

THE BRAIN MAKEOVER ASSESSMENT

From my #1 bestselling book, Brain Makeover: A Weekly Guide to a Happier, Healthier, and More Abundant Life

The human brain is efficient and will continue running the same thoughts, which produce the same feelings and actions... that is, until we begin thinking different thoughts, which will produce different feelings and outcomes.

Once we know what we think and feel, it can be quick and easy to interrupt patterns of thought that keep us from feeling joy and happiness.

The Brain Makeover Assessment will give you a "snapshot" of your current thoughts and feelings. It will reveal specific areas where you are thriving and where you may be struggling.

Take the assessment now, then scroll down to read 3 Ways to Change a Thought.

The Brain Makeover Assessment

Please rate the following on a scale of 1-5.

A. My current level of overall satisfaction is... (circle one)

1	2	3	4	5
none	low	moderate	elevated	high

B. My current level of overall happiness is... (circle one)

1	2	3	4	5
none	low	moderate	elevated	high

C. My current level of overall stress is... (circle one)

1	2	3	4	5
none	low	moderate	elevated	high

D. My current level of overall fear is... (circle one)

1	2	3	4	5
none	low	moderate	elevated	high

E. When I think about my health, I feel... (circle one)

1	2	3	4	5
fear	concern	neutral	good	happy

F. When I think about my finances, I feel... (circle one)

1	2	3	4	5
fear	concern	neutral	good	happy

The top thing or things I feel good about are:

1. _____
2. _____
3. _____

The top thing or things I worry about are:

1. _____
2. _____
3. _____

What Did You Discover?

Is what you discovered what you thought it would be?

Did you find yourself satisfied with your life?

Did you find yourself mostly satisfied with your life but have fear in one area?

Did you find yourself with more concerns than happy thoughts?

If you're doing well and enjoying life, keep doing what's working for you.

If you identified some dissatisfaction with how you feel, keep reading...

Change a Thought, Improve Your Life

If you're not pleased with an area of your life or your life in general, THERE IS SOMETHING YOU CAN DO ABOUT IT. Acknowledging where you are and how you feel is an essential first step.

As I said at the beginning, the human brain is efficient. It will continue running the same thoughts, which produce the same feelings and the same actions... that is until we begin thinking different thoughts, which will produce different feelings and different outcomes.

Now that you know how you think and feel, it's time to apply some ways to interrupt patterns of thought that are keeping you from enjoying your life.

3 Ways to Change a Thought

It doesn't have to be difficult or take long to see the results of shifting a thought, although it may take a few tries to find which one works best for you. Try each of these at different times and pay attention to what works and what doesn't.

1. Ask yourself, "How can I think differently about this situation?"
2. Replace a thought with its opposite. Choose a positive thought to replace a negative one.
3. Complete this phrase, "What I prefer is..."

"We cannot expect a better outcome if we automatically have the same thoughts, feelings, and emotions and the same ways of acting. Therefore, we must intentionally replace patterns that don't serve us well."

– Phyllis Ginsberg (from *Empowered You*)

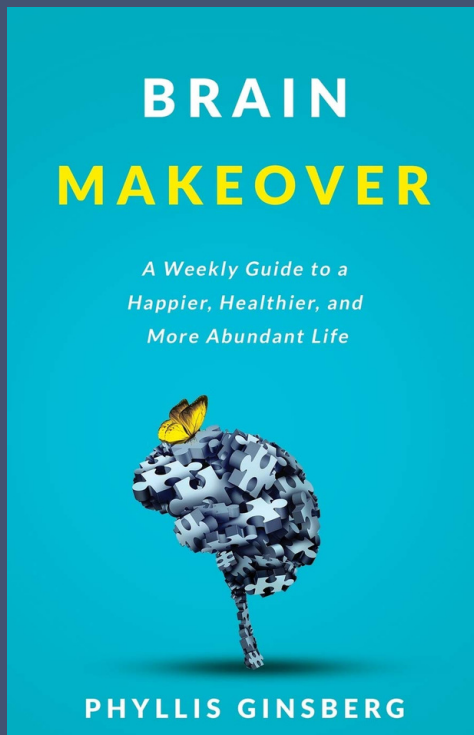
Want More Insight?

