



“FILL IN the BLANKS, Brain”



Our brains fill in the blanks. First, we perceive reality and then we fill in the blanks to create a narrative.

WE: See/Hear...Think/Assume/Create...Believe as Truth/Reality. Then, we THINK...FEEL...BEHAVE....in certain ways...

Are you comparing yourself to a fictional tale that YOU have created?

	Conclusion:						

Bonus CHALLENGE: Look through YOUR Social Media Feeds... what might OTHERS think.....!!

Self Talk: “My senses are ‘telling’ me something...It may be true, it may be false...it may be a bit of both... I don’t know. I’ll do ME.”
“ I control ME.”