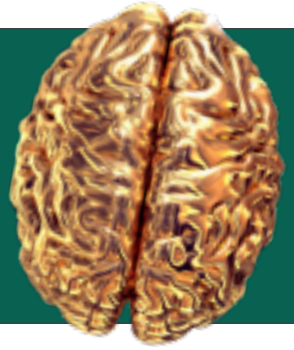


3 Brainy Tips to Increase Your Confidence

For Creative Professionals, Entrepreneurs, & Leaders

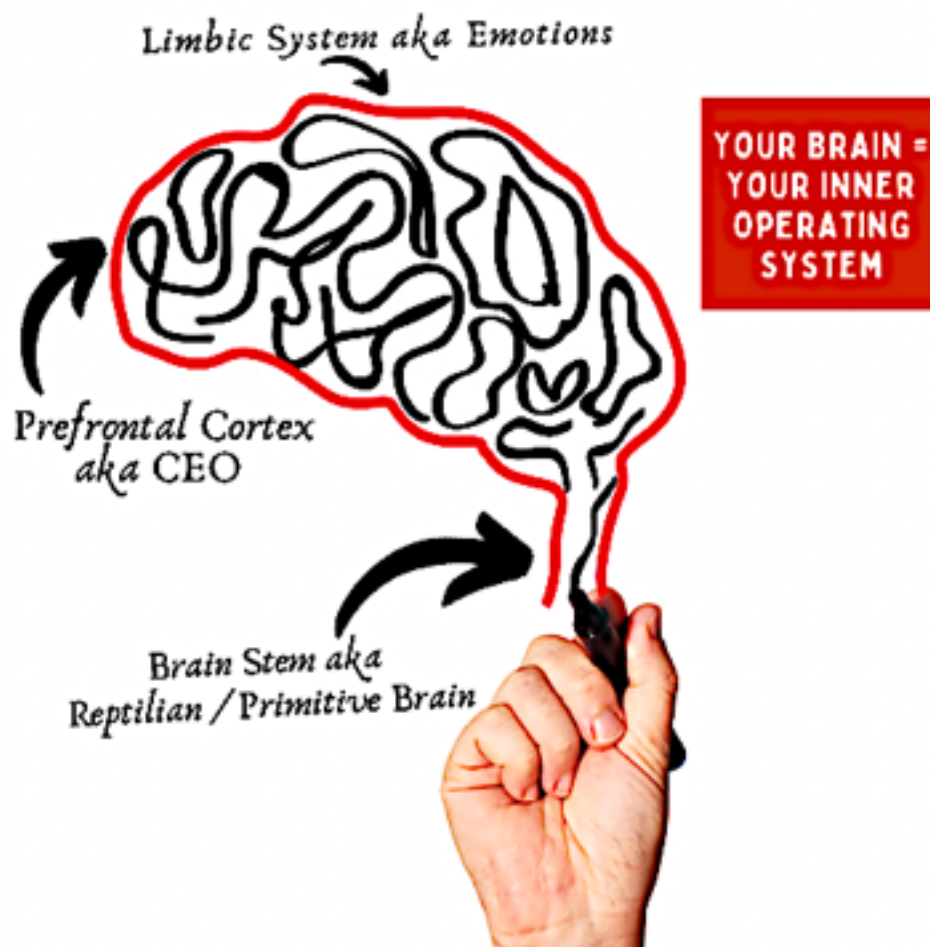


by Liza F. Camba (Sat-Akal)

✓ Understand Your Inner Operating System

Your brain serves as your entire mind and body's control panel. It powers automatic behaviors like your breathing, heart rate, and digestion as well as controls both your conscious and unconscious thoughts. Even your greatest fears and unhealthy habits are dug deep in your brain, which is why it's so difficult to overcome them. But did you know... that you can rewire and reprogram your brain? You can actually upgrade your brain so that you're leading from a more empowered version of yourself.. the 3.0 or 5.0 or 10.0 version! Imagine what's possible for you if you tweaked your affinity for nightly ice cream cravings, or could tweak your self-sabotaging perfectionist tendencies, or could dissolve your self-doubt, anxiety, and fears.. and do it overnight?!

