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The Gifts of Brain Styles

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Do you want to feel uplifted and amped to achieve what you want? Do you want to have confidence and for people to listen to you? Are you waiting for "it" to happen?

You are the answer you have been looking for. You're the spark that is waiting to be lit. What are you waiting for? You have what you need. You need what is inside of you that revs your engine. The air beneath your wings. You hold the key inside your own body. In your brain.

Guess what? You can, and you will when you choose to really know yourself. Accessing your inner strengths takes choice and action. Life coaching opens your inner spirit by listening to what you are saying and reflecting back so you can get clearer on your needs and desires.



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Your brain style is yours and yours alone. There isn't anyone that can tell you the magic strategy. If that was all you needed then you wouldn't be reading this. Google would spell it all out for you.

Brain styles are different for everyone. We express ourselves differently, learn differently, and have different personalities. Add in differences in brain function such as Attention Deficit Hyperactivity Disorder, Executive Function Deficits, Autism Spectrum, Depression, or Anxiety and there is an even greater difference in needs. Difference is vast. Normal is a standard, but we don't have to live up against it when we live within ourselves and shine bright.

Brain style is a stepping point. First, you need to understand yourself. Therein lies the beauty in the Life Coaching process. Having an unbiased person navigating your journey with you offers space to get to know an inside part of you that you were missing.



Your brain style holds gifts within it. Harnessing your gifts and putting them into action towards your hopes and dreams is essential to feeling true happiness. Yes, symptoms create significant struggles, but there are solutions to ease the effort on your brain. What can you use to your advantage?

You can learn how your brain works by digging into the answers of deeper questions? Happiness is an inside job. Sometimes it is hard to see the next step forward when you focus only on what is right in front of you. Or, perhaps you are stuck in the darkness of avoid mode.

Think forward with intention for yourself. What is your big why? So often, this is the hardest question to answer when you are not strong in your self-awareness. Your brain is craving interest. You can create interest with mundane responsibilities by identifying what you are getting from your effort- clean dishes, fresh space, a calm mind.

Failure is a stepping stone to success.

JOHN C. MAXWELL





Light Your Path

Gifts come in every situation. Happiness comes from the part of the brain that holds empathy for ourselves and others, chooses exploration, innovation, navigation and activation to get what is needed. It's the inner glow that makes us ignite with interest and desire.

What is it that makes you glow? What in life is pouring water on your flame? Strengthening self-awareness helps you see your light and to feel the glow that creates happiness. Getting happy requires knowing yourself. Identifying what fuels and fans your deeper values and passions will get you closer to living in greater moments of happiness.

Your inner self is the mind that talks you into or out of the steps forward. How often do you listen to your inner voice? Is your mind easily triggered to send up the red flags or a voice of encouragement? Unhappiness is unavoidable. It's what we do with what is causing our unhappiness that matters.

You can choose to light your path by looking for the light. No matter what the situation is there is a lesson that can be learned in stepping forward. It might be a big mistake or a painful situation that appears "bad". In these situations, you can ask yourself, "What gift or opportunity can be born from this discomfort?"

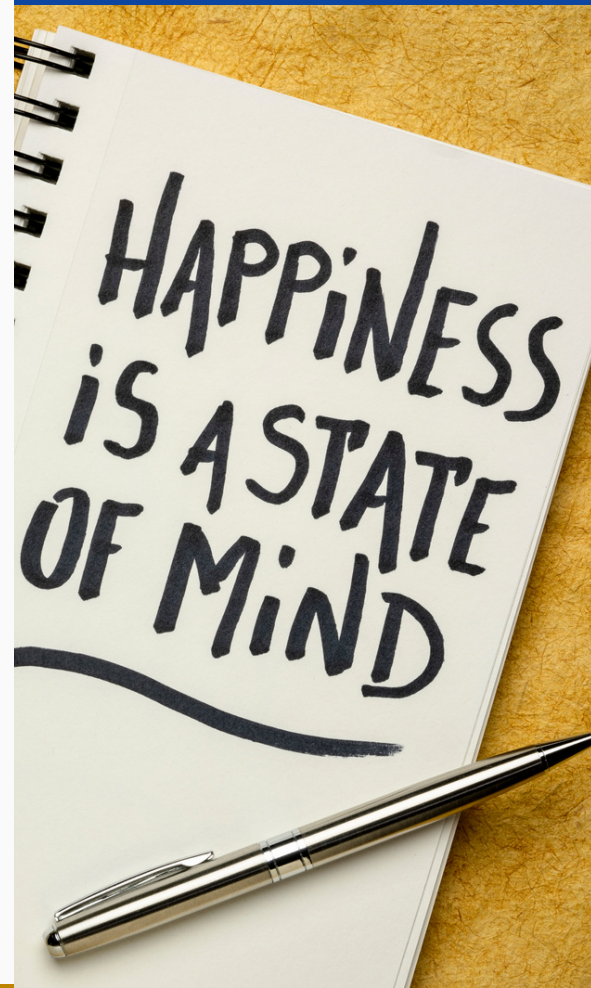
The human brain has a tremendous capacity to learn and adapt. Life's experiences allow us to be our better selves in each moment, if we choose. It is our choice.

