

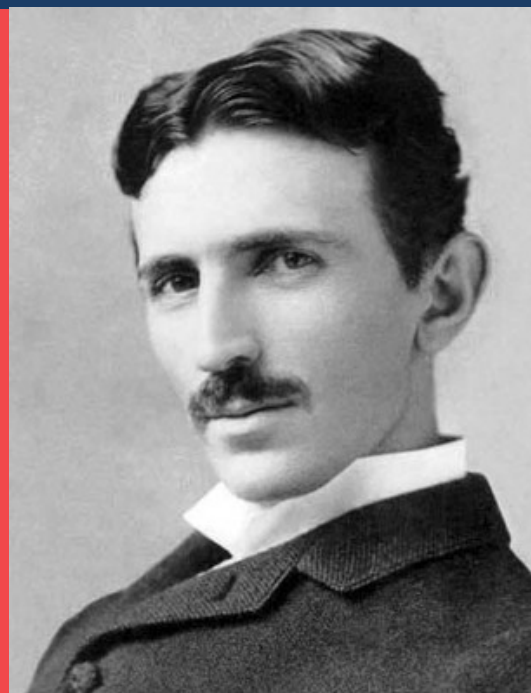
TENDENCIES AND TRAITS

of the INVENTOR brain type
(2% of the population)

STRONG MINDSET

You hold fast to your standards and choose to follow your own priorities first, feeling little guilt when you reject a lunch invitation or politely decline a certain unhealthy food offered by a host as a guest in their house.

This mindset will help you stick to your health and fitness habits once they are established, as long as they are put in your schedule and adopted into your life as routines.



Nikola Tesla



Ayn Rand

SELF SUFFICIENT

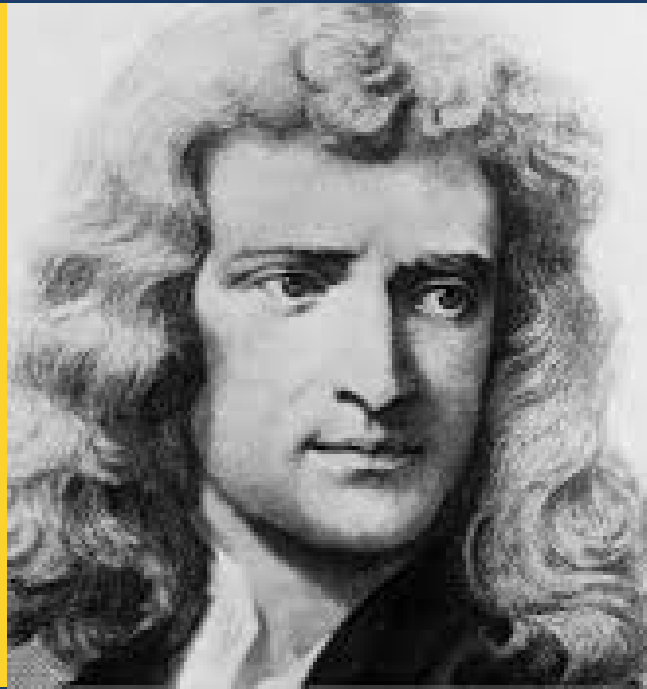
You are perfectly happy on your own, by yourself, creating things and working on projects, so it's extremely important for you to make new friends and foster the friendships you already have. That might be a challenge for you, so building this skill will train your brain to be more balanced and will improve your ability to rewire your brain for other reasons in the future when you so desire.

Like all humans, you need social support (even if you don't think so) to help you with your health and fitness goals.

FOCUSED

Like Isaac Newton, you can be very single-minded, which is an asset when a deadline needs to be met.

You find it easy to exert high amounts of effort, day after day. Your brain type would even be able to handle two full-time jobs, as long as you were creating things and concepts that interested you. This lends you toward being a work-a-holic though, so achieving balance in life should be a priority for you, especially with health, fitness, and personal relationships.



Isaac Newton



Jodie Foster

IMAGINATION

It's easy for you to think of grand possibilities with your gifted imagination. This probably got you in trouble in elementary school as you were most likely a frequent day-dreamer.

It is important to logically look at the feasibility of your goals because it's quite easy for your brain type - due to its ability to imagine the impossible - to set goals that are unrealistic.

SHORTCUTS AND TIPS

specifically selected for your type to help you achieve optimal health faster, with less frustration and more success.

TWEAK AND DESIGN

You are continuously redesigning programs and concepts. You might even find yourself attempting to redesign this program too, experimenting with different ingredients for the recipes and exploring other people's brain types and even the brain training exercises suggested for them. This is all fantastic and can help contribute to your motivation and success, so go for it!



Elon Musk



Arthur Ashe

BEST WORKOUT

You prefer to exercise by yourself or with someone who shares common goals and has a similar fitness level.

You don't have much patience for people who waste time or fail to put the same intensity into their workouts as you do. You would rather get it done with little wasted time and conversation than take your time and shoot the breeze with others during your workouts.

