



WEEK 4:

WAKE UP to LIFE 2.0!

GET TO KNOW YOUR LIZARD

There is a part of your brain and my brain and all human brains that is the same as a lizard's brain. **It is the oldest part of your brain and it is basically responsible for telling you regularly that you might die.**

This part of your brain is known as the limbic system and it is not logical or rational. It is the primal part of your brain that is involved in our behavioural and emotional responses, especially when it comes to behaviours we need for survival: feeding, reproduction and caring for our young, and fight or flight responses

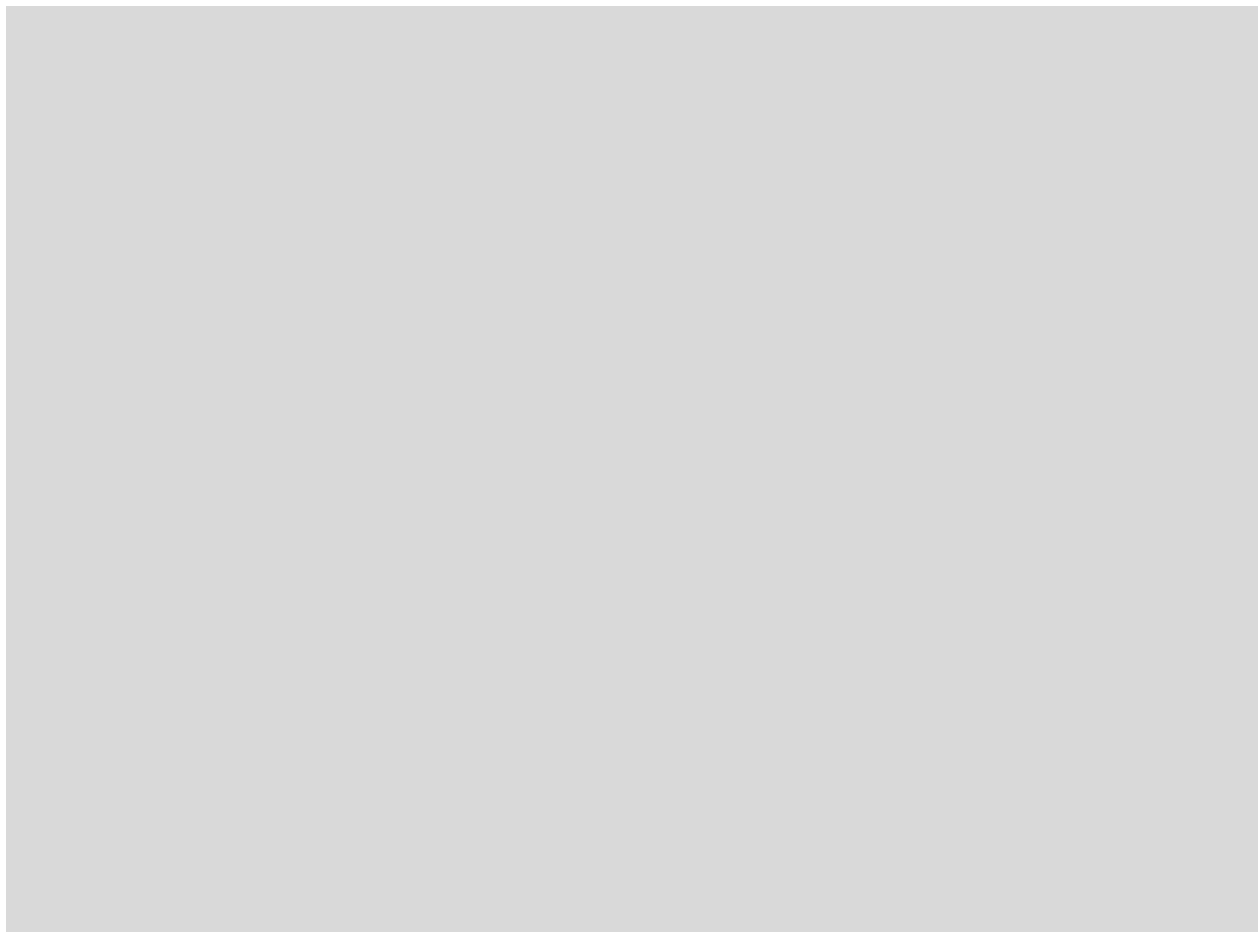
Or said another way, And I love this because all of the words that begin with the letter F make it easier to remember. **It is in charge of fight, flight, feeding, fear, freezing up, and fornication.**

So the reason that it is sometimes referred to as the lizard brain is because lizards basically only have a limbic system. They are pretty much without the higher centers of the brain that allow for logical thought and critical thinking.

