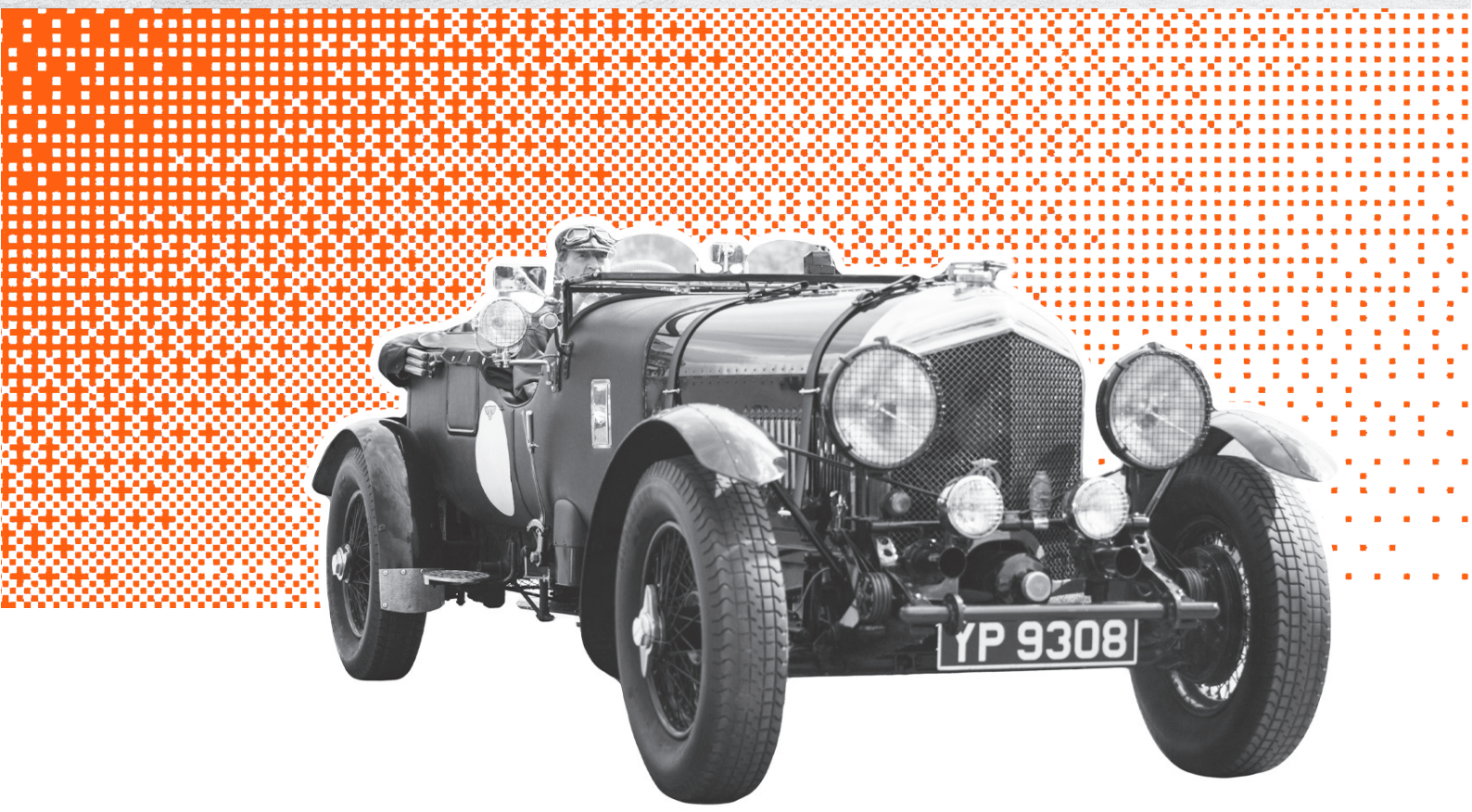
USE YOUR BRAIN...

