



YOURCOACHD



*Gain Control of Your Brain with **Neuroencoding***

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<https://yourbraincoachd.com>







Perception

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By the age of 7

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Your brain will always prove you
right

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REBOOT YOU BRAIN

POWER OF BELIEF

Study 2017 and 2021



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REBOOT YOU BRAIN

Some science 😊

- 1) Article published in the Journal of Personality and Social Psychology 1980, Vol 39, No 5, 861-873
- 2) Stanford study on feedback and Identity



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Neuropathways reinforcement



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Emotions - chemical cocktails - neurotransmitters

THE STRUCTURES OF NEUROTRANSMITTERS

STRUCTURE KEY: ● Carbon atom ○ Hydrogen atom ○ Oxygen atom (N) Nitrogen atom (R) Rest of molecule

<p>ADRENALINE Fight or flight neurotransmitter</p>  <p>! ❤️ 🏃 📢</p> <p>Produced in stressful or exciting situations. Increases heart rate & blood flow, leading to a physical boost & heightened awareness.</p>	<p>NORADRENALINE Concentration neurotransmitter</p>  <p>! ❤️ ? 📢</p> <p>Affects attention & responding actions in the brain, & involved in fight or flight response. Contracts blood vessels, increasing blood flow.</p>	<p>DOPAMINE Pleasure neurotransmitter</p>  <p>😊 📢 🏃 🔄</p> <p>Feelings of pleasure, and also addiction, movement, and motivation. People repeat behaviours that lead to dopamine release.</p>	<p>SEROTONIN Mood neurotransmitter</p>  <p>😊 zzz ☀️ 📢</p> <p>Contributes to well-being & happiness; helps sleep cycle & digestive system regulation. Affected by exercise & light exposure.</p>
<p>GABA Calming neurotransmitter</p>  <p>🧠 🚫 😊 📢</p> <p>Calms firing nerves in CNS. High levels improve focus; low levels cause anxiety. Also contributes to motor control & vision.</p>	<p>ACETYLCHOLINE Learning neurotransmitter</p>  <p>🧠 📢 ! 📢</p> <p>Involved in thought, learning, & memory. Activates muscle action in the body. Also associated with attention and awakening.</p>	<p>GLUTAMATE Memory neurotransmitter</p>  <p>🧠 📢 ? 📢</p> <p>Most common brain neurotransmitter. Involved in learning & memory, regulates development & creation of nerve contacts.</p>	<p>ENDORPHINS Euphoria neurotransmitters</p>  <p>😊 🏃 🏆 📢</p> <p>Released during exercise, excitement, & sex, producing well-being & euphoria, reducing pain. Biologically active section shown.</p>

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Brain lies to you (exercise)

