

TENDENCIES AND TRAITS

of the REVOLUTIONARY brain type
(4% of the population)

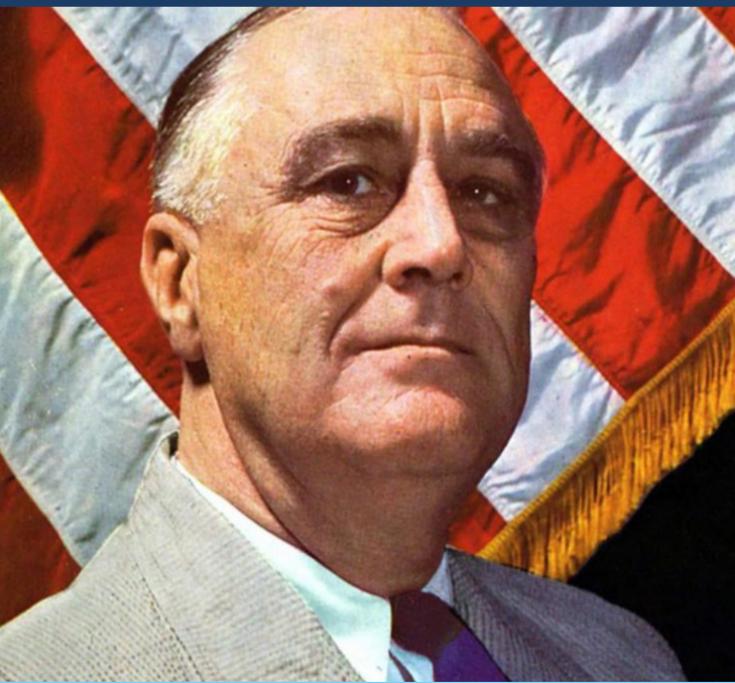
OPPORTUNISTIC LEADER

Your ability to see and work toward a clear vision helps you to notice possibilities and opportunities that others might miss. This ability will be inspirational to others and will make them want to follow you.

You also tend to have a strong desire to lead, helping individuals and groups work together toward a goal, so your potential for helping others reach their goal is virtually unlimited.



Julius Caesar



Franklin D Roosevelt

TENACITY

Being an intuitive thinker gives you the ability to formulate brilliant strategies with a strong vision. Your tenacity and strong work ethic helps you carry out this vision better than other brain types.

You tend to be more stubborn than other brain types, plugging away at your goals and not giving up easily, which will serve you well, as long as you are focused on health as your main objective.

INTUITIVE

Revolutionaries tend to rely most heavily on intuition and hunches (their 6th sense). You trust your hunches too and they are generally right, so you're not very gullible. On the contrary, you tend to be skeptical of new situations and concepts, which often causes you to reject concepts that don't make immediate sense to you.

This program, however, will most likely make sense to you because of the vast research behind it revolutionary concepts.



Whoopi Goldberg



Margaret Thatcher

DRIVEN

One of your greatest strengths is your desire to complete tasks without procrastination. You find it easy to start projects you are interested in once you are convinced of their concepts and validity.

You also find it easy to stay on track until completion, even if that means hard work and long workdays. You still like shortcuts though, so this program should appeal to you for that reason as well.

SHORTCUTS AND TIPS

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

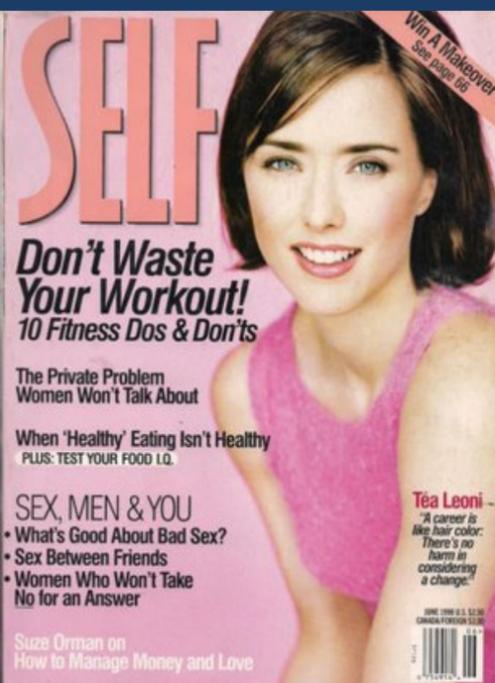
DON'T OVERESTIMATE

You have a very strong ego, which can deceive you into becoming overconfident in your abilities. For instance, if you are out with friends at a party, you may decide that it's okay to binge on food you shouldn't be eating because you assume that you will certainly be able to get yourself back on track tomorrow. That might not be the case though because you often attribute more willpower to your "future self" than is deserved.

