

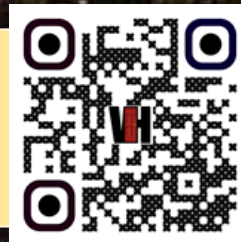
Grow Your Heart Train Your Brain

a workout program
for your INNER self

Simple exercises that will sync your mind and body
and increase you inner strength.



**Ruby and Ranger will be
your workout coaches.
Learn more!**



How do you know when your body is telling you it's time to get some exercise?

You know because you lose your breath walking up the stairs or your body hurts from doing simple chores like carrying in the groceries. You don't have the balance, flexibility, strength or endurance you use to. Those are all signs it might be time to start an exercise program.

Believe it or not, you have the same symptoms when your INNER self isn't at its best. Think of the times you were triggered with anxiety, and it took your breath away. You had to slow down or sit down. Do you feel out of balance, inflexible, lacking emotional strength to face the day? This is a good sign you might need to start an exercise program for your INNER self. **Grow Your Heart/Train Your Brain** is a program developed exclusively to help strengthen your inner self, and give you more internal balance, flexibility, endurance and strength.

The Grow Your Heart, Train Your Brain workout program consists of simple exercises designed to help you reconnect your mind to your body. This program will better equip you to take control of your mind so you can discover and live the life you've always wanted. Start these exercises today to begin your new holistic health lifestyle!

Ruby and Ranger can vouch for this program...they use it every day!



This program can be used in three ways:

1. **PERSONAL ENRICHMENT-** More than exercising and eating right. Studies show how you process information, react to stress and survive traumatic events determine your overall health and wellness. This exercise program will help you create a routine for incorporating the **Grow Your Heart/Train Your Brain** exercises into your daily life. Exercises that are proven to help eliminate toxic stress and damaging physical imbalances in your body.

Download this program today to **Make Yourself at Home.**
2. **AS A CLIENT RESOURCE-** Improve outcomes and enhance the growth experience of your clients by adding the **Grow Your Heart/Train Your Brain** exercise program as a regular part of your treatment and intervention strategies.
3. **TO STRENGTHEN YOUR COMMUNITY-** Facilitate a sanctuary for growth by incorporating the **Grow Your Heart/Train Your Brain** exercises in your work or home, or any of your organizational communities. Vashti's House can provide in-service training to help make this a part of an invigorating and enriching community culture.

Grow Your Heart/Train Your Brain Will Help You Make Yourself at Home

Self-Assessment

The most important thing we can do before improving anything is to assess the current situation. In the world of science this is known as **establishing a baseline**. The baseline is neither good nor bad. The only job of the baseline is to tell us where we might want to change and to measure future change.

Let's create a baseline to see how things are going inside of you by doing a self-assessment.

Put an "x" or check by any statements that might apply to you, so you can look for areas to grow.

Maybe you live too much "in your head"

- ☐ You can't make a decision unless you consider every possible option and outcome.
- ☐ You are distracted by all the people around you that need your help, advice, ideas, and knowledge.
- ☐ Your decisions are mostly made from responding to something that is making you angry, or afraid, or NEEDS to be done.
- ☐ When you see someone crying or in pain, you wish they would "just get over it".
- ☐ For you to value and respect others, they must adhere to your expectations.

Perhaps your emotions do your "thinking" for you

- ☐ You often have involuntary emotional reactions that don't necessarily match the event.
- ☐ You can't make future goals because you're not sure how you're going to feel in the moment.
- ☐ You can't consider advice or facts when making a decision and mostly just "follow your heart".
- ☐ Most decisions are impulsive and serve you for the moment.
- ☐ You don't like to do things that don't make you "happy".

You're not sure of who you are

- ☐ You depend on others to tell you how to think, feel or act.
- ☐ You depend on the approval, validation, or permission of others to think, feel or act.
- ☐ You don't know your own morals, values, standards or purpose.
- ☐ You make your decisions based on culture or family expectations instead of what you want from life.
- ☐ You feel personally responsible for the actions, feelings and thoughts of those around you.

You want your internal self to be healthy and strong

- ☐ You want to know and be true to yourself.
- ☐ You want your brain and heart to have the same goal.
- ☐ You want to thrive in life's unpredictability.
- ☐ You want to see life as a map of opportunities instead of a one-way, dead-end road.
- ☐ You value internal growth.

What did you discover about yourself?

What areas would you like to grow?

Let's start by talking about your **MIND**

It's an important part of you!

"Free your mind
and the rest will
follow." En Vogue

"The mind is its own place,
and in itself can make a
heaven of hell and a hell
of heaven." John Milton

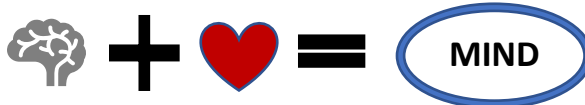
"Nothing is at last
sacred but the
integrity of your
own mind." Ralph
Waldo Emerson

"Do not conform any longer
to the pattern of this world,
but be transformed by the
renewing of your mind."
The Apostle Paul

"You can do
anything you set
your mind to."
Benjamin Franklin

Lots of good quotes...but what is your "mind"?