You may find it helpful to keep records and stats on your workouts. This data will help you keep track of progress and will motivate you to improve your metrics.

TOP TWO HACKS

Stay focused on the value of the improved productivity and the improved quality of life that optimal health will bring. Your brain type can appreciate that more than other brain types.

You are extremely autonomous and confident in your chances of success, so you might not see much of a need for help from others in bringing your goals to fruition. Be sure to override this tendency with a conscious effort to gather your friends and family to support and encourage you in your journey.



Angela Lansbury



WANT MORE SHORTCUTS AND TIPS?

There are plenty more! Click the fire hose to the left to be taken to your free bonus page with your full brain type description and expanded recommendations.

Be warned though, it's a lot of information, so we suggest you stick with what's here in this infographic for a while before trying to take that big drink!

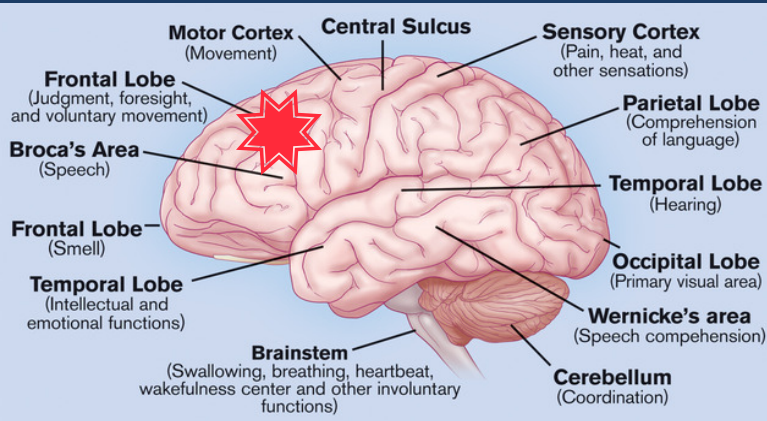
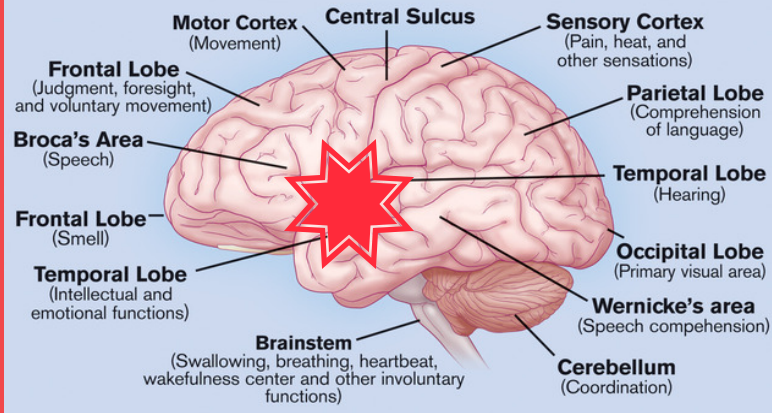
BRAIN TRAINING FOR YOUR TYPE

Here are your customized techniques to help you rewire your brain over time to think, act and become like the healthy fit person you always wanted to be! The primary brain areas are highlighted for each technique. Just click the START buttons in each section to go to the short lesson (a video or post) to learn how to master each one.

HO'OPONOPONO

This technique will feel more "theoretical" and curious to you, which will be stimulating for your brain. It will also help you quickly switch into a better mental state anytime, anywhere, helping you to make better health and fitness choices.

Try Now



TRIGGER

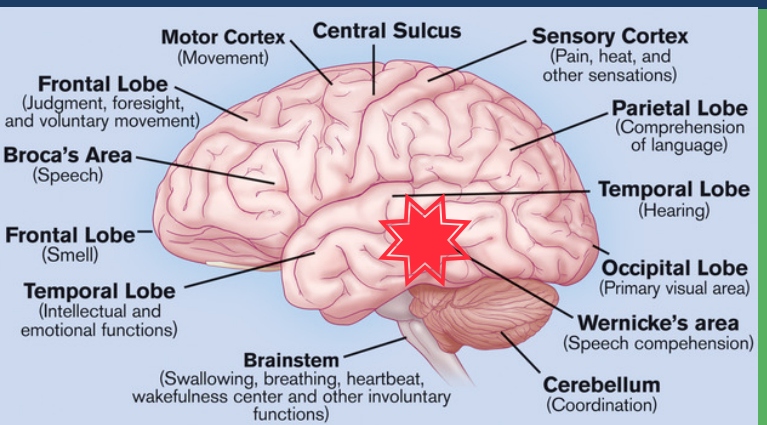
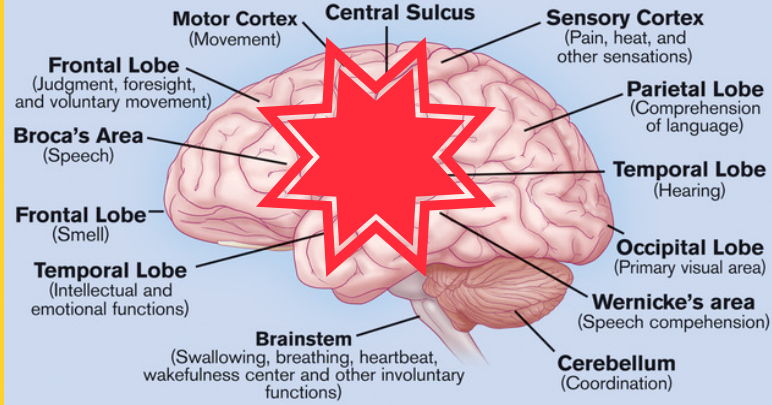
Since your brain is often preoccupied with the current project you are working on, you can be "absent-minded" at times, even to the point of missing appointments and forgetting commitments. This technique will help tremendously with that.