Your lizard tries to keep you stuck in your old habits and tries to prevent you building your best second half because of always pushing the 'You Might Die' button.

Anytime you move toward new goal, you might feel super motivated at the beginning of the process but, **inevitably....your lizard will show up.**

Where has your lizard showed up in your life? Where have you noticed fear or anger or anxiety has prevented you from reaching your goals?



When you go on a road trip toward a new goal, It's important to remember that your lizard will want to come and often they might try to take the wheel and tell you where to go.

Here's what you need to know...

Your lizard is allowed to come for the ride...but they are not allowed to drive. You are driving.

You can over ride your lizard's instincts when you learn to catch on to when it's kicking in.

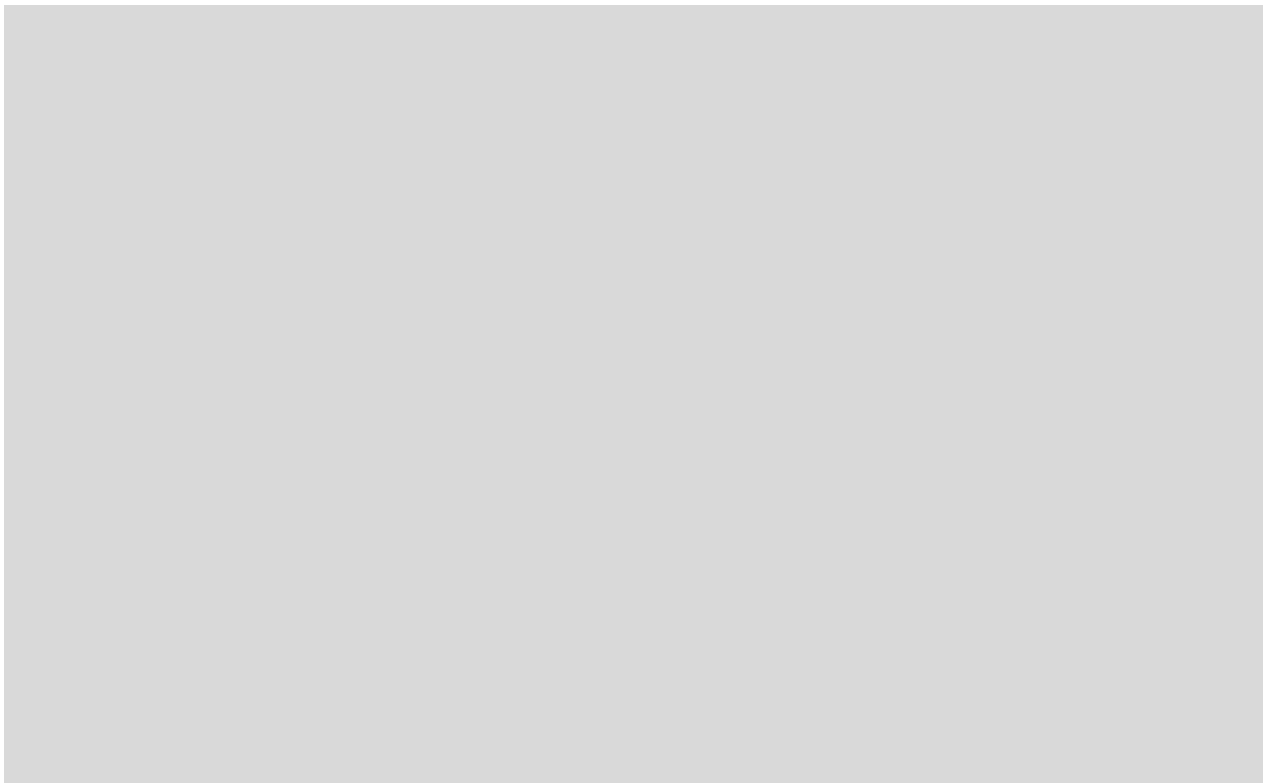
Listen to your lizard...consider his fears...create safety...tell him to take a nap on a rock in the sun.

Listen to Episode 2.6 of The Midlife Improvement Project to get a review of how your lizard brains works and some practices you can start to put into place to help you calm that lizard.

The short version:

- 1) Awareness
- 2) Breathing (Mindfulness and Meditation can help here)
- 3) Repetition (also known as practice)
- 4) Curiosity (asking yourself questions about the situation)
- 5) Gratitude

In the box below, spend 5-10 minutes writing about some techniques you might try to calm your lizard.



Remember that your lizard will always be around but you can learn to appreciate it and tame it.

Let's Go!!!!

**Big Love,
Peggy**