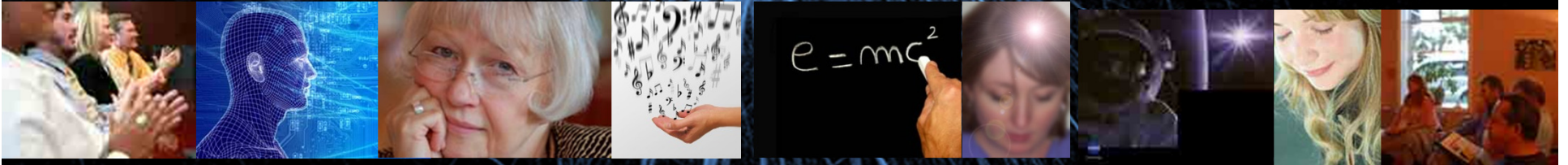


# Right Brain Aerobics™

## Sample Exercise Module

From Right Brain Express™ Training

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## Getting Right Brain Business & Career Results

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# **1 Right Brain Start Up Section**

A person wearing a blue short-sleeved shirt and blue shorts is in a starting crouch on a red running track. Their hands are flat on the track, and their feet are positioned in a starting stance. The track has white lane markings.

# **Right Brain Start Up Exercise**

**This exercises Mental Focus, Affirmation, Sensory Awareness, Concentration**

**“Right Brain Start Up” is the FUNDAMENTAL Right Brain Aerobics Exercise. Do daily. Do often. Do anywhere.**



**“The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office.”**  
**– Robert Frost, American Author**

# Right Brain Start Up Exercise: Instructions

Do this exercise any time, any where to focus and relax at deeper levels – open the creative mind and reduce stress. Use with sound CD when possible.

1. 3 **Shifts in Movement** or Position: Shift position, sit up straight, smile, laugh, sigh, stretch, stand or move slightly before sitting again.
2. 3 Sips of **Water** (clear plain water)
3. 3 Deep Breaths (slowly)

Now you're slightly more **RELAXED** mentally and physically.

You are coming to be **“present.”** Notice what is going on near by. Notice other people in the room.



## Right Brain Start Up Exercise: Instructions

- 4. 3 Inventories:** Take inventory of the physical body, the emotional-mental state, the environment. Visualize an ideal, relaxed, physical-mental, environmental state.
- 5. 3 Affirmations:** a) Affirm 3 things about yourself such as intelligence, beauty, strengths, etc. Focus on each and the feelings that arise with affirmation. b) Mentally affirm another person present -- or someone in your team/group.
- 6. 3 Gratitudes:** Think of 3 things you are grateful for, love, are passionate about in work or personal life. Focus on each and the feelings that arise with gratitude.
- 7. 3 Minutes of Silence (Mental Focus)** -- more if you can, less if you can't. Be silent, do nothing. Take a short mental "vacation" for rejuvenation and refreshment. Notice any images, symbols, ideas that show up "out of the blue" and record them later.



You are ready to begin anew and in a more creative-intuitive, focused state of mind. Anytime, anywhere.

## Right Brain Start Up Exercise -- Use To:

1. Start the day with deep focus, calm & positive outlook
2. Activate the creative-intuitive “ah hah” brain any time
3. Lower stress and reduce angry outbursts – a health-and-brain building “time out”
4. Start meetings – or close meetings – and prepare for interviews and presentations
5. Interrupt “workaholic” syndrome, and physical problems from sitting in one spot (or reading small online print) without pause.
6. Relax, calm down, sleep better at day’s end
7. Improve health – hydration, oxygenation, relaxation



**“No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you’d be more productive.”**

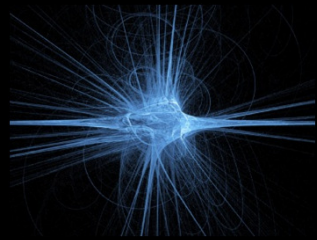
**-- *Dr. Joyce Brothers, psychologist***

**“There is no need to go anywhere else to find peace. You will find that deep place of silence right in your room, your garden, or even your bathtub...”**

**-- *Dr. Elisabeth Kubler-Ross, author***

**“Everybody should have his personal sounds to listen for - sounds that will make him exhilarated and alive or quiet and calm.” – *Andre Kostelanetz***

**“Tension is who you think you should be. Relaxation is who you are...” -- *Old Chinese Proverb***



# Right Brain Aerobics™

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