FIRST EDITION 1

HOW TO USE YOUR BRAIN



PART 1:

Owner's Guide

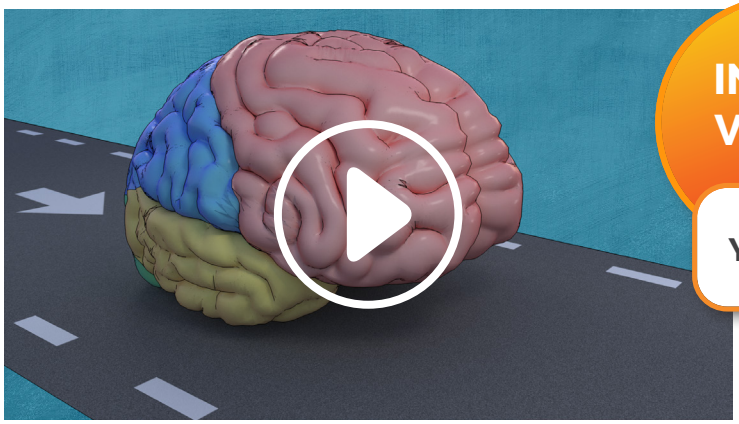
This is the ideal place to start as it explains how your brain works – and why sometimes it doesn't – and lays out key ideas and principles you're bound to need later on.

INTRODUCTION

You might not think it, but your brain is a strange and wonderful thing; scientists regard it as the most complex object in the universe. Seriously. And that's a bit of a problem, as your brain understands strange and wonderful things by comparing them with simpler, everyday things. But there really is nothing quite like your brain, so what are we supposed to compare it to? A computer? A video library? A garden?

The comparison that works best for our purposes is this: Your brain is like a car. It requires regular use, care, maintenance and a little understanding: give it what it needs and it'll take you anywhere you want to go.

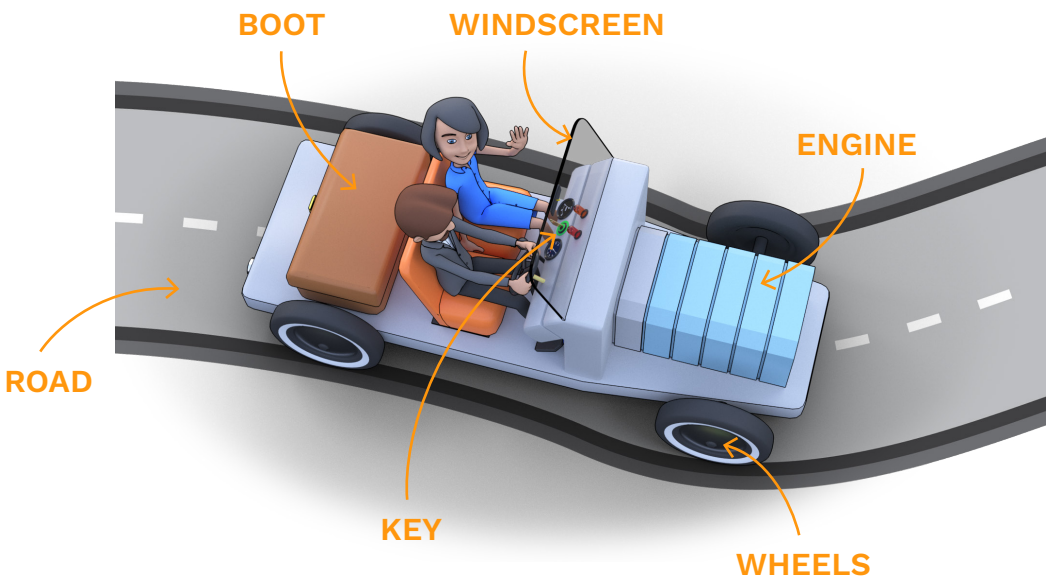
Scan the QR codes to play the videos.
NOTE: You DON'T need to sign up for a Vimeo account.



