The eight principles of BELL

NeuroWisdom

1. Relax your mind and body several times an hour while learning or working
2. Visualize your goals, obstacles, and solutions throughout your workday
3. Learn how to deeply concentrate and maintain focus on your task
4. Daydream once or twice an hour for 60 seconds to enhance memory and problem-solving abilities
5. Integrate your intuition with logic and reason
6. Every hour, anchor mindfulness in your mind and body with sensory cues and value-based words
7. Integrate pleasure and enjoyable activity breaks into your work schedule
8. Maintain unwavering optimism, no matter what

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