

The Five Secrets to Feeling Fantastic!

- The quality of our life as well as our performance and health is determined by the quality of the emotions we consistently experience. Hence, strive for positive emotions!
- The part of our brain responsible for how we feel is the Limbic System (Limbo) and not only is it the centre for our emotions, it is also involved in memory, motivation and the control of many automatic functions of our body.
- We can put our Limbo in the best possible condition by sending it the right messages, summed up by the **SMILE** principle.

***S*peak right –**

Our Limbo receives messages from the speech centre of our higher brain so use positive self-talk and speak positively to others.

***M*ove right –**

We have sensors throughout our body that constantly tell our Limbo how we are moving, and accordingly, the way we should feel. Move in an energetic way and you'll feel energetic. Posture is also very important, as is breathing. Essentially, motion creates emotion.

***I*mmerse right –**

Your Limbo is cued into your senses and so picks up on the sights, sounds, smells you are exposed to. To feel fantastic endeavour to immerse yourself in an uplifting environment and flood your Limbo with the right sensory information (ie. music, pictures, scents, etc). The people you associate with is also an important consideration.

***L*ook right –**

You always move towards what you focus on. Your Limbo is flooded with information from the part of your higher brain (Big Brother) involved with attention and concentration. Questions are a powerful way to send your Limbo positive, or negative, messages. Two empowering questions that can be used to instantly change your state are: "What am I thankful for?" and "What am I excited about?"

***E*xternalise –**

A fundamental law of emotion is you reap what you sow. When we get 'down' there is a tendency to focus on ourselves and become introspective. You can remedy this by purposefully looking outside yourself and setting about making someone else feel fantastic. *I'll lift thee, and you'll lift me, and we'll ascend together.*

Be all you're meant to be!