INTRO VIDEO

YOUR BRAIN IS LIKE A CAR

YOUR CAR HAS 6 INTEGRATED SYSTEMS



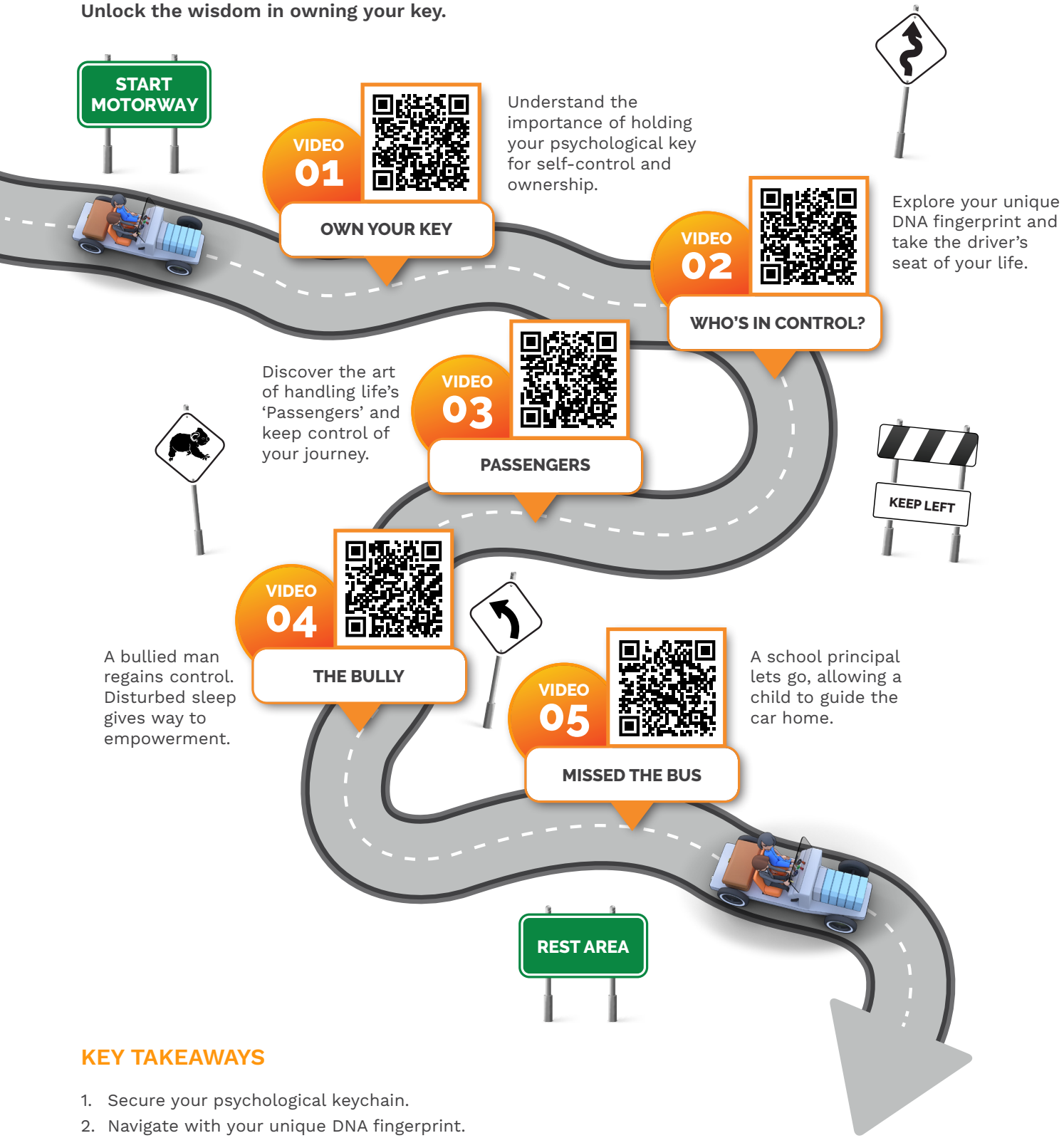
Explore all the systems in your car.

