

177: Your Brain, Unleashed!

10 Point Checklist

Wynford Dore

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"The more the brain gets wired up, the more things become automatic, effortless, natural, and precise."

WYNFORD DORE

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Research works done by Professor Nicolson and Jeremy Schmahmann on how the brain operates, particularly the cerebellum. The cerebellum is like the quality control of our brain that creates permanent wiring of skills. When left undeveloped, it causes limitation in skill development and may lead to poor quality of life.
- Revisit Bill Donius' episode and get valuable inputs about using my right brain for creativity and problem-solving.
- Be more aware of different innovative medical technologies and understand its benefits in enhancing the quality of my life and brain function. Examples of such are SPECT scans, qEEG and stem cell.
- Grab a copy of Wynford's book called Stop Struggling In School and learn different exercises to train eye and balance and so much more.
- Promote physical activities with children as this will help in the development of the cerebellum. Use balance boards and any type of exercise that involves movement and stimulation of the vestibular system.
- Recognize that inaccurate eye-tracking skills lead to inadequate reading performance and there are exercises and programs that can be applied to solve this.
- Familiarize myself with different kinds of eye exercises and tools to improve my eye muscle. Dr. Liberman, who was on the show, mentions the Brock string. Wynford mentions the pinhole glasses that I can wear for about 10 to 15 minutes a day.
- Practice mindfulness and meditation. This is one of the disciplines that I can do to improve memory and retention.
- Share my learnings from this episode to anyone I know who might have kids that are struggling in their cognitive and physical skills and create opportunity for others to improve their quality of life.
- Get involved and deepen my understanding of brain function by participating in Wynford's withZING Brain Development.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/your-brain-unleashed-with-wynford-dore/>