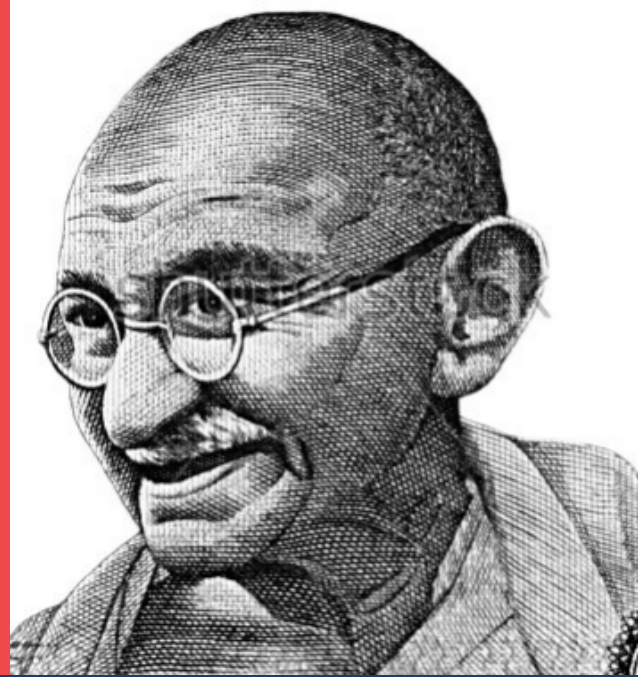


TENDENCIES AND TRAITS

of the VISIONARY brain type
(1% of the population)

CLEAR VISION

You generally have a clear vision of where you want to be, which will help you create realistic goals. Committing to these goals will make them happen, so reminding yourself of them by writing them down initially and then referring to them daily will help you stay motivated.



Manathma Gandhiji



Plato

DISCIPLINE

Achieving your goals is easier for your brain type because of your tendency to have good discipline for carrying out a plan. After you write your goals, post them where you can see them every day and visualize yourself and your life as if those goals have already happened. This will utilize your gift of imagination and more quickly program your subconscious brain to help you achieve those goals.

CREATIVE

You do your best work with your own imagination and creativity (although you do enjoy guidelines), so you can either choose to follow one of the recipes on hardbodcafe.com or create a new concoction of your own (within the guidelines of this program, of course). Either way, this will feed your creative side and solve any boredom issues and at the same time, making it a win-win for your brain!



Kate Blanchet



Al Pacino

EXPRESSIVE

A talent for expressive storytelling is common among people with your brain type. You might also find hearing stories particularly enjoyable. Or both, but regardless, your brain loves stories and actually needs them, so if you don't feed stories to your brain, it will make up stories of its own. If you find yourself making up negative stories, stop and turn those stories around into positive, fun stories. The "Stories" brain training technique will teach you how to do this.

SHORTCUTS AND TIPS

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

WRITE IT DOWN

You tend to express your ideas very well verbally but especially in writing. Use this gift by journaling your feelings each day.

Write about your struggles as well as your successes, but be sure to write two successes for each struggle, so your brain can stay focused on the positives while learning from the struggles.



Agatha Christie



Evangelina Lilly

BEST WORKOUT

Personal training or working out with a close, supportive friend in a relatively quiet and private setting should be ideal for your brain type. Outdoor exercise will also appeal to you, so seek opportunities for outside activities.

Your brain type tends to find exercise and healthy eating habits easier than most. This makes getting lean, staying lean and achieving good health very achievable when you apply your strengths and use the shortcuts suggested in this program.

TOP TWO HACKS

Your ability to see a clear vision of your success will keep you inspired. You are a great planner, so be sure to plan ahead for your meals and exercise.

You tend to finish what you started and can help lead others, so finding a supportive friend to take this journey with will help you both achieve your goals.



Nelson Mandela



WANT MORE SHORTCUTS AND TIPS?

There's plenty! 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 drink!

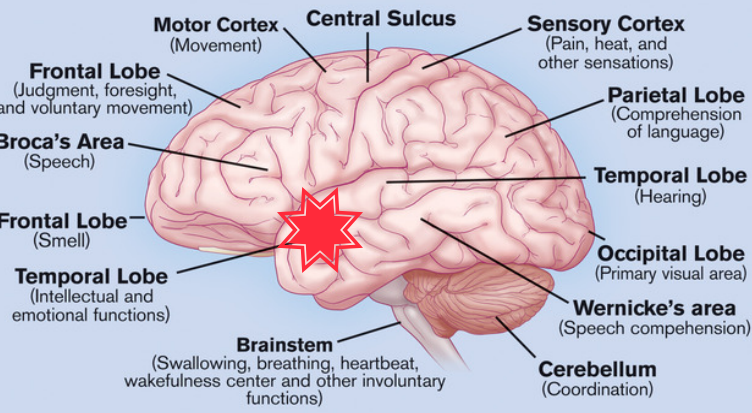
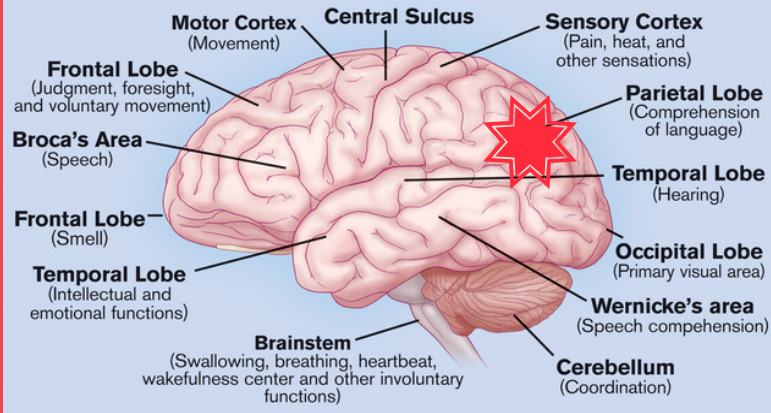
BRAIN TRAINING FOR YOUR TYPE

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.