YOUR KEY

Unlocking Empowerment: Your Key Journey.

Scan the QR codes to play the videos.

Unlock the wisdom in owning your key.



KEY TAKEAWAYS

1. Secure your psychological keychain.
2. Navigate with your unique DNA fingerprint.
3. Dismiss negativity, focus on the positive, and reclaim control.
4. Let go, embrace unconventional routes, and benefit from unexpected outcomes.
5. Transform disturbance into empowerment, unlocking a brighter future.

Congratulations! You hold the keys to an empowered life!

YOUR WHEELS

Balanced Wheels: Pathways to Mental Wellness.

Scan the QR codes to play the videos.

Discover how understanding and balancing your mental wheels is the key to navigating life's challenges effectively.

KEY TAKEAWAYS

1. Maintain your mental "wheels" for vitality.
2. Balance your emotions, thoughts, actions.
3. Choose response over reaction.
4. Act to regain control.

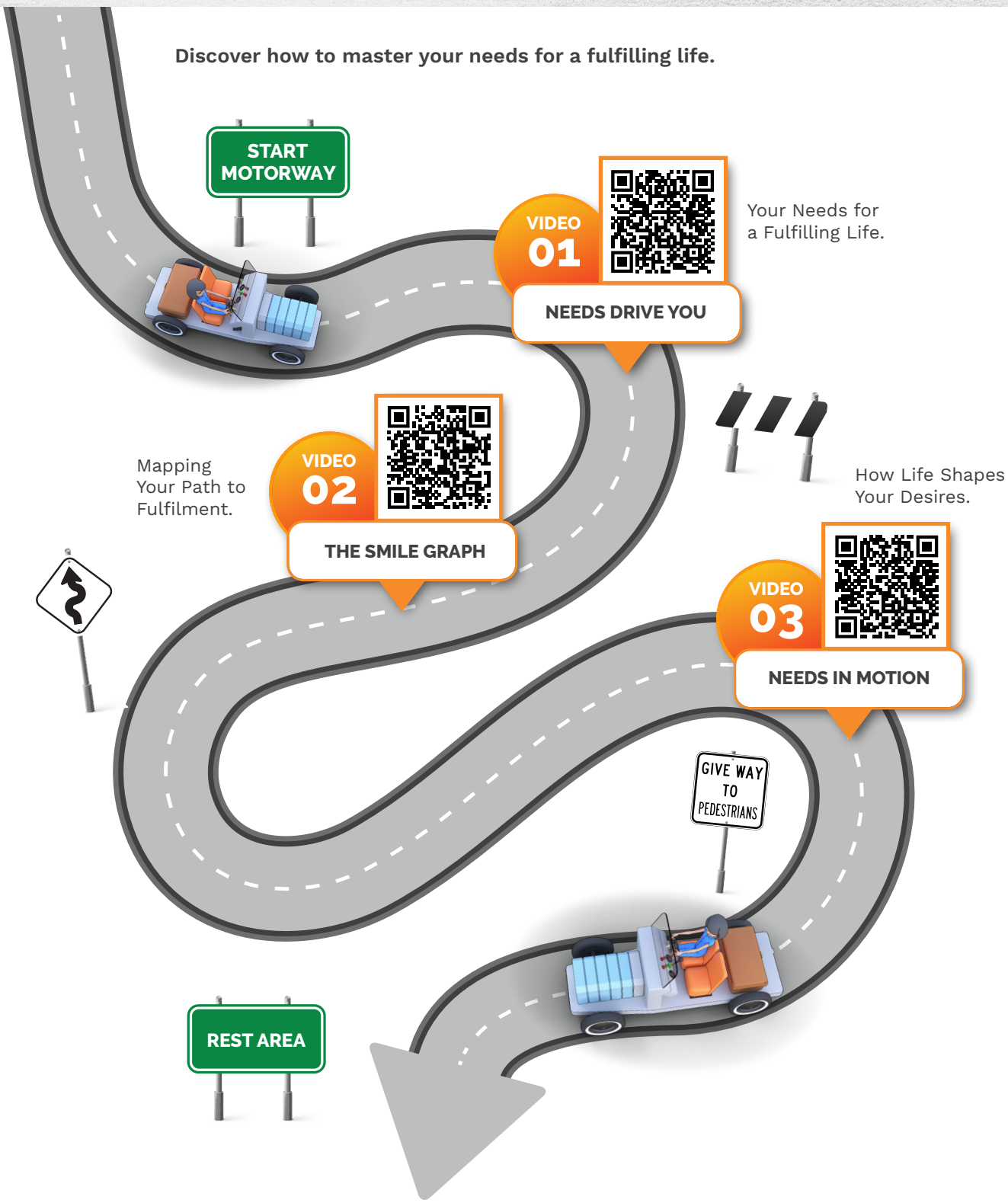
Remember, maintaining balance among your mental wheels is an ongoing journey.

