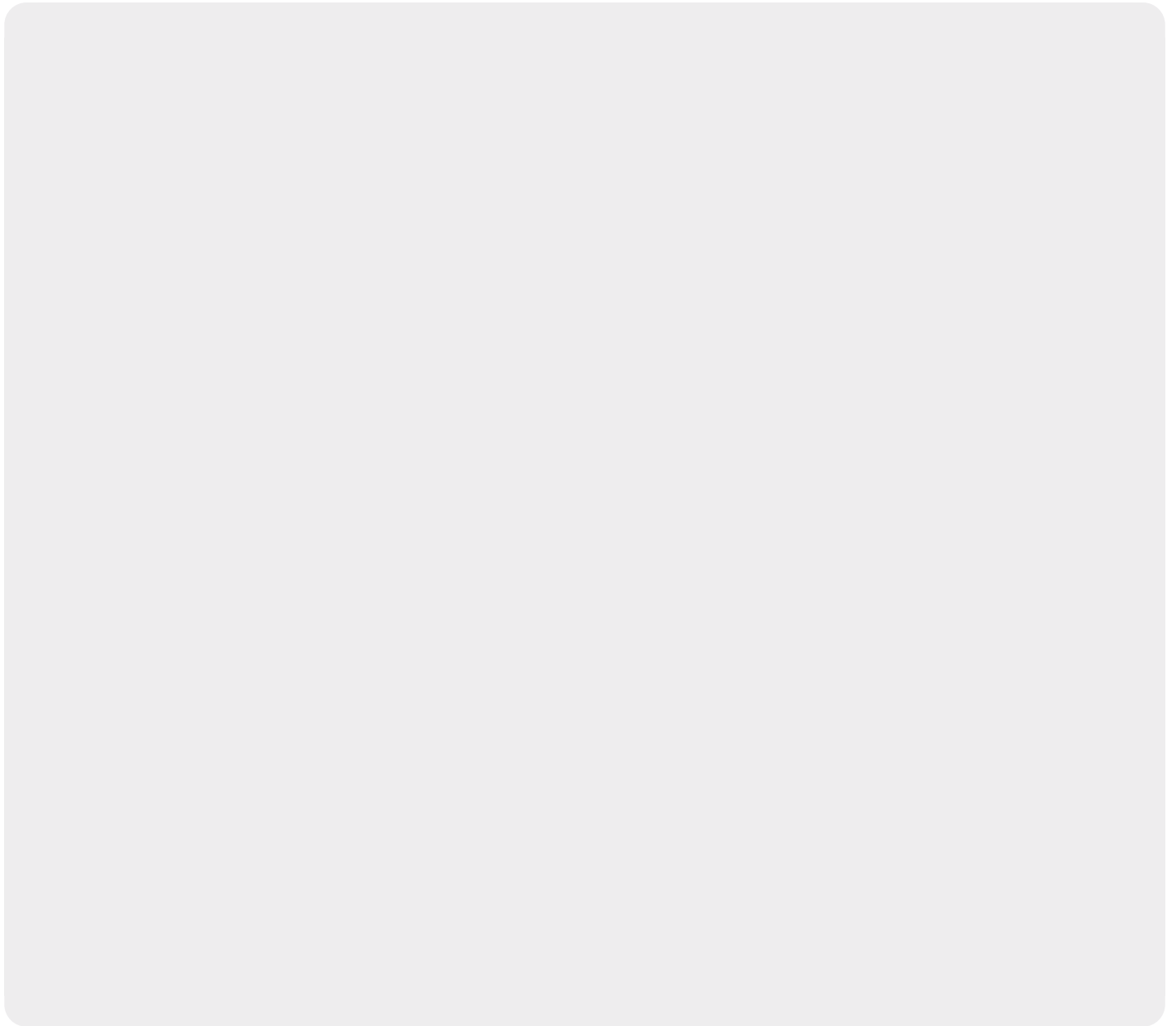
How do you feel after the happy breathing exercise, how would you describe your mind and your bodies change during the exercise?

Thinking back to Personal Reflection 1 and those situations that cause your Amygdala to react, how could things be different if you used happy breathing when you faced those scenarios?



## Personal Reflection 2

How could happy breathing fit into your daily routine? When in the day could you use it and in what situations?



# Assessing your habits



## Personal Reflection 3

What habits do you have that help you to be at your best?

What habits do you have that hold you back from being your best?





## Personal Reflection 3

If you could create 3 healthy habits to help you to be your best, what would they be?