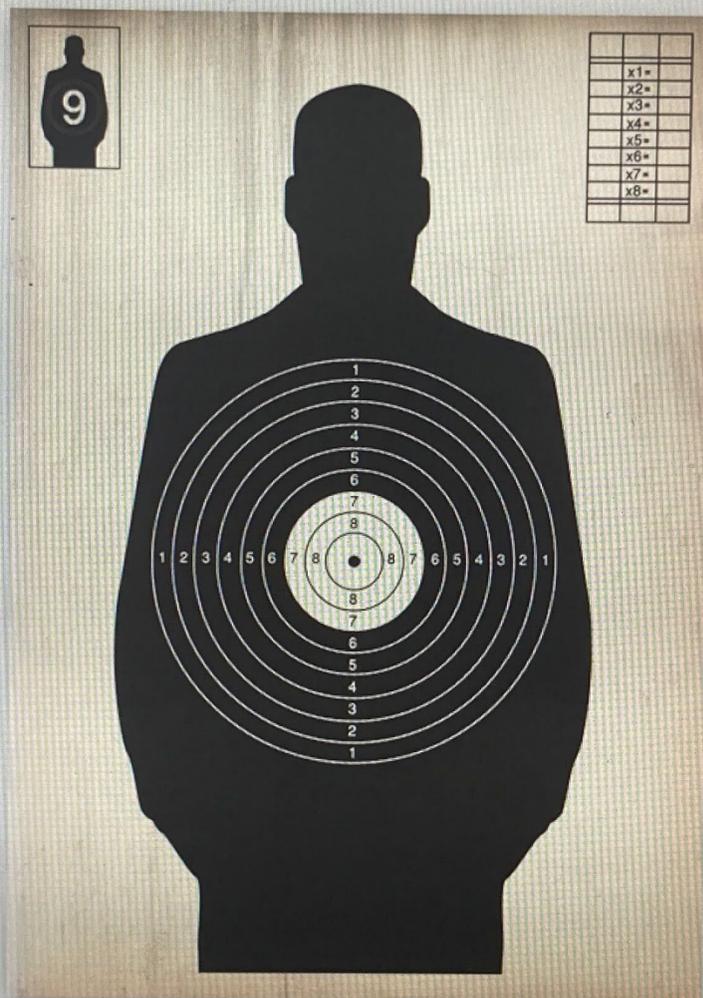


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Soldiers

7 hours =
98% accurate



6 hours =
50% accurate

5 hours =
28% accurate

4 hours =
15% accurate



She always says no

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Boredom – one of the keys to creativity.

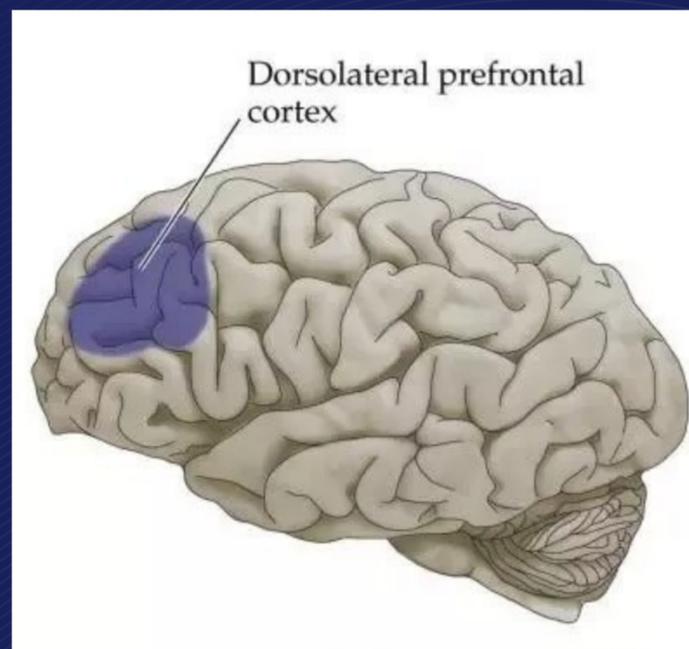
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Procrastination is creativity's friend

