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JUNE 10 2022

BETTER BRAIN BETTER YOU

MAINTAINING HEALTHY HABITS PERMANENTLY - INTRO

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If you just can't help yourself and these habits just consume you, the best thing to do is see if it is harming you, or making you better. Healthy habits should be what you put on autopilot to maintain consistency. But I do not recommend programming the brain to become a habit planner by doing what makes you happy all the time. Because what makes us happy can be harmful to the brain and our bodies. Some happy habits can be harmful to our personal development as well. Doing things we enjoy is good, but some of us have a different definition and understanding of what is good versus what's harmfully satisfying so we don't want to become our own stumbling block.

join me for my better brain better you discussion to find out how we can be our own barrier reading obstacles for ourself, learn how we can identify walls and create healthy habits that will keep us changing for the better and knock out those Dreadful habits that binds us to our self permanently

MAINTAINING HEALTHY HABITS PERMANENTLY

Hello my name is Kimberly Wright Davis, I am a Certified Master Elite NLP Practitioner. For those who are unaware of NLP, Neuro is the mind, linguistics is the language, and Programming is rewiring. As a practitioner, my job is to 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. I help your brain do what it needs to do for you to live out the life you were created for.

Today we will be talking about **MAINTAINING HEALTHY HABITS PERMANENTLY**. Our habits are our daily routined comfort regiment . Something we do everyday that keeps us satisfied and happy. This week we have been talking about bad habits, how to identify them, and how to get rid of them, so by now we should understand what habits and which ones are healthy to keep by now. Bad habits limit us from doing what's right and causes the brain to automatically go on autopilot; Something we do not want the brain to go into because it thinks it's doing a good deed, when in actuality it's

feeding into the mental destruction that will later take place when the individual tries to kick their habit. It will be difficult to do so.

Healthy habits are easy to let go and are activities that don't cause issues, put family members in unwanted circumstances, nor do it cause mental meltdowns and destruction. Habits like dieting, but actually staying on it and following it everyday. It isn't a diet at this point, this is a healthy habit that you choose to let your brain record as a satisfying event. Finishing all of your work tasks, or chores on time which allows you to start making more time for yourself. Another healthy habit. When a habit doesn't seem overwhelming when you can't have it your way or purchase it then you are on the right track. Being able to identify the pros and cons of a thing, in which that thing brings balance to your day.

Let me give you a list of things to do that will help maintain healthy habits permanently.

- Think about the habit that you have that is healthy, based on what was mentioned earlier. What is it done for and how does it improve you as a person? Can others benefit from your habits? Keep these questions in mind everytime you take on anything new.
- Because habits are daily routines, it is vital to make sure nothing is being set aside or events are being pushed back because of the need or craving to maintain it. This is an unhealthy habit, we want to maintain healthy ones so understanding how to control your thinking as you carry out the deeds of this habit keep in mind that distractions will come, train the brain to redirect your thinking.
- Lastly, remember I stated earlier that bad habits can cause mental meltdowns and destruction, just sit on that for a minute. Think about it. Do we want to stay in constant thought about how we will obtain those cigarettes, beer, satisfy those sexual desires, get a hold of the new buzz of drugs, and no offense to anyone these are just examples that do cause one to have a chaotic life if it becomes an addiction that leads to family and or professional assistance. This alone should motivate anyone to maintain healthy habits. Thinking about the impact it will have. Healthy habits always produce positive change.

Let's talk about herbs that can help with distractions, sound mind, and promote healthy decision making. YYou would be surprised what herbs can help with, they are amazing treats from our creator and shouldn't be taken for granted.

Sage	improve mood, alertness, attention, and memory
Peppermint	reduces fatigue and boosts alertness, memory, and energy
Rosemary	improves performance on cognitive tasks
Rhodiola Rosea	Reduces mental fatigue, boosts brain function and mood, improves memory, alertness and endurance (this herb is good to use when "BURNOUT" it helps balance the energy centers within so you can get back focused.)

Sage, peppermint, and rosemary does come in leaf form, but using a diffuser with essential oils can have a quicker effect than consuming it as tea. Please consult with a primary Physician before consuming any herbs and please do self research on dosage and side effects. These herbs have been carefully selected for this particular topic and have been carefully researched to inform the audience of a more holistic approach to healing the body naturally.

Thank you for joining me for today's discussion "**MAINTAINING HEALTHY HABITS PERMANENTLY**" , please subscribe to receive daily "**TIPS FOR CHANGE**" to help maintain a healthy brain. Join me tomorrow as we roll into a new week discussing topics in regards to emotions, where I will be discussing "**HOW EMOTION NEGATIVELY AFFECT THE BRAIN**". 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. Also visit Mystic Haven's Store to purchase a ready made mixture of the herbs mentioned in today's podcast. Shop product f11-CORTEX Strawberry Tea, this tea targets the frontal lobe where it aids motor and cognitive skills, helps with problem solving, thinking, planning and organization. I need this in my life daily. I really appreciate you all! Have a great day! Thank you for listening!