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# REFLECTING ON OUR BRAIN

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**FEAR:** Based on what we have covered around how the brain works, how can you overcome fears in a new learning environment?

Taking action, even when you are uncomfortable enables you to overcome the inertia or the Analysis Paralysis that overthinking in a new environment can create. Remember that our knowledge and decisions are based on past experiences – and can only be a reference point not a rule for new experiences. Creating a new positive action experience will make future challenges a little easier to address. Particularly if you can remember to keep all your successes in mind to build you internal self-confidence.

Avoiding it won't help. Whilst our emotions are there to provide a message – they are still based on prior (not future) experiences. They can be a great reminder that we might have to do some extra preparation for example, or perhaps reach out to others for more support.

Being that difficult and unpleasant person in the room may give you a false sense of superiority, it is essentially avoidance behaviour. Many people have a fear of losing respect or status (I may not be as much of an expert as I want others to believe). This is holding you back from really performing at your best. Much like a tree, if we aren't growing (and learning) then we are wasting away or dying inside. Reaching our potential and being an "expert" involves constant learning and an openness to new ideas and perceptions.

**PRACTICE:** Does Practice provide the repetition your brain needs to develop a new neural pathway and change your skills or knowledge?

Practice / repetition helps strengthen those neural pathways. So make sure you are checking that you are practicing the right things. In the words of Stephen Covey...

*"If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster."*

**SELF CONTROL:** I am in control of my mind and my openness to learning through my attitude, managing my emotional responses, take care of my health and well-being, adopting a good learning posture, and managing my internal self-talk. "I have got this!"

Only you can decide to be open and to take the action (or inaction) to achieve!