

## Neuroplasticity

# *Becoming the Greatest Expression of You*

### DAILY PRACTICE

- **Read the 2 or 3 sentences** that describe being the *Greatest Expression of You*
- **Meditate** on this and memorize being joyful.
- **Mentally rehearse** being joyful throughout the day as you go about your day. Give thanks for being the *Greatest Expression of You*
- **Use self-hypnosis** throughout the day to remind yourself who it is you are becoming
- **Inventory** – At the end of the day, take inventory of your day. Where did you do really well at being the *Greatest Expression of You*? Where did you fall from grace? Mentally rehearse being & doing differently next time.
- **Believe** - We only act on and out of what we personally believe to be true.
- **Gratitude** - *Give thanks for being the Greatest Expression of You.* Open up to receiving.