Try Now

EFT

This powerhouse technique rewires most areas of the brain, so it can be used for many different reasons and purposes. It's a skill that builds in effectiveness with practice, so do it often, for many different applications.

Try Now



WORD SWAP

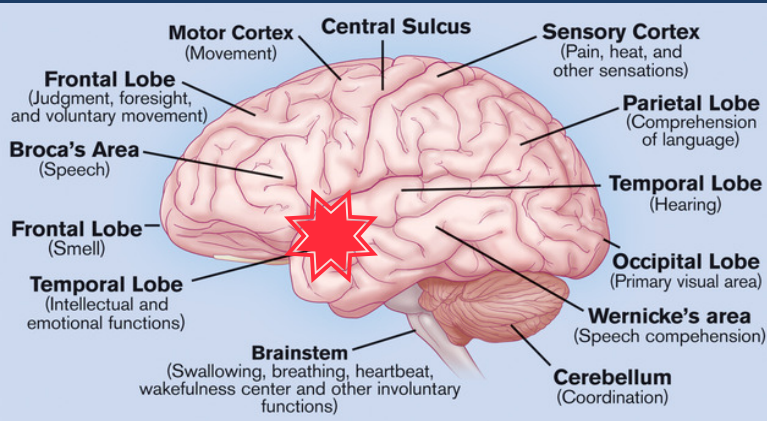
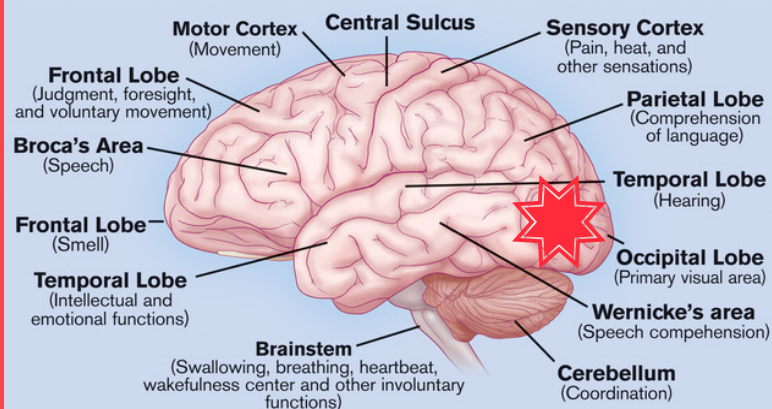
Words are your experience because they are heavily loaded with meaning. You really can change your experience merely by changing the words you use.

Try Now

SQUARE BREATHING

You are gifted at visualizing outcomes of experiments and theories, so this technique will come naturally to you and will be highly effective because it's a skill you already possess and won't have to develop from scratch.

Try Now



WHAT IF...

You have a passion for questions that begin with, "What would happen if..." For this reason, this technique should appeal to you and be more effective for your brain type.

Try Now

SO NOW WHAT?

HERE'S HOW TO APPLY THIS NEW INFORMATION

EASY GOAL SETTING 101

Click the button below to check out the blog post on Goal Setting for Winners. This will help you organize your thoughts and get some direction on where you are headed, why you are headed there, and how to get there.

It's easier than you think too. Like everything, good stuff comes to those who put in the work, but this is another shortcut that will make achieving optimal health much easier and faster than anything you have tried before.

[See Post](#)

TRY ONE SHORTCUT, TIP OR BRAIN TRAIN EACH DAY

Small steps, slowly, one at a time, is how you learned to walk because that's how your brain works. Big steps or steps that are too fast will cause a fall.

Notice also that we suggested you TRY one thing per day. Don't expect to MASTER one thing per day. The post suggested above will help you with this too.

You've got time and everyone has their own best speed, so cut yourself some slack and take the pressure off. If you keep this fun, you will learn faster and it will be permanent.

PRINT AND/OR SHARE THIS INFOGRAPHIC

Choose what sounds the most motivating to you from the choices below (and if you don't know, your full description on the other side of the fire hose button above will tell you):

1. Print this infographic and post it where you will see it every day.
2. Share this on social media to start a discussion among your friends, ranging from general interest to gathering a support team.
3. Both of the above.

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