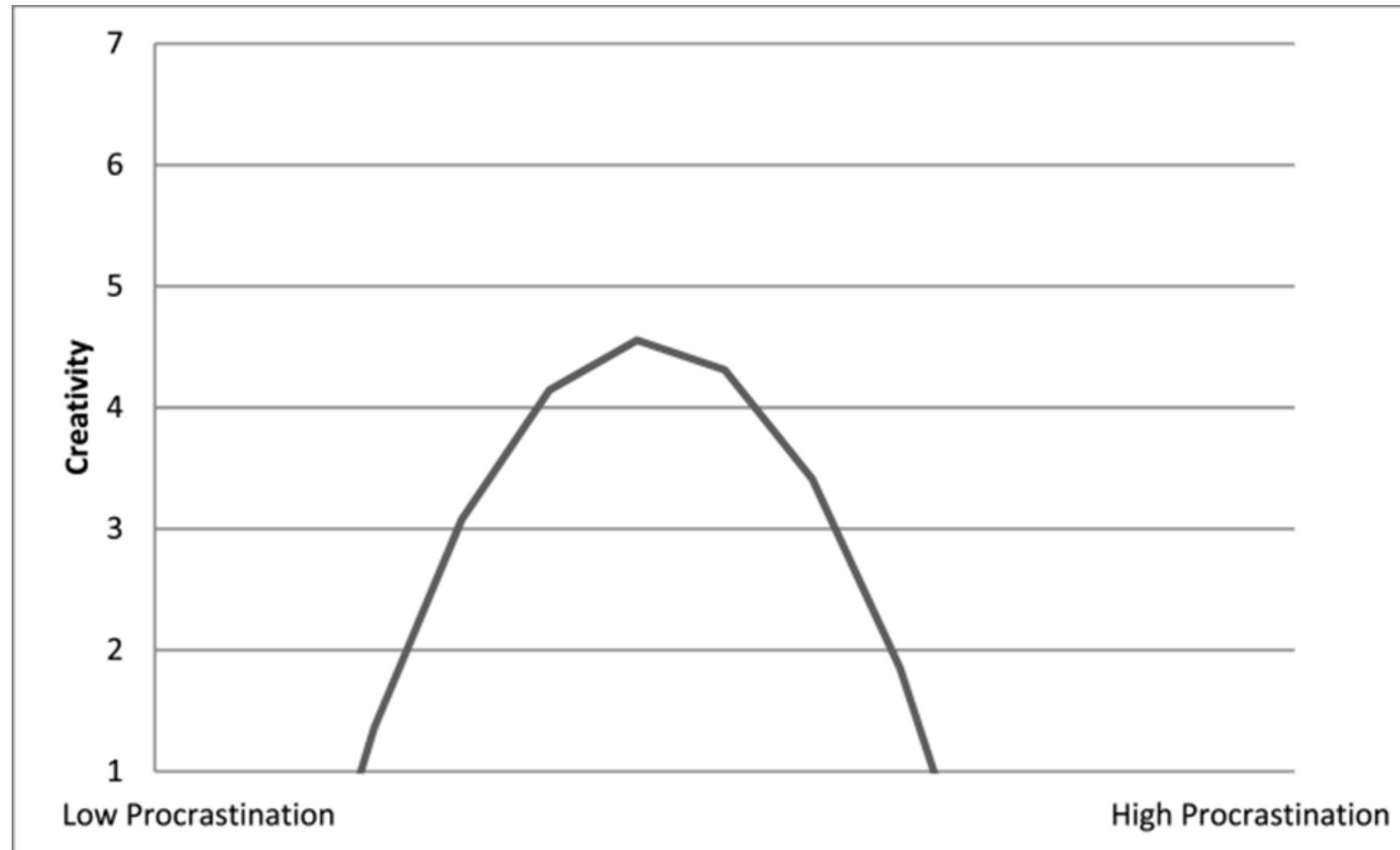


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Journal List , Heliyon ,v.9(10); 2023 Oct ,PMC10520733



Lying is good for creativity



- Higher purpose
- One interesting thing about something that's not exciting
- Convince someone else
- Incubating ideas
- Layers of memories and knowledge – first is usually not the most creative
- Dr. Adam Grant, Ph.D



