

The eight principles of BELL

NeuroWisdom

- 1 Relax your mind and body several times an hour while learning or working
- 2 Visualize your goals, obstacles, and solutions throughout your workday
- 3 Learn how to deeply concentrate and maintain focus on your task
- 4 Daydream once or twice an hour for 60 seconds to enhance memory and problem-solving abilities
- 5 Integrate your intuition with logic and reason
- 6 Every hour, anchor mindfulness in your mind and body with sensory cues and value-based words
- 7 Integrate pleasure and enjoyable activity breaks into your work schedule
- 8 Maintain unwavering optimism, no matter what