STORIES

This technique helps you with perspective and routes your nerve impulses to the logical areas in your brain so you can see things clearly for what they are without emotions dominating your judgement.

[Try Now](#)



LAST 90 MINUTES

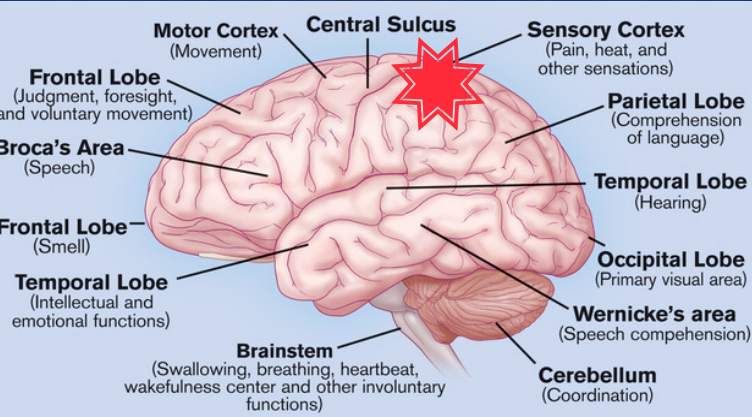
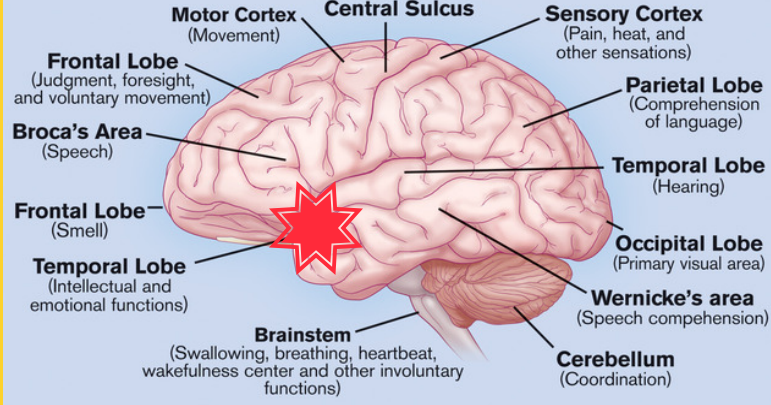
Getting in the right mental state during the last 90 minutes of your day is especially helpful for your brain type. This will amplify your success and progress, both professionally and with your relationships.

[Try Now](#)

SURFING THE URGE

Since you already have a high capacity for discipline and visualization, this brain training trick will come easily to you and will also further develop your other gifts, taking those strengths even further.

[Try Now](#)



CONSCIOUS EATING

Since your brain is wired for imagination, you can become caught up in your thoughts, distracting you from how much you are eating. This technique will help you stay focused.

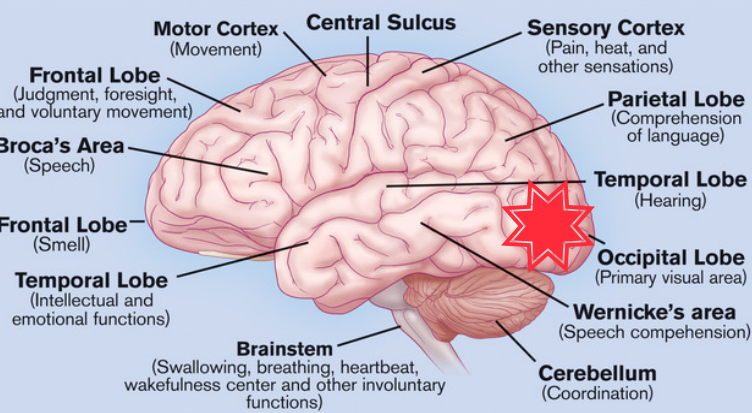
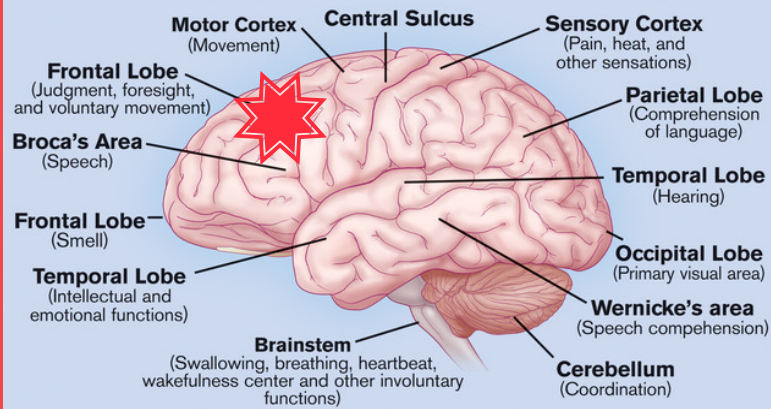
[Part 1](#)

[Part 2](#)

SUCCESS JOURNAL

Hand writing your successes every day, even if it's just a few words, especially toward the end of your day can be a rapid way to rewire your brain in the direction you want to go.

[Try Now](#)



VISUALIZATION

Used by professional athletes, billionaires and many others who have achieved incredible success in their fields, this one is extremely easy to implement - especially 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.

Want some coaching? Just email b@bandp.life for more info

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