



Seeds to plant in the back of your brain!

We have a choice to create and maintain Win-Win relationships with the kids and adults in our lives. We get to choose to also have Win-Lose relationships and conversations as well. When you make yourself or another wrong and you believe you are right, you are choosing Win-Lose. Phrases like "You get what you get...", "Was that a good choice?" and "No, thank you!" do not help further a conversation or relationship aka Win-Lose. Catching yourself in the process of saying things like this and choosing to change your words to benefit you and them creates Win-Win. It's not easy & the benefits are amazing as your relationships transform.

We have been programmed to create expectations for other people, rarely share the expectations with them and when they don't fulfill the expectations that they don't know about, we are programmed to get upset at them when we are the one's creating the expectations in our brains. When you create an expectation, you think or say "Should" before the expectation. Changing "Should" to "Could" alleviates you of your future upset and alleviates them of the expectation that was possibly unfulfillable.

We have been programmed to believe others can make us feel sad, mad, upset, jealous, happy, excited...The Tammy tattletale story demonstrates the original programming. In reality, how the brain works is we hear words (sounds), interpret the sounds (words), give the words meaning, then choose to respond or react to those words in a micro-second. This has us believe others make us feel a way when in fact WE make ourselves feel that way. We either haven't been taught this is how the brain works or we choose not to be responsible for our emotions & actions and in turn become stuck in a loop of being a victim and blaming others.

Behavior Mastery is about the 95% of kids that do whatever you tell them and the 5% of kids that do the opposite because it benefits them and they need to be seen.

Pt. 1: PATTERN INTERRUPTS immediately get the attention of the entire classroom. Some options are songs, accents, character voices, animal noises and humming.

Pt. 2: PREFRAMES are auditory, visual and kinesthetic cues as to the behavior we want the children to display. "I like the way...", changing the tone of your voice with the behavior you want and nodding your head up and down is another hint to the action requested.

Pt. 3: The POWER LOOK removes all micro expressions from your face and stops reinforcing any behaviors that you want to stop. Look at the top of the child's forehead while singing a song like "row, row, row your boat" in your brain. Then smile and acknowledge the kids doing the behavior you want and go back and forth 2-3 times until it clicks for the child.

Pt. 4: UNIQUE POSITIVE REINFORCERS allow the alpha child that needs to be seen to express themselves with their own show/performance. Giving this opportunity to the child creates a Win-Win environment in the class while allowing them to share their gift.



RON SPEAK

Pt. 5: FAST FORWARD TESTING has them visualize themselves displaying their old unwanted behaviors and then not getting their show. They then CHOOSE to stop those behaviors because THEY want to. Once they choose it, they step into their power.

When you feel yourself get activated/triggered and you want to have a positive outcome or avoid a negative outcome, immediately quiet all the voices in your head by asking yourself the question "I wonder what my next thought will be?" Once the brain goes quiet, take 2 of any of these breaths:

Big Belly Breathing – Use your stomach muscles to push out and pull in your belly fully 4 seconds each

Fire Breathing – Covering your mouth, breathing in and out with your nose slowly and deeply for 10 seconds then speed up and breath in and out of your nose quickly for 10 seconds then take a deep breath

Jellyfish Breathing – 3 parts, 2 seconds each. Breathe in 2 seconds totalling 6. Arms at side, then like an "X" and lastly all the way stretched over your head. Then go backwards, releasing the air slowly

Cold Breathing – Place your tongue behind the back of your bottom teeth and breath in with your mouth. The cooling sensation with relax the brain and the body

Hydration is the key to having your body perform it's best. Put low grade gas into a Ferrari regularly and it breaks down and will not perform. If you want your body to take care of you now, next year and in 10 years, consider listening to your heart and gut and getting that your brain going to not want you to make these changes.

As you read the following, listen to your brain. Will it support you in making healthier choices that benefit you or will it lie to you?

If you are already thirsty, you are dehydrated so drink water. If your pee is any color other than clear, you are dehydrated so drink some water. Animals pee all day. We are animals. Why go against nature and not nurture your own body? Self-parent yourself and stay hydrated.

Consider getting a blue light filter app on your smartphones and tablets. This will allow to you sleep longer and better. Do you expect to feel happy and joyous while lacking good sleep? Of course not. If you are cranky, irritable, triggered, achy or tired a lot...that's not natural. You don't deserve to feel this way. You deserve to feel good. You deserve to feel happiness.

1. Drink more water
2. Get better sleep
3. Enjoy 15 minutes of sunlight a day

– That's it. That's all you have to do to feel better immediately. Now here comes the battle between your brain and heart. Who will you let win? That choice is 100% up to YOU!