If you are a leader, you must not let tensions of leadership ruin your health. You need to learn to relax and let go of the non essentials so you can focus on the few things that are really important.



Napoleon



Tea Leoni

BEST WORKOUT

Exercise doesn't work very well for you by yourself, so be sure to train with at least one other person who can push you hard and who can take you pushing them back.

You can exercise anywhere, with anyone, either in a large group or with just one trainer or workout partner, but finding people with the same intensity as you will be very important. Make sure it is a safe form of exercise though because you can get caught up in the excitement of competition and participation and lose sight of proper form, safety, and your own limitations.

TOP TWO HACKS

Talking out inner conflicts and struggles with a trusted confidant will be extremely therapeutic for you. It is especially necessary for your brain type because you are not wired to process things internally as well as some of the other brain types. You may think you can and that you are even good at it, due to your strong ego, but don't let that fool you into being overconfident about your abilities for working things out on your own.

You tend to have a quick temper and less tolerance, which can be directed at yourself as well as other people. This can lead to emotional eating, so be mindful of that, and if you catch yourself "losing your cool," formulate a plan to prevent that same reaction in the future.



Bill Gates



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!

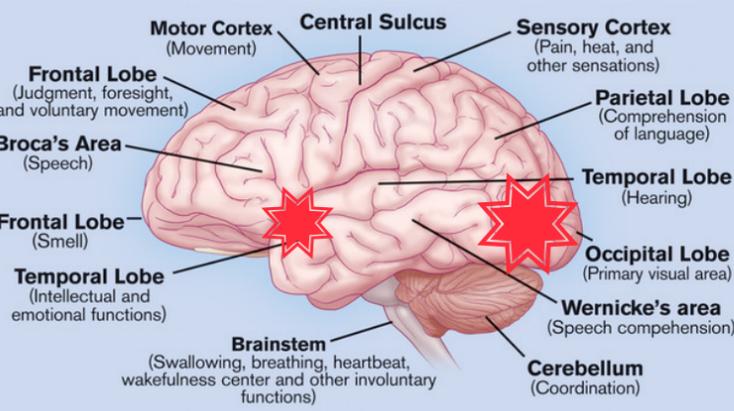
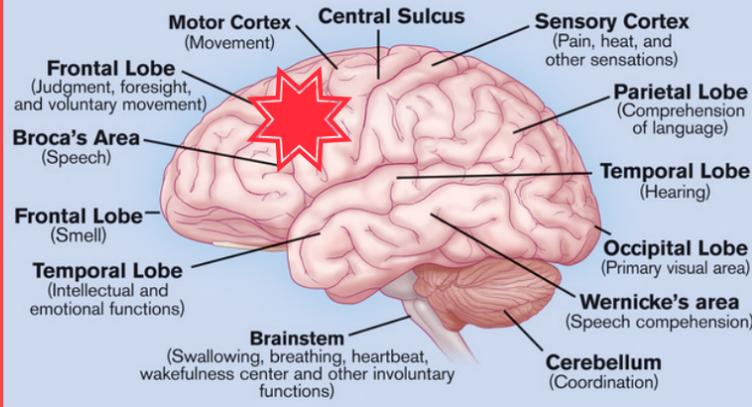
BRAIN TRAINING FOR YOUR TYPE

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.

SUCCESS JOURNAL

Experiencing successes along the way, related to the end goal, is vital to your brain type. Therefore, it is important for you to set small goals you can attain each day to keep you moving forward with a chain of successes.

