

How my brain works.

So i'm here writing my reflection about last weeks insights. 'your brain is the planet's most powerful learning machine' was the first big quote we got to hear and it made a lot of sense because the brain controls everything you do/think and it made us aware by mister Daniel Amen that you can keep your brain healthy like you can do with the rest of your body. This didn't come up to me before but it made so much sense because if you can keep your body healthy you will think healthy and it will show. I didn't really know that if you ate healthier food and worked out your brain would work right or to have any impact on the brain, but it made so much sense what he said because since i've made changes in my own diet (or at least i try to) i feel a lot better and i think i function a lot better since i stopped eating all that junk everyday. I think this is something to take along with you in the back of your head for the rest of your life because you only have 1 body and 1 life to live so you should make the most and the best of it and treat yourself the best way possible so you can get the best out of it. Now don't get me wrong here, I'm not saying I'm mr perfect and everything i do and say is right, but i try to do so, thats the best i can do for now. Daniel Amen gave me some important information and made me well aware of the brain and its health.

After that we had to an personality test where we had to answer a few questions, but they weren't really question but more a self-reflection? it was a test about how well do you know yourself and the outcome would say what kind of person you are. First of the question are sometimes really weird because who says there jealous? like i can say i'm jealous but jealous about what? and how jealous am i? on what level? i think I'm normally jealous in a healthy way, but somebody else might think I'm extremely jealous and that i'm almost crazy jealous. It was hard to test myself because sometimes you don't want to admit to some things and i guess you are getting to know yourself thru-out the test and really have to think about am i this and am i like that? As i completed the test it said i was an Adventurer and one of the strengths of an adventurer is that I'm sensitive to others and i think that is kind of true, but only to the people that are close to me because i think i can be pretty cold blooded about some people and don't give a shit about them what so ever because i don't have a link with them. Also it said that I'm artistic but thats not right because i'm totally not artistic, i cant paint, draw, play an instrument or have any good dance moves. Maybe i'm artistic in another way i haven't found yet? it could be and i hope so because it could make me a lot of money, who knows.

Passionate, another strength, I can relate to that, if i enjoy something so much i will drop everything I'm doing and do the thing i love until the passion is out of it. One of the weakness said i'm easily stressed and thats something i don't really agree with because i tend to think I'm a stress free person because always try to avoid stress and think about the positive sides of thing. Don't worry be happy.