So, how can you find your light? Get inside your mind's thinking and recognize what you are telling yourself. If you are constantly self-sabotaging, pause and acknowledge your self-sabotaging voice by talking back with gifts. You do not have to accept your negative thinking traps that hold you back from happiness. In every situation there is a gift or opportunity to be seen whether now or later.

You get to choose how you see the path ahead.

"People are just as happy as they make their minds up to be."

ABRAHAM LINCOLN





Gifts of Gratitude for the ADHD Mind

The calendar says it's the month to give thanks. Are you? So much of the time, we are experiencing life through a negative filter spun up with negative energy, stress, worries, and letdowns. So perhaps, it's a welcome feeling to have the calendar prompt you to pause, gather and give thanks. It's what we learned in second grade in the gathering of the Pilgrims and the Native Americans. They came together to share abundance and give thanks to each other. Still, many of us gather around the table to honor family traditions generations old in the celebration of Thanksgiving. But are we truly living in thanks?

Finding gifts and opportunities despite the situation requires an entirely different part of the brain where joy and happiness are found. Believe it or not, living in happiness is a brain thing.

Do you know someone who is constantly finding the worst in everything? Or someone who is beating themselves up for even the most minor mistakes? Does this sound like you? If so, are you happy living in this mindset? If you answered no, then this is written for you. If you want to live happier, this is also written for you.

Happiness is a thinking habit and one you can grow with practice. By the end of this issue, you will have a greater awareness of the brain's involvement in happiness with tips and strategies to live in gratitude. Gratitude is especially important for the ADHD community. Finding gifts in who you are and in life's circumstances is essential for everyone. So, being curious, I have set out to discover the effects of gratitude on a person's overall happiness.



The power of gratitude is that it is an emotion – and you can control your emotions by choosing what to focus on. You can choose to approach life from a place of scarcity and fear, or you can adopt an attitude of abundance and decide to focus on the positive.

TEAM TONY ROBBINS





Gratitude

The web defines [gratitude](#) as a noun meaning the quality of being thankful, readiness to show appreciation for and to return kindness. Being grateful is a mindset that takes choice and practice. However, Rebecca Phillips, MS, LPC, a licensed professional counselor at Mend Modern Therapy in Texas, says it's even simpler.

"At its most distilled, gratitude is acknowledgment because when you can take a moment to acknowledge what you're feeling, you can acknowledge the good," shares Phillips. "Acknowledging that something is good is the essence of experiencing gratitude," she says.

She goes on to share that gratitude is not toxic positivity. It's the opposite. [Toxic positivity](#) is the act of invalidating and dismissing negative emotions with false encouragements (instead of empathy and genuine care), explains Phillips. "Experiencing gratitude does not require that you skew reality or thoughts to a place of denial," she says. Instead, the main pillar of gratitude is acknowledging what is good, not ignoring what is bad (Phillips, 2022).



Gratitude practice helps us shift our mindset by acknowledging what is good with bad. Phillips also reminds us that labeling good and bad is better accepted as "what is." Labels can have a dramatic effect on the lens of which we use to view ourselves, others, and circumstances. Shirzad Chamine of Positive Intelligence acknowledges this saboteur thinking as our "Judge." Living in judgment is a primitive thinking habit designed to keep us safe.

“Some people grumble that roses have thorns. I am grateful that thorns have roses.”

— ALPHONSE KARR,
FRENCH WRITER





The brain is wired for survival. Psychologists refer to this phenomenon as [negativity bias](#). It is not natural to see and choose joy and happiness. Joy and happiness do not keep us alive. That is not how we survived. We survived by noticing the saber-toothed tiger and fleeing. This primitive bias is no longer serving us the same and may be costing us our health and wellness.

Researchers have shown that negativity bias forms in infancy. One study showed the presence of negativity bias in infants as young as three months of age (Kiley Hamlin et al., 2010). It is up to us to shift our thinking. We must make an active choice to live in greater happiness by conscious practice in noticing what is good. How can we change our minds if the brain is naturally biased toward negativity?