AH-HA MOMENT! —> By knowing that your brain came with automatic functions pre-installed, as well as conscious and unconscious programming from the past and the present that continues to be installed today, you can make strategic tweaks in your thinking and behavior that will enhance your confidence. The first step is knowing that change IS possible! If you can program your brain with self-defeating thoughts and behaviors, you can also un-program them! The second step is taking action to upgrade your brain. Whether it's working with new tools and technology such as affirmations, or kundalini yoga and meditation, or working with experts who can help you cut your learning curb and support you in a clear and concise way — your increased self-knowledge will take you a long way.



✓ Calm Your Limbic System

Ever heard the saying “You’ve/ I’ve gone limbic!” ...? This phrase refers to having no control over your emotions. Your limbic system, also known as the emotional center of your brain, gets activated into high gear when you’re feeling excessively stressed. The limbic system is in the middle region of your brain where you experience love, joy, happiness, fear, anxiety, and threat. When your limbic system is overwhelmingly stressed, it starts shifting gears into a default setting that’s directly wired to your primitive brain. When your primitive brain is stimulated, it activates your “fight-or-flight” settings, for your protection. For survival, you’re either stopping in your tracks to fight and defend yourself (from lions and tigers!) or you’re running to save your life (flight). **Atychiphobia**, an unhealthy and persistent fear of failure, is a common issue that many people stress out about that can lead to depression, anxiety and poor self-esteem. It leaves you feeling powerful and stuck in a version of fight or flight. Maybe you’ve experienced it yourself in the form of feeling stuck and unable to make progress or procrastinating?

AH-HA MOMENT! —> Here’s a couple tips to deal with persistent and irrational fear and that can help you calm your limbic system, or emotional brain, in our modern times: 1.) Consider a new way to understand your situation. Don’t fear failure. Instead, see failure as feedback and as an opportunity to grow 2.) Have a Plan B and C ready as a backup plan, just in case things don’t work out. You’ll have greater ease knowing that you’re prepared for the unexpected 3.) Chances are... you’re not running from a bear nor is your life at stake if you mess up during a public presentation or creative performance. Figure out where your fear is originating from, get a better understanding of it, and give your fear a reality check.

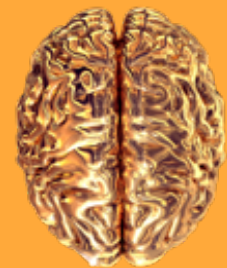
✓ Connect With Your Higher Mind

Your **prefrontal cortex** serves as your brain’s **CEO**. It’s the most advanced part of your brain that has the ability to self-reflect, exert willpower, regulate your emotions, discern right from wrong, and plan for the future. These are all executive level responsibilities. Your CEO also uses a lot of energy in the form of glucose and oxygen that serves as fuel to be able to focus and listen intently while taking on these high-level responsibilities. One of the best ways to build your confidence is to work efficiently with your Inner CEO throughout your day and by making real progress everyday. Making progress will release feel good hormones such as dopamine, serotonin, and endorphins that will regulate your mood and keep you feeling good all day long. So how do you work efficiently like a CEO? Good question! CEOs have their priorities in order and always get the most important things done first.

AH-HA MOMENT! —> The next time you plan your day, deal with your most important issues/tasks **FIRST** so that you can maximize your Inner CEO’s energy and are less distracted throughout the day. By doing so, you’ll become the ultimate high-achieving CEO of your life by putting an end to wasting time and energy, period. By managing your biggest and top priorities **first**, both your brain’s chemical resources and your mental energy gets distributed in a way that has you achieving peak performance throughout your day, has you feeling emotionally balanced, and has you feeling good about your accomplishments. The positive feedback feels so good it loops you in. Now that’s a smart way to fuel your brain, make the most of your potential, and build your confidence!

Words of Wisdom:

“Confidence is your #1 selling tool. When you’re confident about who you are and what you’re selling, success will always be at your side.”



Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza’s signature mind-blowing program that helps creative professionals, entrepreneurs, and leaders upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to TheSacredYes.com