If you created these habits, how would they help you? How would it feel to have these habits embedded in your life?

# My action plan



Try and challenge yourself to practice happy breathing at least once a day. You can download the free myHappymind app from the app store and play the happy breathing exercises from there or you can find them on the portal.

Use the space below to plan when you will do happy breathing. If you schedule it in your mind and in your diary, you are much more likely to do it.

## My happy breathing action plan

A large, empty, light gray rounded rectangular box intended for writing a plan.



Use the space below to decide on and commit to 3 new habits that you will adopt. These should be things that will positively contribute to your life.

Ideally they will be related to what you have learnt in this module but they may also be things you have wanted to establish as habits for a while.

## My habits action plan

A large, empty, light gray rounded rectangular box intended for writing the habits action plan.

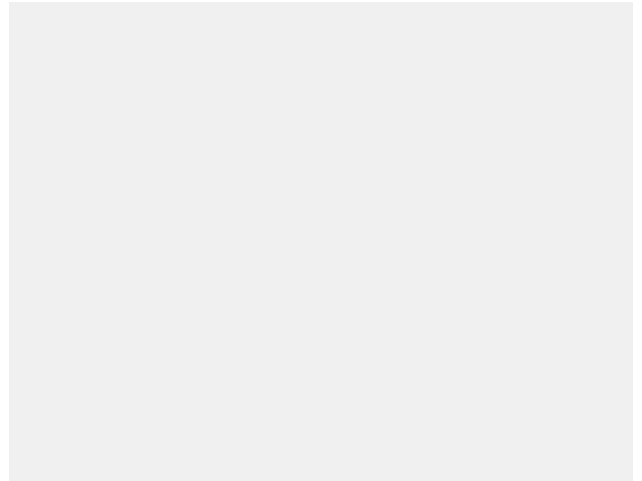
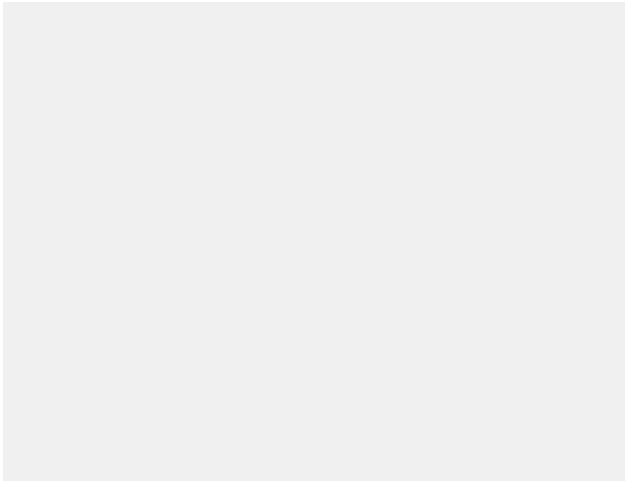
You can use the below action plan template to assess how you are doing against your new habits and your happy breathing each week.

Try and print this and keep it somewhere visible as a reminder of what you are trying to achieve.



# MY ACTION PLAN

HAPPY BREATHING SCHEDULE:      HABITS



DID I PRACTICE MY NEW HABITS AND HAPPY BREATHING TODAY?

MONDAY

TUESDAY

WEDNESDAY


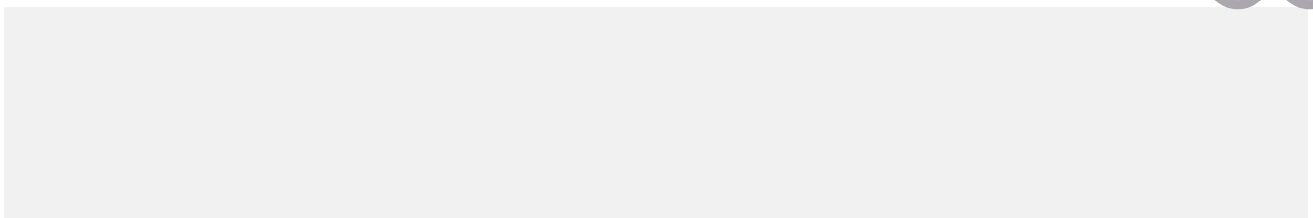
THURSDAY

FRIDAY

SATURDAY

SUNDAY

HOW DID I DO THIS WEEK?





"In a world full of doing, doing, doing it  
is important to take time to just breathe  
and just be."