Personal reflection is a gift you give yourself so that you aren't running on autopilot, living the same story every day. It allows you to use your awareness to make conscious decisions to design your life for more joy, happiness, health, abundance, and success.

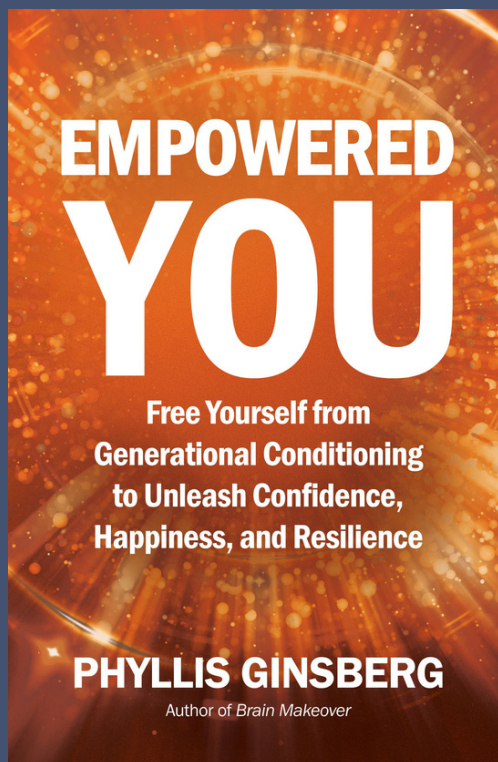
I highly recommend getting my free guide, ***10 Self-Views that Determine Your Likelihood of Success***. In addition to how we think, the image we have of ourselves is what determines how likely we are to pursue and achieve what we truly desire. [Click here to get the 10 Self-Views guide.](#)

When you know which of the ten self-views best describes you, you'll know which specific self-views are supporting your success and which are getting in the way.

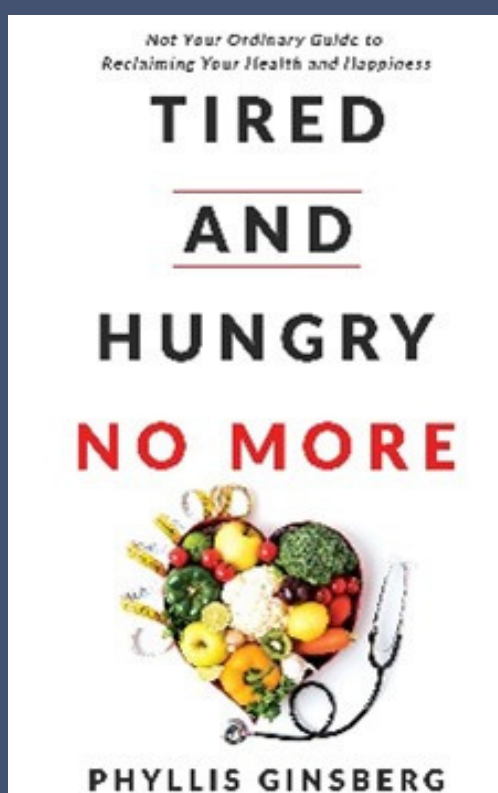
Resources for More Joy in Your Life



Brain Makeover makes creating a joy-filled life simple with practical and easy-to-follow readings and thought provoking ideas.



Empowered You (available March 2024) guides you to say goodbye to the limitations of your past and step into the limitless potential of your true self, paving the way to a joyous and fulfilled life.



Tired and Hungry No More puts your well-being in your hands with information and action steps for greater health, happiness, and joy.

Stay Connected

Get my weekly newsletter – When you request my free guide, *10 Self-Views that Determine the Likelihood of Success*, you'll be added to my newsletter list.

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*Phyllis Ginsberg, M.A., MFT, is known as the Survival to Thrival Expert. Her 30-plus years of experience as a Marriage and Family Therapist and expertise in Positive Psychology, Brain Research, and EFT Tapping give her clients an edge in making lasting, profound changes in their lives. Phyllis is the author of Brain Makeover: A Weekly Guide to a Happier, Healthier, and More Abundant Life and Tired and Hungry No More: Not Your Ordinary Guide to Reclaiming Your Health and Happiness. Her forthcoming book, **Empowered You: Free Yourself from Generational Conditioning to Unleash Confidence, Happiness, and Resilience**, will be available in March 2024.*