

Time to Reboot Your Brain

Rebooting my brain is one of my favourite exercises. Many of my clients have achieved breakthrough results every time they complete this exercise, as have I.

This is the perfect time of year to invest this practice. Have fun with it and let me know what you discover as a result.

Several years ago John Reese coined a process, “reboot your brain”. He attributed it to “quickly and easily...getting anything you want...and experience a higher level of thinking”.

I can vouch for the higher level of thinking, heightened creativity and greater empowerment that results from completing this exercise. I have met or exceeded every life goal I have set and continue to create more of what I value most. I attribute my commitment to exercises such as this as part of the reason I am in such a great place in my life.

I recommend doing this exercise exactly as described below.

Get 3 pads of paper – separate pads of paper, not a single notebook or pad. You will need them. Find a pen that you really like to work with you. You can enter it on your ipad or laptop later. Trust me – write the exercises first. It will flow better and is more liberating and effective.

On the first pad of paper, write down the title: To Do's. Now brainstorm every single thing you can think of that you need to do – everything you are carrying around in your head – birthday cards you need to buy; errands you need to run; that budget you want to create; the conversation you need to have with your employee; etc. etc. Keep writing til you have exhausted everything you can think of. This can easily take a couple of hours. You will feel like you will never stop writing. Trust me – you will. If you need a break, get up, go for a walk, get something to eat or drink. Then return to your list and write down the new items that came into your head.

When you can think of no other To Do's, pick up your second pad of paper. Title this one: Fears. Similar exercise – write down every fear you can think of: I will die broke and alone; I will never get another job; I will never find the partner I am seeking; my house will not sell; I will get fired; I will get cancer; I won't get out of debt; my business will fail; my child will run away from home. Whatever it is, write them all down. You never need to share this with anyone. Take a break if you need one.

On the last pad of paper, note the title: Desires. This is the fun one – write down everything you possibly desire – a year off to travel; return to school; learn a new musical instrument; learn a new language; swimming with great white sharks; cooking school in Tuscany; climb Kilimanjaro; build a new home; start painting; write a book; join a choir – write them all down. This should be fun! Don't let your logic get in the way. Don't estimate the probability or the complexity. Now take a break:)

Go back to your fears list. Look at each one. What can you do to influence that fear? Afraid of drowning? Take swimming lessons. Afraid of cancer? Alter your diet and lifestyle. Get a check-up. Never get out of debt? Get a financial coach. Buy a book in money management. When you identify actions you can take that could mitigate the risk of that fear coming true – add the item to your To Do list.

It may take you a few sessions of quiet time to complete all the steps but try to and if you liked this, [sign up to receive more free tips, tools and techniques](#).

Have fun with this and send me your comments in the section below. I really want you to have fun with this.

