



## GET A COACH

Many of us have had a coach at one time or another in our lives. Coaches offer services needed to gain new skills. They expand our awareness, provide leadership and expertise. So where in the world can you find a brain coach? **YOU!**

Yes, be your own brain coach. Don't rely on anyone else to figure your brain out for you. Become your own expert. Maybe you and I will never completely understand what goes on in there. But, that is a good reminder that we don't know much about ourselves. The motto from the ancient Greek Civilization is still relevant today - "**Man, know thyself**".

This is a very radical approach indeed. Our society is programmed for something or someone to bail us out all the time. If something is wrong, we automatically look for outside help or a pill for our problems. Well, don't wait passively as the years pass and your lights get dimmer. Don't expect your Doctor or a prescription to save you when you finally realize you have a problem. You have to **act now**, especially if you are over the age of 30. This is a huge dilemma and you don't have many options. Every one of us is at risk from cognitive decline, no exceptions.

All sorts of activities and games get support from coaches. The most wonderful game of all, the game of life, needs a coach too. However, society in general is not prepared to handle the newest version of this game -- longevity. The health of the body has been prolonged but what about the health of the mind? Living to a very old age is a real possibility for many people but you have to have a healthy brain to enjoy it with. To play the Brain Wellness game and win, you need a brain coach.

Let's start. Your basic equipment is your brain. Be grateful you have a brain. Believe in your brain. Believe in yourself too. That fantastic brain of yours is always changing and growing. Both of these realities are built in features that are designed to support you for the long haul. If your brain can direct its own future, then why can't you?

Preventing dementia is a numbers game: you have to play all the variables to win. You will live many more years, so plan ahead. Set some goals. Work out a game plan. Create new paradigms for each future stage of your life. Your life is in control when you control your life.

**BE YOUR OWN  
FULL TIME  
PERSONAL BRAIN  
TRAINER**