

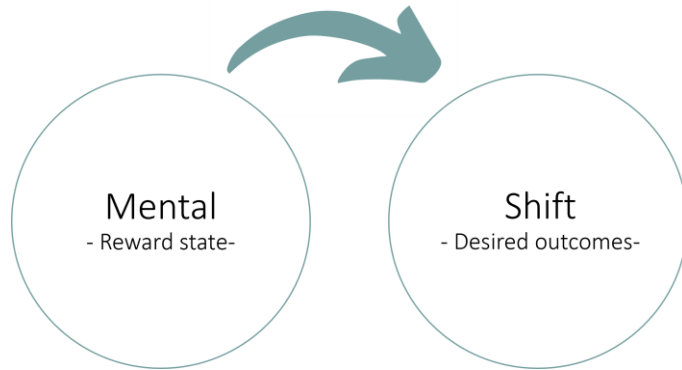


KEY TAKEAWAYS

UNLOCK YOUR FULL POTENTIAL BY BRAINEXPLAINERS

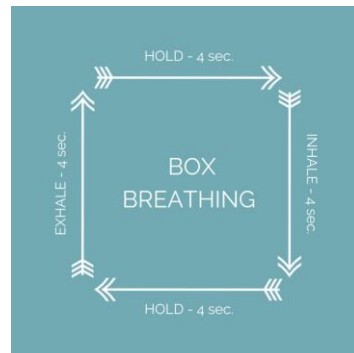


WTC AMSTERDAM
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WHAT BRINGS YOU IN A REWARD STATE?

- Don't grab your phone, first thing in the morning
- Apply the rule of 5
- Implement 'Box breathing'
- Binaural Beats
- Power posing
- Design and invest in your dream team



FOCUS

Focus on your internal locus of control

REMEMBER

Ask yourself on a regular basis: "Am I in a threat or Reward state?"

THE 3 GIFT TECHNIQUE

Knowledge

What can I learn from it?



Inspiration

Where can it lead to?
Is there a win-win?

Power

"I am aware I have a choice."
Can I change my attitude?



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