

“Do not plan for new ventures before finishing what’s at hand.” [Euripides](#)

Category – Completion

As we near the end of 2011, many people may be directing their attention to goals and ambitions of the New Year ahead. It is normal and in fact healthy to look forward with optimism and set intentions that will change or further ourselves and our life path. At the same time however, it is critical to complete the current phase or cycle we are in, in order that we give ourselves the opportunity to achieve future success.

For many people, the thrill of starting something new feels far more exciting than the satisfaction of completing a project already being worked on. Why is this?

The brain requires and enjoys novel experiences for one’s learning and for the development of stronger and more abundant neurological networks and our individual brain maps, while repetition strengthens these highways and makes them faster.

The adventure of embarking on unfamiliar terrain fosters wonderful new growth in the tapestry of our inner world. As we move and navigate our way through newness, we feel charged with aliveness, curiosity and creativity.

How can we take that same zest and energy into more familiar situations without feeling bored, stagnant or uninspired? This is an important question and our future depends on it.

More often than we realize, it’s our incomplete past that slows and weighs us down on the run way of new life destinations. While it may feel burdensome or time consuming to complete any physical, mental, emotional or spiritual undone, the paradox is that the more complete we are, the more fully we can embrace new goals and objectives as we move onward.

Different learning styles and personalities have varying interests and comfort levels when it comes to different stages of project and life development. Some are visionaries and starters, some are focused organizers with detail orientation, and some are number crunchers and problem solvers, while others can see the big picture and connect the dots from beginning to end, while others can only see specific parts or have a more intuitive, sensing or feeling approach. *How would you describe yourself?* Knowing our tendencies and patterns, can be helpful awareness so we can find tools to support and balance our own individual way.

When we are born, our brain maps are often “rough drafts”, or sketches, lacking detail and are *undifferentiated*. Each time we engage in a novel experience, the structure of our brain map literally gets shaped by that experience, and the rough draft becomes detailed and *differentiated* as we move through life.

A simple example such as doing laundry or any intended task as long as it has a start and a finish affects the wiring of our brain. When a person finishes a goal, the actual achievement of the results can be the reward. **The reward is a critical feature of completion**, at this point; the brain secretes neurotransmitters like dopamine and acetylcholine, which helps consolidate the brain map changes we need to complete the task. (Dopamine reinforces the reward; the acetylcholine helps the brain “tune in” and sharpens memory). *Some content was taken from the New York Times Best Selling Author, Dr. Doidge M.D from the book “The Brain that Changes Itself”.*

Completion comes in many different forms and it can range from a list of to do’s, to pending information or results, to forgiveness and letting go.

Cognitive Fitness supports people of all ages in starting, implementing, navigating and completing all forms of tasks, activities and projects – regardless of whether it is our strength or not. How does it do this? By activating our **“Cognitive Reserve”** and literally stretching our Body-Mind connection, we promote synaptic density and neurogenesis, which in turn gives us a bit more ability and cushion, for example if memory loss should strike. Neurogenesis is the process of forming new brain cells, a process that can continue through life, with the right tools.

Cognitive Fitness tools get us in a ready to participate state, and moves us from stress to balance in just minutes. When we are reluctant to get things started, stay involved or complete something, we are likely feeling a certain level of stress and blockage. If this is indicating that we aren’t on track or something needs to digest more, Cognitive Fitness gives us that awareness. **However if we are simply getting in our own way or fabricating a distraction out of fear or lack of confidence or ability**, then Cognitive Fitness will support you in making a healthy transition back into connection and readiness for success.

With Brain Works Global and Cognitive Fitness, your natural potential will be drawn out, your brain will grow and you will feel young and mentally fit!

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., licensed Brain Gym® Trainers and Cognitive Fitness Experts. Their company trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

For over a decade [Jill Hewlett](#) has been providing inspirational and educational [keynotes](#), as well, Brain Works provides [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call Sharon Todd, Director of Sales and Operations 905.830.6902.



Become The Sculptor Of Your Brain!