

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

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BETTER BRAIN BETTER YOU

HABITS TO KEEP AND HABITS TO COMPLETELY GET RID OF - INTRO

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NOT ALL HABITS ARE BAD, BUT NOT ALL ARE GOOD EITHER. SOME PEOPLE RECOGNIZE WHERE THEY ARE STUMBLING BUT THEN YOU HAVE NAYSAYERS THAT BELIEVE AS LONG AS IT DOESN'T HURT ANYONE THEIR HABITS ARE ACCEPTABLE. TODAY WE ARE GOING TO BE TALKING ABOUT HABITS THAT DESERVES A THUMBS UP AND HABITS THAT JUST HAVE TO BE DONE AWAY WITH. HOW DO YOU TELL IF THE HABITS YOU HAVE ARE GOOD TO KEEP OR UNKNOWINGLY DESTROYING YOU BY KEEPING YOU BLIND TO HOW YOU MAKE OTHERS FEEL.

JOIN ME FOR OUR BETTER BRAIN BETTER YOU DISCUSSION TO LEARN MORE ABOUT TECHNIQUES YOU CAN DO DAILY THAT WILL HELP YOU DETERMINE WHAT HABITS TO KEEP AND WHICH ONES TO FREE YOURSELF FROM.

HABITS TO KEEP AND HABITS TO COMPLETELY GET RID OF VIDEO

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 HABITS TO KEEP AND HABITS TO COMPLETELY GET RID. Are your habits overpowering you? Are there routined events you do continuously without realizing the impact it has on you and others? Not all habits are bad, but some are not good either. When your habits cause self doubt, arguments, withdrawal, and irritation, you already know it is time to get rid of them. Habits are supposed to be fun, healthy; and trend setting. An example of a healthy habit is going for a morning swim. That is categorized as a must do. If this is your habit. You are going to make sure you do this daily. Another habit is practicing good hygiene. While these activities seem like they are regular

physical and common obligations, these are still considered habits because they have to be thought of to perform. Not everyone goes for a swim nor does everyone wash, so it is a habit. Some people mistake certain behaviors for habits. Habits are created through repetition. Behaviors are provoked by events that cause a reaction.

Today we will be learning how to categorize your habits then X out ones that no longer serve a good purpose then focus on those of which help you to maintain a healthy living. In my previous podcast "Breaking Bad Habits overtime" I mentioned that subconsciously stored routines can create a comfort zone for you, but sometimes those comfort zones can be mind traps. The purpose of the brain is to help everything function correctly, but it's main job is to keep you feeling good and happy. And by doing this, the brain takes notes of your daily experiences and tries to continuously remind you to focus on those things that satisfy you. Now some of those empiricals may not be good for your wellbeing so I will help you understand which habits to keep and which one to launch back into the matrix.

Here is some information to utilize, and minor techniques to do everyday to help you understand your good and bad habits:

Once habits are identified (and I always say this because some people deny they have habits, that's why it is important to evaluate oneself at the end of each day). Which brings me to my first recommendation.

Try listing things you have to do everyday like bathing, cooking, work etc. Then list non obligation tasks that you do everyday such as purchasing a 10 pack beer case, cigarettes, candy or dessert, even hobbies and entertainment. Next to each listing, write down how it helps you mentally and how it helps you, your loved ones, even those in this world. If it has no type of positive impact, it is a bad habit. If people benefit from your habits then keep it. Improve yourself and make changes everyday so your brain wouldn't put you on auto pilot.

How to avoid being placed on auto pilot

By doing things differently everyday. We want to keep the good habits, get rid of the bad ones, then make changes daily to those good habits so it doesn't become a routine that leads to panic if not done.

Go for a swim

Learn a new language

Socialize

Make sure you get lots of sleep. Sleep helps regenerate the brain, regulate hormones and secretions, relax the mind, and aids cognitive functions.

Stay active to avoid creating new habits that are not good for you.

Let me introduce to you some herbs that help with anxiety, irritation, and mood swings. Sometimes trying to give up something you've been doing for so long can be a bit challenging. But these herbs should set you straight every time you get the urge to express your emotions negatively.

Ashwagandha is an adaptogenic herb that literally combats the stress factors that lead to anxiety and depression. It has been shown to have anti stress, anti inflammatory, and antioxidant properties. Which is all beneficial to the endocrine system, one of the main systems that regulate hormones and secretions.

Chamomile is an herb that is well known for promoting relaxation.

Now this is interesting. **Hops** is a sedative herb mostly found in beer. Other than alcohol itself hops is why some may become sleepy after consuming a lot of beer. But in this case just consuming hops would be used for relaxation, and anxiety.

Lemon Balm is an herb that helps improve anxiety, depression, and other mood disorders. It also improves cognition.

These herbs can be brewed as a tea but please do self research to learn side effects or herbs that counteract each other. 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 HABITS TO KEEP AND HABITS TO COMPLETELY GET RID OF, please subscribe to receive daily "TIPS FOR CHANGE" to help maintain a healthy brain. Join me tomorrow as we discuss "HOW TO TELL IF YOUR HABITS ARE HEALTHY". 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!