Exercise 15

This exercise helps you make the transition from lizard brain to Einstein.

Lizard Brain vs. Inner Einstein

☑ *Check* which brain you want to use in each of these situations.

Chased by a tiger	☐ Lizard	☐ Einstein
Chased by bills	☐ Lizard	☐ Einstein
Falling off a cliff	☐ Lizard	☐ Einstein
Falling off your budget	☐ Lizard	☐ Einstein
Having a heart attack	☐ Lizard	☐ Einstein
Having a worry attack	☐ Lizard	☐ Einstein
Drowning in the ocean	☐ Lizard	☐ Einstein
Drowning in debt	☐ Lizard	☐ Einstein
Attacked by a mugger	☐ Lizard	☐ Einstein
Attacked by a collection agent	☐ Lizard	☐ Einstein
Fighting a ninja	☐ Lizard	☐ Einstein
Fighting your partner	☐ Lizard	☐ Einstein
Car crash	☐ Lizard	☐ Einstein
Stock market crash	☐ Lizard	☐ Einstein
Can't breathe	☐ Lizard	☐ Einstein
Can't save money	☐ Lizard	☐ Einstein

A fun exercise for sure—but can you see how easily you slip into your lizard brain when you think about money?