

## 11 Ideas That Will Rewire Your Brain

We wanted to share this blog post from Tim Denning at [medium.com](https://medium.com). The post discusses how you can effectively "rewire" your brain to choose the thoughts you wish to allow in, and stand guard at the door!

Take the opportunity to read these 11 points, and lets talk about how I can help you become a catalyst for change in your own life!

[Click here to view the entire blog post](#)

What do you think?