Anticipation – curiosity – reward system

DOPAMINE

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Dopamine Addiction

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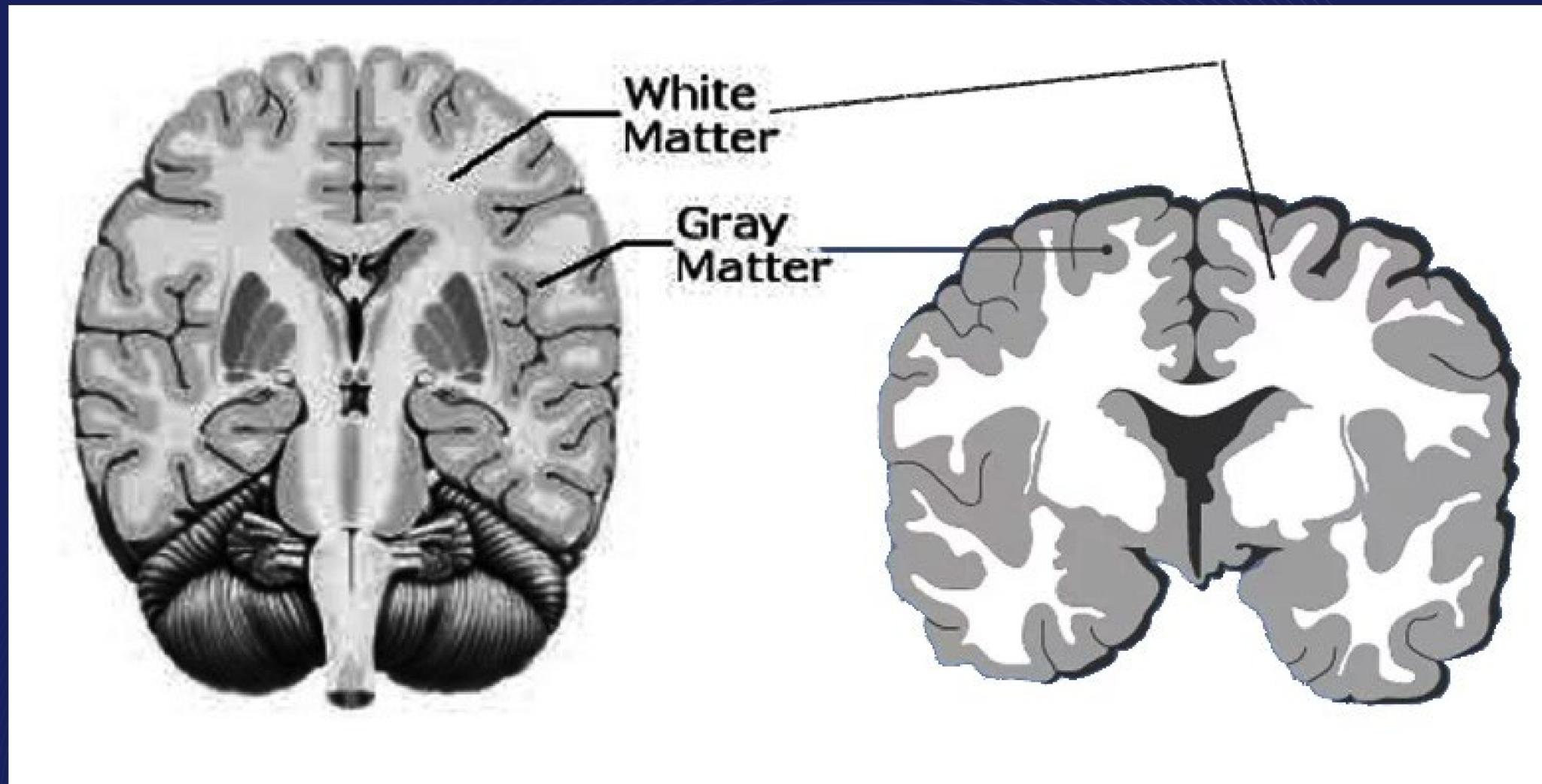
Dopamine Addiction Protocol

