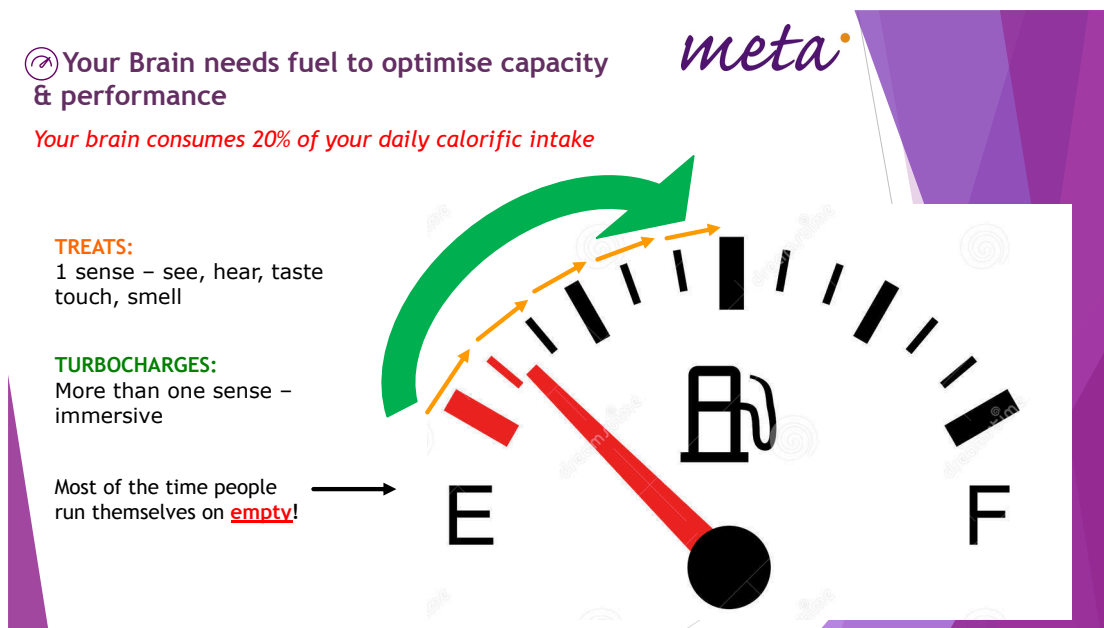


FILLING YOUR FUEL TANK

Imagine that you have a fuel tank which contains your energy and resourcefulness. Most people tend to empty their fuel tanks faster than they fill it, so the red light is constantly flashing on their 'dashboard'. When your fuel tank is almost empty, you will never perform at your best - that requires a full tank.

When it comes to maximising your brain power - its ability to process and retain information (ie: tasks at work) your brain **NEEDS** Fuel. Your brain consumes 20% of your daily calorific intake just to function!



How full is your fuel tank?

It is simple to top it up. Every time you smile or do something that makes you feel good, you put some fuel in - it need only take a moment. We call those small things, **TREATS** and we recommend that you have treats every day.

A **treat** is anything which makes you smile or feel good that you can access through your **5 senses: sight, hearing, taste, smell, and touch**. When we're on form/having a good day, we tend to automatically do this, but when we need it most (ie: when we're not having a good day) we tend not to. That's why we recommend that you create your own menu of '**treats**' (and turbo charges... more on those in a moment) in advance that you can use when you need to.

The purpose is to maintain your energy and attention levels, so your brain operates at its best. It's good to always have some, 'in stock' in an **emergency fuel tank kit** (containing at least one thing for each of the

senses), so that if you feel your battery/fuel tank is running out you can top it up before you hit empty.

When your fuel tank runs out, that's when your **stress hormones** take over - which is never good, as when under the effects of **stress**, you cannot retain or absorb information - you literally cannot 'think straight'.

The good news is that there is also another way to fill your fuel tank they are called: **Turbo Charges**.

Turbo charges use more than one sense and are 'immersive'. A turbo charge is a great way to recharge more fully, will automatically fill your fuel tank to at least half-way each time you have one. Two turbo charges = full tank!

If a treat is a chocolate bar, a turbo charge is a meal out with someone you love.

If a treat is a watching your favourite movie on TV, then a turbo charge is a great movie at the cinema with popcorn.

If a treat is a call from a friend, then a turbo charge is having a night out with your friends

It's good when it comes to filling your fuel tank to have a menu of treats and turbo charges to choose from when you need them most

HOMEWORK:

1. Come up with at least 30 Treats (that's only 6 treats per sense) and 20 Turbo Charges - do this individually and you can also do one as a family.
2. Check in every morning when you wake up - where is my fuel tank today? Do I need to top myself up before I leave the house or get to work?
3. Make sure you have an emergency fuel tank kit with you at all times - containing 1 thing (a favourite thing) for each of your senses to use when your fuel tank is nearly run out - and at least one IOU Turbo Charge too!