

Video 52 - How to Run Your Brain Like a Champion

Discussion Questions

1 - What does the RAS do?

2 - How can we program our RAS (our gatekeeper) to help us reach our goals?

3 - (Pair and Share) Tell the person next to you about a time when your mind seemed to be laser-focused on reaching a goal.

How do you think that came to be? Do you remember doing some of the things that help the RAS gatekeeper to focus on your goals?



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