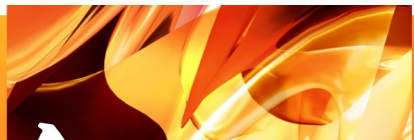


**Discover the 3 Proven Brain Secrets to
Eliminate Stress, Anxiety and Overwhelm...**
Maximize Your Success and Enjoy the Journey!

**Secret #1 – How Your Amygdala May Be
Scaring Success Away**

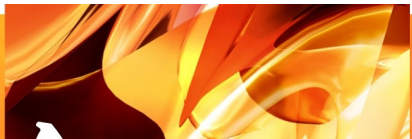
Leanna Fredrich
AmazingMondays.com



AMAZING MONDAYS

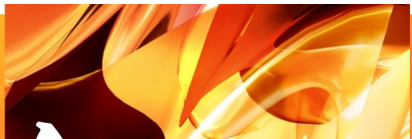
What is Today's Secret?

- How the Amygdala can make or break your success.
- Can scare you into inactivity.



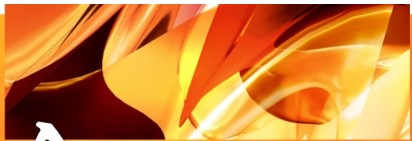
Example

- Close eyes
- Imagine standing on the top of 10 story building
- Look out window
- Look down
- Open window
- Step out on ledge



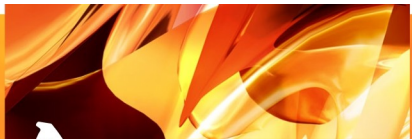
How does the Amygdala work?

- Stimulated even just by imagination.
- Doesn't know the difference between real and imagined.
- Register fear before awareness.
- Early warning system.



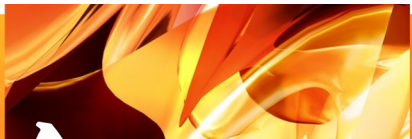
Research on the Amygdala

- Fearful picture viewing.
- Blind – fear registered subconsciously.
- Sighted, flash viewing - fear registered subconsciously before conscious.



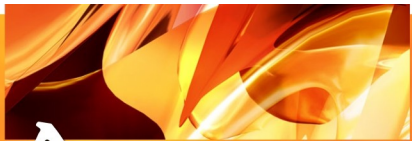
How Does the Amygdala Help?

- Prevents us from taking undo risk.
- Keeps us safe.
- Recognizes fear subconsciously.



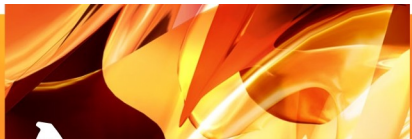
How Does the Amygdala Hurt Us?

- Too much of a good thing.
- Constant stress, anxiety, burnout.
- Overactive, from anticipation, any change.
- Disease.



How Can We Make Our Amygdala Work For Us?

- Calm our Amygdala.
- Focus energy on Frontal Cortex.
- Big reason “why”



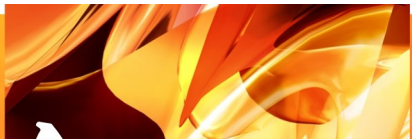
Homework

- Step 1: Choose your biggest goal.
- Step 2: Write in wonderful detail why you want to reach that goal.
- Step 3: Read it daily.



Next Video, Secret #2

- Reach Peak Performance while:
 - Feeling natural and easy.
 - Not struggling!
- Watch your email inbox for a link to video #2.
- For more information: **AmazingMondays.com**



Benefits of Leveraging Your Amygdala

- Ability to change and grow with less stress.
- Better decision-making.
- More fun.
- Greater success.
- Sense of “Being in the Zone.”