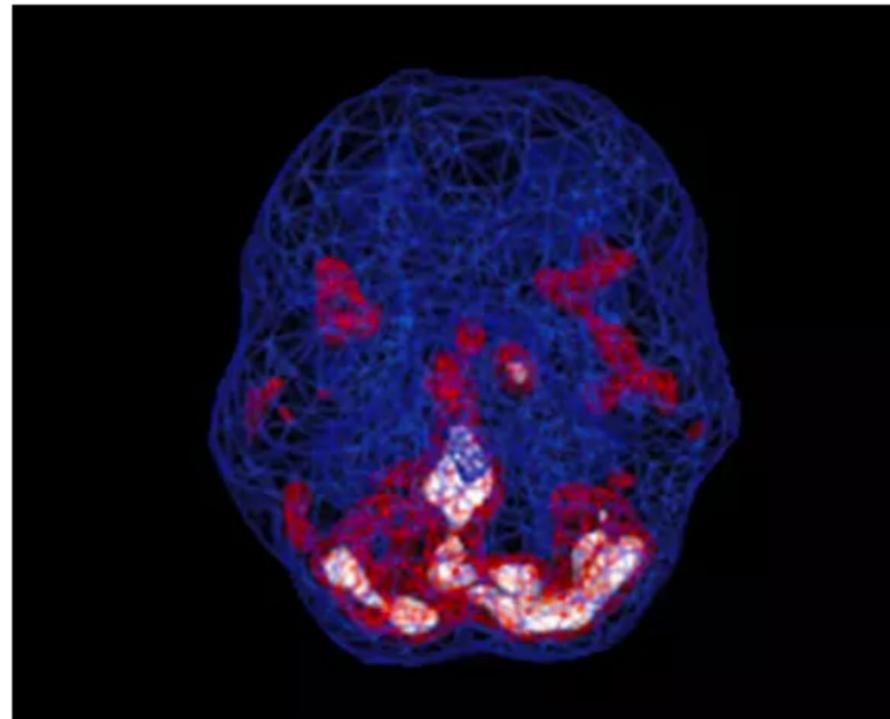
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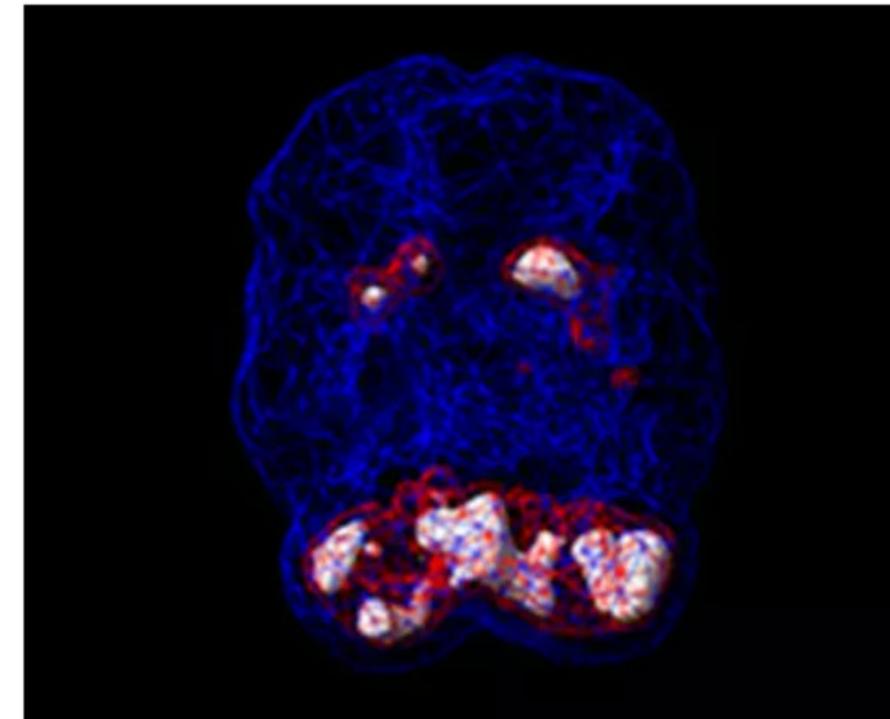
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**Do the difficult things even when you
don't feel like it !**