Brain vs. Mind

The brain's remarkable capacity to change and adapt is called "[neuroplasticity](#)." In the past 20 years, research has shown that the brain can change shape over time. Likewise, science has proven we can consciously change our brain and mind over time. What's the difference?

The brain is a tangible organ that can be held and touched. The mind is intangible and comprises three levels: conscious, subconscious, and unconscious (Vedantu, 2020).

Happiness is an emotion of the mind generated in the right side of the middle prefrontal cortex (mPFC) by brain neurons. It is powerful to learn; as the mind changes, the brain changes. We can change our thinking habits by strengthening our awareness of bodily sensations generated by our brains. What we feel is an alert system. How often do we ignore the sensations of our body before our resulted behavior. Do you notice the lump in your throat or the butterflies in your stomach? If so, what do you do next matters. How will you regulate your system? Hit pause.

"Gratitude and attitude are not challenges they are choices."
ROBERT BRAATHE



What made you smile today?

Why Gratitude for ADHD

Research has shown that the practice of gratitude increases dopamine (the feel-good neurotransmitter) and serotonin (the mood-enhancer neurotransmitter) (Burton, 2016). Conversely, research has shown the ADHD brain to be dopamine deficient. Gratitude is the most accessible natural access to dopamine in the brain. Therefore, by increasing the mind's ability to express gratitude, you are increasing dopamine which directly affects your ability to access and strengthen key executive functioning areas. As a result, you can positively affect attention, productivity, and resilience while decreasing emotional sensitivity and anxiety (ADDept,2021).



Nicola shares in the article, [How to Foster Gratitude](#), that practicing gratitude improves individual health and wellness in these key areas:

- less stress (cortisol is reduced)
- greater feelings of happiness
- reduced depression
- increased resilience
- improved sleep quality
- improved relationships

All of these areas of health and wellness are essential for all individuals, especially those with ADHD. Increasing the expression of gratitude could dramatically impact symptoms with decreased stress and improved sleep and relationships.


"What flows
through the
mind sculpts
the brain."

(HANSON, 2011)





Gratitude
turns what we have
into enough



Gratitude practice is retraining the brain to see the good in life, which leads to increased happiness. Living with gratitude is a practice. The following suggestions have been gathered from various credible sources with a personal touch of empowerment from me. Strengthening our ability to use our minds to create dopamine in the brain is a step towards experiencing greater ease and flow with joy and happiness. The best thing is all of these suggestions are simple enough to implement. They take active choice and intention. You can make a shift in your mindset to access greater happiness. Your happiness is in your control. It takes work. The work is worth it when the result is an increased feeling of happiness. In the mind's eye, your happiness matters. Don't let your brain trick you into believing otherwise. Yes, survival is essential but ask yourself, is the only way you wish to survive mean living miserably? When you choose to take control of your mind, you strengthen your brain.



"We are not
thinking
machines
that feel, but
emotional
machines
that think."

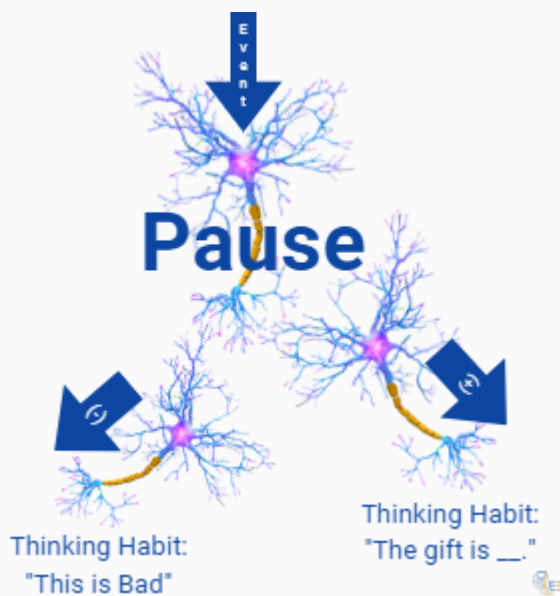
DR. ANTONIO DAMASIO,
NEUROSCIENTIST





Five Ways to Add Gratitude to Daily Living

1. Keep a Daily Gratitude Journal The key is to practice gratitude daily. Research shows the more you practice gratitude throughout the day, the greater happiness you will experience. At the brain level, the more you run a neural-circuit with continued practice the stronger the wiring between the neurons will become (Reeves, 2018). This repetitive practice allows the mind to follow that neuro track with greater ease and flow. [\(75 Journal Prompts\)](#)



2. Find "Thanks." Say "thank you" often, including to yourself. Acknowledge what you are finding thanks for serves you and the recipient in boosting dopamine. "Thanks" includes the small stuff, too. For example, you might notice gratitude for the sun on your face after a rainy day, the color of the leaves, or the wagging of your dog's tail as he greets you at the door. Challenge yourself to find the smallest thanks.

