

KILLING A.N.T.'s

A.N.T. stands for A _____ N _____ T _____

Your mind is always _____ on your self-talk.

Your brain is like a supercomputer and your self-talk is the _____ that it will run.

Whenever a negative thought comes into your mind, use the ABRA technique.

A - _____

Don't fight it. What you resist persists.

When you fight for your limitations, you get to keep them.

B - _____

The Holy Spirit is *pneuma* in the Greek and *ruach* in Hebrew and it literally means "breath."

You take a deep breath and you remind yourself of *who* you are and *whose* you are – God's Holy Spirit wants to indwell you. (John 20:21-22).

R - _____

Picture yourself exhaling and getting that negative thought out of your mind. Visualize that it's left you.

A - _____

Align means to reset. You align yourself with the truth of what God's Word says about you. Whatever the negative thought is, say the exact opposite.

TOP 10 BRAIN FOODS & USING THE "BODY LIST" TO REMEMBER THEM

There are ten foods that you should eat that will help you to have better focus, memory, and mental acuity.

Those Ten Foods Are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Remember the LOCI Method? Our brains store information in locations. When we use space to store information, we retain so much more. The *context* helps us remember the *content*. Use the 10 areas of your body to remember the 10 brain foods. See if you can recite them from memory forwards AND backwards.

THE CHAIN LINKING METHOD

Words are the basic building blocks that you will need to learn in life. I'm going to give you 10 random words and teach you a technique to remember them forwards and backwards.

Why did you remember what you did? Because of the principles of memory:

The Principles of Memory:

1. First or Primacy - We tend to remember what we *first* experience
2. Last or Recency - We tend to remember the *last* thing we hear.
3. Organized or Chunked - We tend to remember information that is well organized.
4. Emotional - We remember things that spark emotion or value
5. Different or Unique - If it's out of the ordinary, we remember it.
6. Familiar - We tend to remember things that are familiar
7. Visualize - We remember what we can see, touch, and feel.
8. Connected - We might remember two or more words if we can connect them together.
9. Association - You associate two things together and remember.

How does this apply to everyday life? There are many things we need to memorize in our jobs that are highly technical. Rote memorization takes so much time. But you can use this same system to memorize technical information. Take the Periodic Table of the Elements for example:

1. Hydrogen - _____
2. Helium - _____
3. Lithium - _____
4. Beryllium - _____
5. Boron - _____
6. Carbon - _____
7. Nitrogen - _____
8. Oxygen - _____
9. Fluorine - _____
10. Neon - _____

PRACTICE: How many of the 10 random words did you remember the first time you heard it?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____