

MYSTIC HAVEN NLP & HEALING

3434-135 KILDAIRE FARM RD #899
CARY, NC 27518
(910) 808-1108 GENERAL LINE
(919) 205-8115 APPT LINE
INFO@MYSTICHAVENNLP.COM

September 01, 2021 (SEPTEMBER 13 - 17 2021)

BETTER BRAIN BETTER YOU

BREAKING BAD HABITS OVERTIME - INTRO

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BAD HABITS ARE VERY HARD TO BREAK, SO TO EXPECT SOMEONE TO GIVE UP SOMETHING THEY'VE BEEN DOING FOR QUITE SOMETIME NOW IS VERY UNREASONABLE. THE PROCESS CAN BE VERY HARD. BUT WITH SUPPORT AND CONSISTENCY WITH CHANGE, HABITS CAN BECOME A THING OF THE PAST USING THE TECHNIQUES OF NLP. TODAY WE WILL BE LEARNING HOW TO BREAK HABITS OVERTIME USING SOME BASIC TECHNIQUES THAT CAN BE DONE ANYTIME ANYWHERE.

JOIN ME FOR OUR BETTER BRAIN BETTER YOU DISCUSSION TO IMPROVE THE WAY YOU LIVE WITHOUT BAD HABITS.

BREAKING BAD HABITS OVERTIME PODCAST

Hello my name is Kimberly Wright Davis, I am a Master Elite Certified NLP Practitioner. For those who are unfamiliar with NLP, Neuro is the mind, linguistics is the language, and Programming is rewiring. Basically I teach you how to learn the language of the mind using NLP techniques to rewire the brain to communicate with the body without creating bad habits, blockages, cycles and patterns.

Today we will be talking about BREAKING BAD HABITS OVERTIME .In order to break a bad habit, you have to know one's habit right? Well what if your brain has wired you to believe that what you are doing is normal? Habits can be created without realizing it, and can be critical to your wellbeing. Habits are routine behaviors that are repeated daily and are subconscious enabled by thought. Another way of describing habits as they are fixed ways. Once your routined behaviors become wired in the mind it is hard to get rid of because the brain has set this particular habit on auto pilot.

Today we will be learning how to break bad habits, but break them over time. As stated previously subconsciously stored routines can create a comfort zone for you, but sometimes those comfort zones can be mind traps. Your mind is

not out to get you, it actually wants you to feel good and be happy, so it literally records what you enjoy and tries to remind you to keep doing that. So make sure you are doing GOOD things that you enjoy.

Here is some information to utilize, and minor techniques to do everyday to help you break habits overtime.

Once habits are identified :

Try categorizing them to see if they are helping or hurting you.

Try visualizing the impact of your habits on yourself and others

Once this is done,

Start doing things differently everyday so the mind won't be placed on auto pilot. This is vital because you do not want to replace the habit or habits, remember, you are trying to get rid of them for good.

Go for a walk

Take up a new hobby

Socialize with others

Sleep, Etc. to get your mind off of the habits and to let your brain see that you are active.

Staying active can help break habits because it may prevent you from having no time to make anything routined.

Let me also give you a list of herbs that help with concentration, focus, clarity, and energy to help the mind work for you.

Ginseng - Boost energy

Sage - has a cognitive enhancing effect - improves mood, alertness, attention and memory.

Guarana - energy boosting - an herb that contains caffeine

Bacopa monnieri - helps with brain functions and alertness. Also may treat anxiety, insomnia, and memory.

These herbs can be drunk as a tea but please do self research to learn side effects or herbs that counteract each other.

Certain herbs can be helpful to the brain, and for you while trying to get rid of those bad habits.

Please consult your physician before intake, and research the dosage amount to make sure you take the accurate portion.

Thank you for joining me for today's discussion BREAKING BAD HABITS OVERTIME, please subscribe to receive daily "TIPS FOR CHANGE" to help maintain a healthy brain. Join me tomorrow as we discuss " HABITS TO KEEP AND HABITS TO GET RID OF". Make sure to follow us on all major social media platforms @MYSTICHAVENUSA. Support MYSTIC HAVEN NLP & HEALING PODCAST by subscribing and becoming a VIP member to receive exclusive emails, VIP topics only, events, prizes and gifts. Thank you for listening!