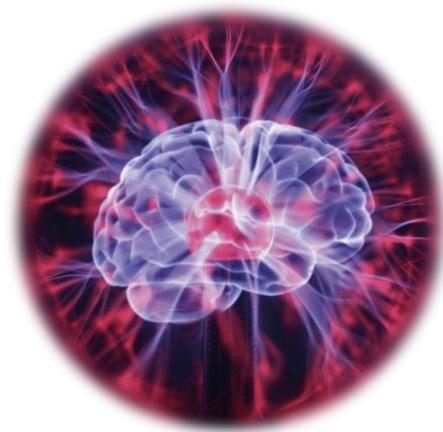


**FIND YOUR HIDDEN ENERGY
IN 21 DAYS OR LESS:**

THE ADVENTURE





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Welcome

to your adventure!

Wishing you a very warm welcome to **Find Your Hidden Energy in 21 days or less**. Thank you very much again for enrolling on my first online adventure. The programme may be new, however what you are going to learn and implement (!) are tried and tested brain-friendly strategies that I can personally and professionally vouch for their effectiveness (in my work with many different clients from people in the public eye, corporate leaders to business owners).

I trust that you will love how neuroscience will assist in explaining why the tools work. I am on a mission to enable people to learn about the brain, because as we progress in our understanding for how it operates, we can work with it, rather than against it and achieve what I call brain-friendly peak performance and success in all areas of our life.

By participating in this programme, you are a PIONEERING ADVENTURER! I am very excited to connect with you in the comfort of wherever it is that you learn best. Please treat the time that you take to absorb each module and to complete the corresponding actions, as valuable time that you are investing in you – and growing the asset that is you!

LET'S GET STARTED

Over the coming three weeks, you will receive six modules at intervals allowing you time in between each one to complete the actions. Depending on what else is going on in your life and how fast you can implement your learning, this will determine how quickly you will find your hidden energy! However, if it is buried in deep places, you may find that you wish to spend longer working on some modules. Every person's situation is different (indeed no two brains are alike!) which is why you have access to the modules for 12 months.

Importantly, to get the most learning, insights and energy out of the programme, it is vital that you totally COMMIT to participating fully and therefore, that each module is completed, ideally before progressing to the next one. Please refrain from starting and stopping, leading this course to become yet another task on the unfinished pile... more about this later on!

IMPORTANT Before you begin Module 1, here are the next steps:

1. White list email address info@rachelbamber.com to ensure that you receive all notifications about your adventure.
2. Look out for an email with your login details to access all of your modules on the private [Find Your Hidden Energy in 21 days or less](#) portal.
3. Read the current pages in your Workbook. (Other pages will become available as you advance through the Modules. This is to prevent overwhelming your brain at the beginning and also to enable new insights to naturally occur as you progress!).
4. Watch the [Welcome video](#).
5. Listen to the [audio](#) to complete a short exercise to help you envisage how you are going to positively impact on the quality and happiness of your life - when you find your hidden energy!

Let's get energised and focused!

With warm regards

Rachel

Capture your thoughts of this Vision on paper. You can print the worksheet provided, or you may prefer to choose a special journal that you use solely for the purpose of this programme. Writing things down with pen and paper is powerful for the brain: it helps to initiate new neural connections. These new circuits (often referred to as wiring) will eventually be the bedrock of the changes to come.

The Vision will pull you towards making the changes and doing things differently to find your hidden energy. When times get tough (notice that it is when, not if!) your vision of how your life will be even better than it is now, will motivate you to keep going.

That saying, we want to make this FUN! It is an adventure after all. Again this is really important because the neurochemistry in your brain that responds to fun will also fuel your motivation – and your performance.

Finally, avoid perfection now and throughout the programme: you will probably find yourself adding to your Vision at a later stage. This is normal. When you start to think about what you want and when you learn new things, you cannot then unlearn them (in brain terms) or stop seeing them in your mind. Your brain will then connect these new thoughts with others and fresh insights will emerge – and your brain loves to do this by the way!

All you have to do until Module 1 is to keep thinking about your Vision and keep smiling in anticipation of what is to come...