

# Rewire the Machine

## Review

Using your brain to create new habits and reduce stress gets easier with practice. Choosing your Inner Einstein to manage your thinking protects you from your lizard brain.



### Brainwork

1. When was I aware of a specific money map? What was it? Do I like it or want to change it?
2. What old behavior did I get stuck in? Why?
3. What new behavior did I try? How did it feel?
4. When did my lizard brain take control? What did I learn? How can I stop it next time?
5. When did I use my Inner Einstein? How did it feel?
6. When did I fall into choice fatigue? How can I avoid it next time?
7. When did I pick up someone's stress? What was the consequence?
8. When did I pick up someone's excitement? What was the consequence?
9. When did I think or talk about money in a calm, productive way? Why?

*Answer these questions each week:*

Did I use my brain's power to stay balanced and healthy? Why or why not?

On a scale of 1 to 5, with 5 being a real Einstein, how well did I use my brain's operating system?