YOUR ENGINE

Explore the five human needs that are the driving force of your mental engine.

Scan the QR codes to play the videos.

Discover how to master your needs for a fulfilling life.



KEY TAKEAWAYS

1. The five human needs are the engine of your mental well-being.
2. Understand and address your needs to achieve a higher level of contentment and fulfilment.
3. Our needs change over time and adapt to different life situations.

Navigate your road to a life of fulfilment.

YOUR BOOT

Understand and manage the baggage you carry, including biology, culture, memories and habits.

Scan the QR codes to play the videos.

Take a trip of self-discovery: uncover the memories and habits that shape you.

KEY TAKEAWAYS

1. Managing emotional baggage is important for your mental well-being.
2. Your memories shape you, acknowledge their impact and understand your journey better.
3. Changing habits is challenging, but with awareness and effort, you can steer towards a more positive life.

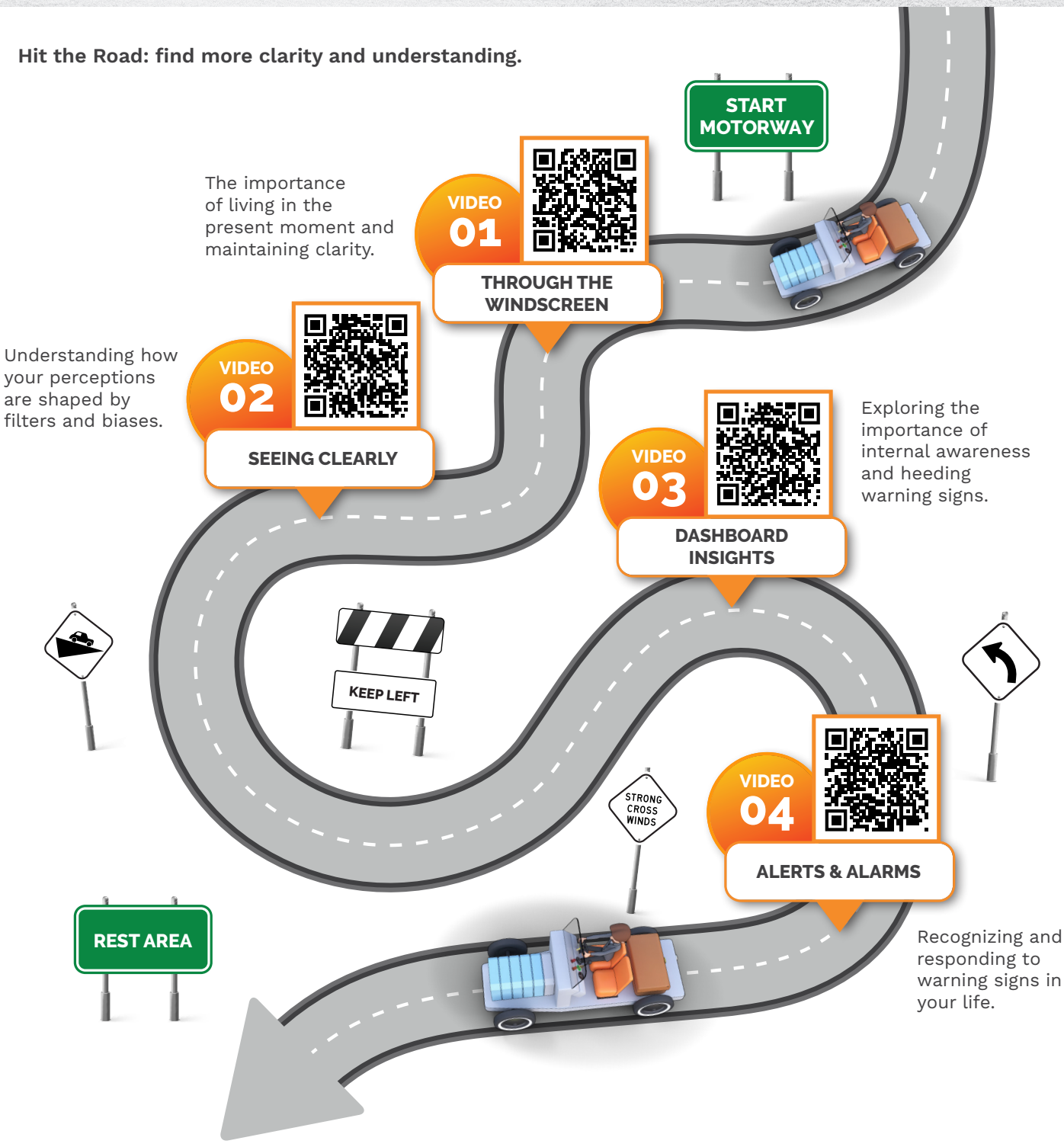
Equipped with tools to lighten your load: steer towards a brighter future.

YOUR WINDSCREEN

Your windscreen and your instruments help you understand what's happening with your car.

Scan the QR codes to play the videos.

Hit the Road: find more clarity and understanding.



KEY TAKEAWAYS

1. Embrace clarity in the present moment.
2. Recognize biases and strive for clearer perception.
3. Pay attention to life's signals for better navigation.
4. Respond positively to life's warnings for success.

