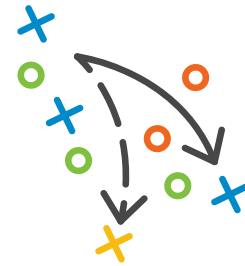


THE BRAIN HUDDLE



Dr. *Jill* BOLTE TAYLOR

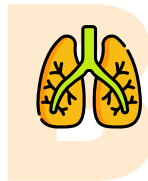
Your brain team, made up of your Four Characters, can huddle together at any moment to analyze what is going on in your life and then collectively decide who and how you want to be in the next circumstance.

The Brain Huddle is where we consciously take a pause, call all of our characters into our awareness, and then together as a team contemplate our next best move.

You will no doubt realize that these five steps spell out “B-R-A-I-N.” While I, of course, think this acronym is adorable, it also has a real purpose: to help you quickly remember the steps when the pressure is on.

To learn more about the Four Characters of the Brain, order your copy of my book, [*Whole Brain Living, The Anatomy of Choice and the Four Characters That Drive Our Life*](#) and get exclusive bonuses.

Here's a quick look at the steps:



Breathe, and focus on your breath.

This enables you to hit the pause button, interrupt your emotional reactivity, and bring your mind to the present moment with a focus on yourself.



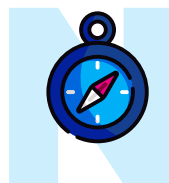
Recognize which of the Four Characters' circuitry you are running in the present moment.



Appreciate whichever character you find yourself exhibiting and the fact that you have all Four Characters available to you at any moment.



Inquire within and invite all Four Characters into the huddle, so they can collectively and consciously strategize your next move.



Navigate your new reality, with all Four Characters bringing their best game.