Try Now



VISUALIZATION

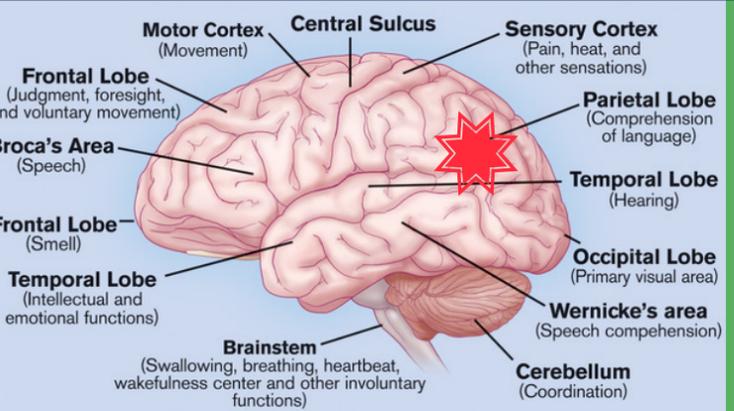
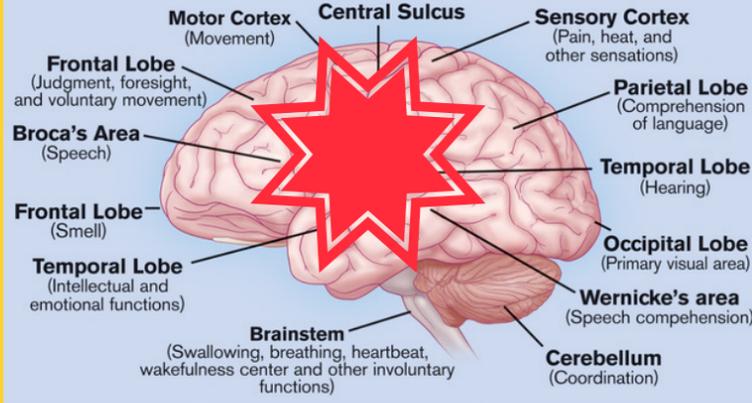
You are already good at visualizing your future, so this technique will come easily to you and will reinforce that strength even more, making it more an more effective, the more you do it, kind of like the phenomenon of compound interest.

Try Now

EFT

This grand daddy of all brain training techniques will be your quickest and most effective way to change your state and get back in the game when you need to keep rolling at your characteristic high speed.

Try Now



WORD SWAP

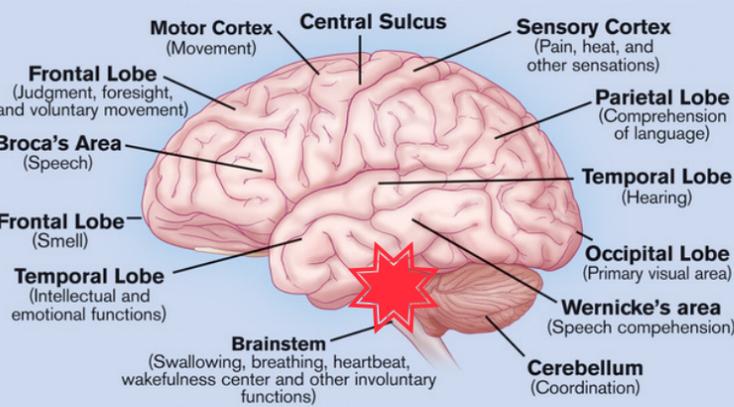
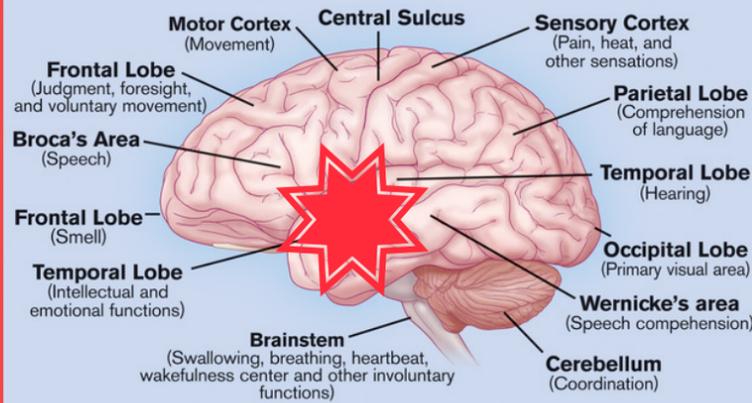
Your words are your experiences and using the wrong words can create inappropriate experiences inside your brain, causing unnecessary stress and reactions. This technique will help bring clarity when you need it.

Try Now

HO'OPONOPONO

Meditation is great and you should certainly do it, but you might also find it to be tedious or boring, so in that case, this technique will accomplish similar results in less time.

Try Now



LABEL EMOTIONS

Since you vent your feelings easier than other brain types, your emotions can get in the way of your progress, so this technique will help you put them in the right perspective.

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 Goal Setting 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.
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