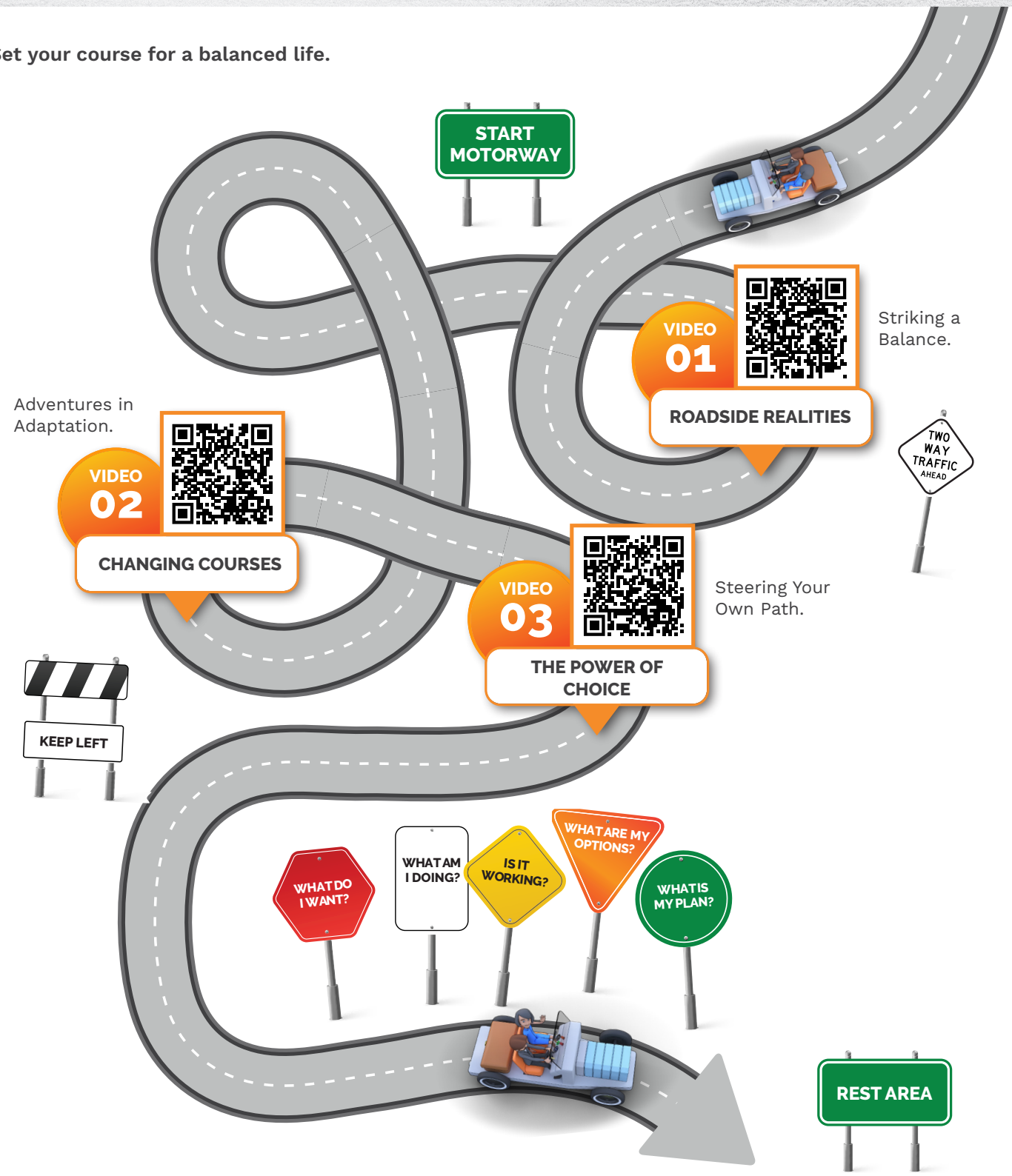
Remember to stay present, refine your filters, and heed life's warnings.

YOUR ROAD

Your Road explores balancing desires, adapting plans, and owning personal choices in life's journey.

Scan the QR codes to play the videos.

Set your course for a balanced life.



KEY TAKEAWAYS

1. Balancing desires with reality is important to navigating your life journey.
2. Adaptability and flexibility are crucial for success in the face of unexpected challenges.
3. Personal responsibility and choice steer the direction of your life journey.

Remember to adapt on the fly as reality changes.

MORE RESOURCES

Your brain is the command and control centre for everything that makes you, you. How well you use it determines just about every aspect of your life. Your brain didn't come with a manual... which is why we decided to make one.

The How To Use Your Brain manual comes in five parts, each with its own special purpose:

1. **Owner's Guide**
2. **Maintenance Record**
3. **Travel Log**
4. **Workshop Manual**
5. **Roadside Assist**

Whether you want more out of life, or just a better version of the life you've already got, the Use Your Brain manual has got you covered.

To find out more about

HOW TO USE YOUR BRAIN

visit our website **useyourbrain.au**

USE YOUR BRAIN