Three questions to ask yourself in reflection through the practice of [Naikan](#):

1. What have I received from ___?___?
2. What have I given to ___?__?
3. What troubles and difficulties have I caused?

(Krech, 2015)

Gratitude is not toxic positivity. Gratitude is the practice of acknowledging what is good not ignoring what is bad.

(KASSEL, 2021)

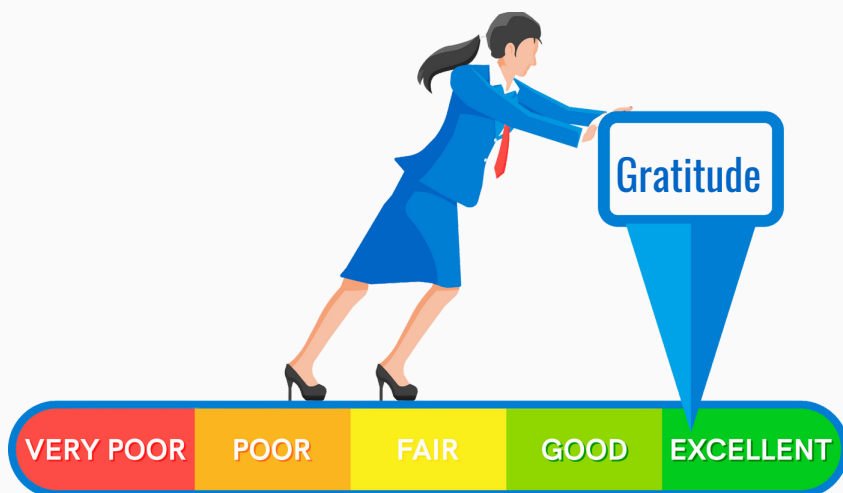




3. Acknowledge the Bad. Being thankful in the moment is enhanced by recalling what you have been through and what you have overcome to get to this point. Your resilience is evident when you reflect on the hardships you have weathered.

4. Strengthen the Gratitude Process. A simple smile can go a long way. By going through the motions of expressing gratitude, you are provoking feelings of goodness. For example, smiling is a contagion. When you smile at someone, they are most likely to smile back.

5. Use Cues to Remember- There are two common barriers to gratitude practice: forgetfulness and a lack of awareness. Placing visual cues to spark acknowledging gratitude or pairing gratitude practice with a strong habit may help you remember to focus your attention back on giving thanks. Practice self-awareness by getting into your lived experience. What are you experiencing through your five senses?



Where do you fall on the gratitude scale?

In 30-days, after implementing daily gratitude practice, what will your life feel like? You will be utterly amazed at the change you feel just in the choice to give thanks. Keep gratitude simple. The big stuff is easy to see. I'm thankful for you. Thank you for reading and for having the desire to be a better you. The world is greater when we choose thanks. So, if you are ready to be grateful in your life after reading this, accept the challenge to notice the small thanks throughout your day for 30-days. What could be greater than feeling better than you do now? I can't wait to hear your wins. [-Coach Cindy](#).

“I don’t have to chase extraordinary moments to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude.”

— BRENE BROWN,
PROFESSOR, LECTURER,
AND AUTHOR



Hello

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am ACC Certified Life Coach with the ICF as a Certified ADHD Life Coach (CALC) and a trained PQ_Coach™ member with Positive Intelligence® devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDers and stuck people move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence® Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face with or without ADHD. I believe everyone is worthy of stepping forward out of stuck.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and behavior can wreak havoc on family dynamics, school, and work success. I chose to become a Certified ADHD Life Coach as well as a member of Positive Intelligence® as a PQ_Coach™ because I want others to discover their greatness within ADHD strengths while working with their executive functioning challenges through a positive mindset. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise. So I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am serving people who want different and deserve ease and flow.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner self is where Empower M3 starts. The work is an inside job where your "M3" begins. Connecting your heart and brain with a Coach creates empowerment opportunities. EmpowerM3 - is where the 3 connect to take flight.



There is a more extraordinary tomorrow when your discovery starts today.

“Living with a grateful heart is connecting the brain to the mind by acknowledging your true joys.”

— CINDY NORTH,
ACC





Resources

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