

# IDEASheet - Intelligence

## When was the first time?

**Try a new thought, new activity  
Go for the FIRST time!**

Our brains get wired with each task and each thought. We either wire a new pathway or we add wires to an existing pathway. When we were younger we laid new wires all the time; learning new skills, socializing and being “trained” in behaviors by parents, teachers and other adults in our life. We were the passive recipients of their values, mores and expectations. Did we have a choice?

When we were very young, our brains just took it all in and learned. As we came into teenage years we fought, rebelled and sought our freedoms. But, we were still being influenced. Perhaps each time we were influenced we immediately thought, “not for me, no I WON’T!”

Most of what we know and do today is because of this learning. Granted, science is still on debate how much of our personalities, strengths and weaknesses come from nature versus nurture, but we are who we surround ourselves with. As a young person, you were surrounded by the adults in your life. If they were joyous, you learned joy, if they fought, you learned fighting. If they held their feelings in, you learned to stay quiet. Maybe you wanted more and sought a new way as you were growing up. Maybe your personality wanted to express itself and you found the theatre in school or art.

Your likes and dislikes are more than likely fashioned after your modeling behavior and what you received attention for. We seek energy from others around us and when we do, it is a powerful force to shape who we are. Habits are ingrained and personalities are developed through receiving attention and energy (or lack of it) for certain behaviors. When we get our emotions fed, we develop circuitry for that behavior. When we don't, we try harder to get it and eventually we will receive some sort of reaction to stimulate our brains to say, "yes, that's what I was looking for." This will wire us. As this is repeated, we become who we are.

Is your brain wired in a way that serves your highest purpose and pushes you toward your higher self?

Do you need to have some writing skills to succeed in your work and you were always told you were no good at writing? Do not fall into the trap of limiting beliefs like, "that's just who I am!" You can defend your limits all day long and stand up for them and shout from the mountain top. And you will get more limiting beliefs, stronger positions on your shortcomings and a whole set of trouble because you are wired to limit yourself.

# Idea Sheet

Check in with these exercises to open your mind. Open your mind to yourself and your thinking.

Once you establish your identity of how your brain works, you can identify ways you want your brain to work. You have the power to do anything you put your mind to!

“Your beliefs become your **thoughts**,  
Your thoughts become your **words**,  
Your words become your **actions**,  
Your actions become your **habits**,  
Your habits become your **values**,  
Your values become your **destiny**.”

-Mahatma Gandhi

1. My brain is wired to be strong in the following areas:

- |                                   |   |                                      |
|-----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> math     | <input type="checkbox"/> problem-solving        | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> writing  | <input type="checkbox"/> being sympathetic      | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> science  | <input type="checkbox"/> interest in history    | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> painting | <input type="checkbox"/> organizing ideas       | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> cooking  | <input type="checkbox"/> creating new solutions | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> reading  | <input type="checkbox"/> working with my hands  | <input type="checkbox"/> other _____ |

2. The areas that I enjoy the most are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



3. The areas I do not enjoy are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

4. In order for me to have the life I desire I need to be good at:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

5. The traits I will focus on developing are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

6. I know people who are good at these traits:

\_\_\_\_yes \_\_\_\_no \_\_\_\_uhhh???

7. I can get education and skill development in these traits from other sources like: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## MEDITATION EXERCISE

8. I can visualize myself being good at these new traits and skills!
  - 8.1. Close your eyes and imagine yourself performing those skills and traits
  - 8.2. Expand your thoughts about it and see other people around you happy and enthusiastic about this “new you”
  - 8.3. Create a white light around the scene and amplify the colors in your mind’s eye
  - 8.4. Bring emotions into the scene.  
HOW DO YOU FEEL?  
HOW DO YOU FEEL about HOW YOU FEEL?

Spend time here. Spend time with this visualization and these emotions. Feel it! Be happy and proud of your accomplishments.

Take a few deep breaths, calmly say to yourself, “I can do it”.

Give yourself a dance party because you worked on you and you did it!!!!

**“People are capable, at any time in their lives, of doing what they dream of.”**

**-Paulo Coelho**



Action steps:

Today I will: \_\_\_\_\_

This is important because: \_\_\_\_\_

I am committed to doing this because I want to be more successful  
at: \_\_\_\_\_  
\_\_\_\_\_

I know my brain can learn new skills, ways of thinking and traits that will serve me. I visualized myself doing it and the excited feelings I was able to feel.

I will complete: \_\_\_\_\_

By: \_\_\_\_\_

Signed: \_\_\_\_\_



# My Intelligence Blueprint Sheet

The ACTION STEPS I will take for the month of \_\_\_\_\_ are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Next month is \_\_\_\_\_

The ACTION STEPS I will take for the month of \_\_\_\_\_ are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Six months from now is \_\_\_\_\_

My Accomplishments are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

12 months from now is \_\_\_\_\_

My Accomplishments are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_