

THE HINDU

Keep your brain fit and flexible

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“Your potential is much greater than you realize,” says Arlene Johnson in *SuccessMapping*. “What is available to each of us is far beyond what we imagine, acknowledge, or access,” she reminds.

“So, if you choose not to believe that you do indeed have tremendous unclaimed potential, your personal success could remain elusive, and your dreams and goals unfulfilled.”

The plasticity of our brain gives us extraordinary capabilities, the author explains, citing scientific research. “Our change-adaptive brain is composed of billions of nerve cells that constantly form new neural systems to aid in new learning and recovery processes.”

“You can, therefore, literally change your mind,” assures Johnson. “However, that ability is linked to keeping your brain fit and flexible.”

Among the tips that the book offers to help you keep mentally healthy and sharp are: “Be a passionate learner: Daily, be a knowledge seeker; then share with or teach others. Be curious and innovative: Expand and change patterns of thinking by conversations with different people, and seek new solutions for problem solving or growth. Be a strategic thinker: Weed out needless and energy-zapping activity, and focus on your most important decisions and actions.”

Another step to success is the power of choice. This can become evident when a change is announced to a group; only about 18 to 20 per cent of people may choose to engage with change, the author informs. By choosing to be in that 18 to 20 per cent, you will continue to differentiate yourself in areas that you need or want to succeed in, she counsels.

“Your intention to be and stay a top performer becomes obvious to those who matter to you. You are also aware that liking the change or not is irrelevant. What is relevant is how you choose to respond.”

Imperative study, to overcome the blocks in the success path.