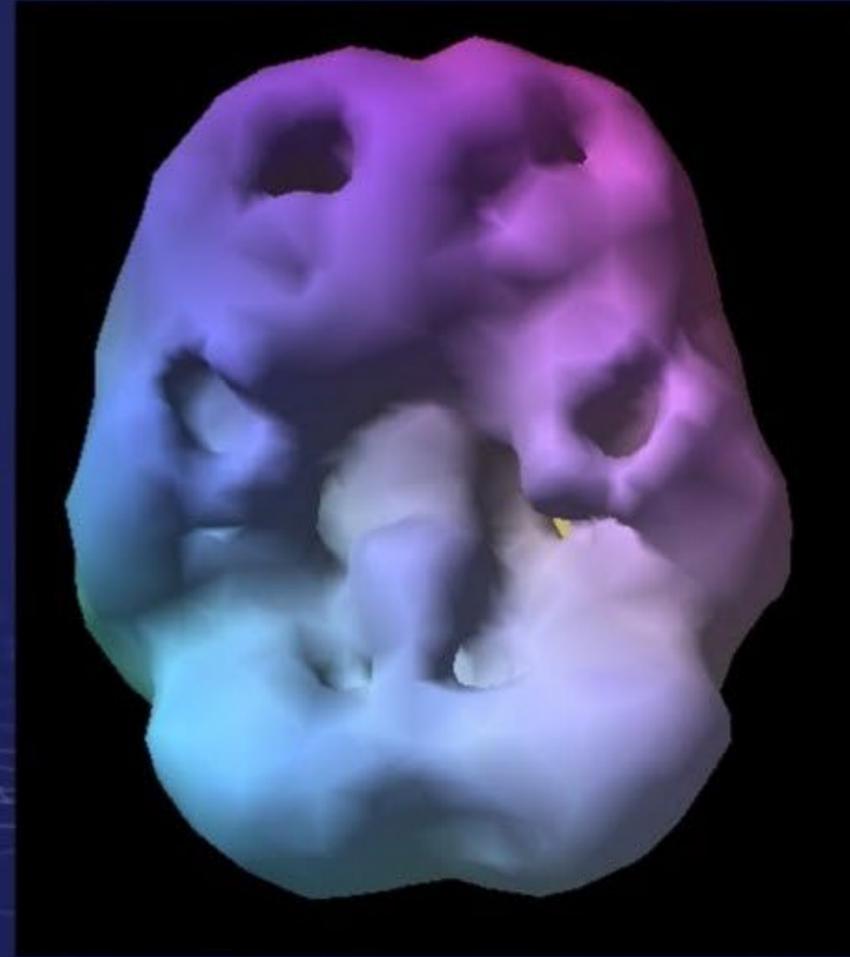
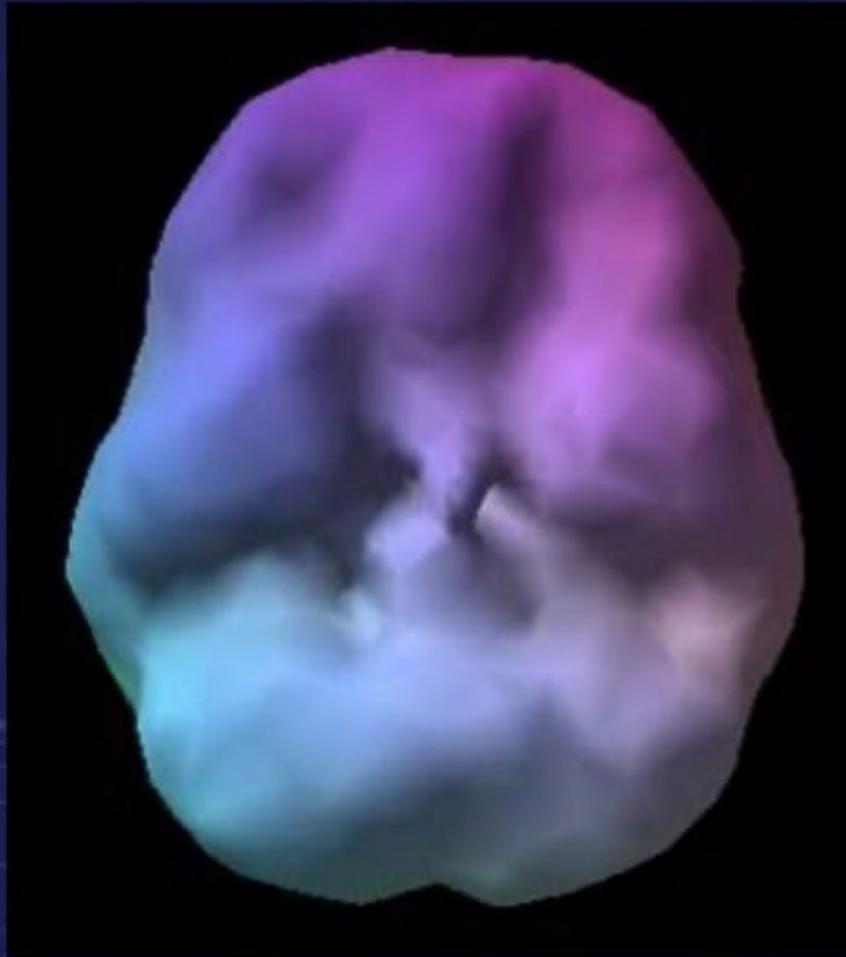


Healthy Brain Scan



Anxiety Brain Scan

It Is Easy to Call People Bad, But Harder, and More Rational, to Ask Why



0:11



Healthy

Kris: Violence





Give feedback to Dominika

Scan this QR code



Or go to

<https://talk.ac/braincoachd>

and enter this code when prompted

BRAIN



THANK YOU!

DOMINIKA STANIEWICZ M.S

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"Encoding success and happiness in your DNA"



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