Think of your mind as the combination of the physical thinking muscle ... your BRAIN
And the inner part that makes you YOU ... your spirit... or HEART



IF YOU WANT TO HAVE A HEALTHY MIND, YOUR BRAIN AND YOUR HEART HAVE TO BE HEALTHY AND STRONG AND WORK TOGETHER.

Our genetic predisposition, our experiences in life, and our perception of the world around us influences the way our brain automatically processes information.



Your heart has the power to influence and redirect how your brain processes that information.



This program is designed to help you grow internally and learn to reconnect your heart with your brain, REGARDLESS of your life experiences, genetic code or your learned world view. The growth happens by doing the workout. It's simple... **Learn and DO the workouts for a stronger and healthier MIND so you can "Make Yourself at Home".**

GAIN INTERNAL STRENGTH AND FORTITUDE SYNC YOUR HEART AND BRAIN

We know that **exercising** is important to stay healthy and strong and improve your quality of life!

RIGHT NOW...name as many workout programs as you can think of! **GO!**

How many can you name? There are a lot because we know exercise matters...but did you know that what is going on **INSIDE** of you, your mind health is equally as important as your physical health?

Most of us can feel it when we are out of shape. We lose our breath walking up the stairs, our muscles ache after carrying in the groceries, simple tasks seem overwhelming.

The same is true when our inner self is unhealthy. We are triggered unexpectedly and we lose our breath and feel immobilized. We feel powerless to go places, to do things, or meet with people. When we do step out, we may feel emotional pain for many days after wondering if we “did it right”, “what people thought” or “what is going to happen now”. Living like this is living “out of shape” for your inner self and it creates a toxic environment to live in.

Think of the things going on in your mind right now. Do you live in an internal toxic environment of fear, doubt, worry, powerlessness or shame?

Can you name toxic things going on inside of you right now?



What would it look like for your internal self to be a **home** environment, where you are your *own* sanctuary for growth?



No matter what, we can always be healthier!

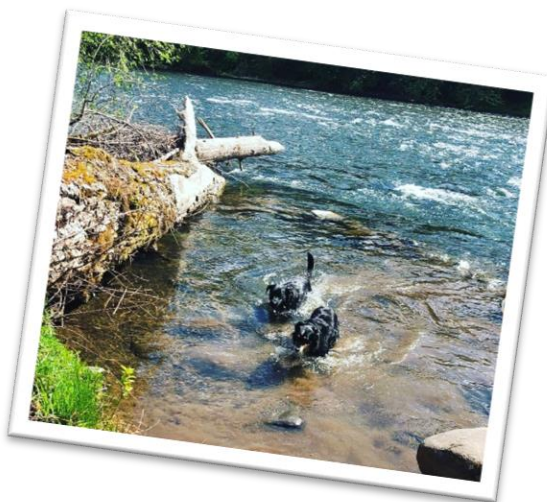
And the best way to do that is **not focus on CHANGE, but focus on GAIN!** Adding these exercises to your life will help you gain new experiences, perspectives, core memories and neurological pathways to make new decisions and become a healthier and happier you.

LET'S BREAK IT DOWN

Grow Your Heart (GYH)

Think of the *Grow Your Heart* exercises as your “cardio” workout

Just like cardio exercises, they give us that immediate boost of feel-good energy while at the same time, strengthening us for long term endurance.



The **Grow Your Heart** (GYH) workout is the “cardio” for your inner self. These exercises do 2 things.

1. They give you an immediate boost of feel-good hormones which heals and nurtures your inner self, or true self.
2. They provide healthy core memories to use. When most of our core memories are traumatic, we need to create new ones that can help us draw from positivity instead of negativity. Drawing from positive experiences is how we get internal endurance ...which you'll need when you get to the “Train Your Brain” part.

LET ME TELL YOU MORE!

1

GYH exercises feel good! They will give you an emotional boost because they are all activities that will immediately release feel good hormones (such as dopamine, serotonin, oxytocin, and other chemicals) into your body.

Sometimes our GYH activities don't go as planned (like when you decide to go barefoot and you get a splinter in your foot... not fun) but the neurons are still activated by doing the exercise. The healing is still happening!

2

GYH exercises simulate early childhood development experiences. Feeling separated from your body, out of control or unsure of your place in the world, makes it difficult to move forward. As an adult, you can go back and re-nurture yourself so important internal messages become ingrained.

The GYH exercises will help give your heart what it needs to feel safe in the world. They give you the nurturing and the diverse experiences you needed as a child. This will help you grow neurons of trust, self-identity, and confidence, so you can face challenges and adversity.

Continuing to nurture yourself with the **Grow Your Heart** exercises, will improve your overall wellbeing and grow internal fortitude, so you can take on the **Train Your Brain** strength building exercises.

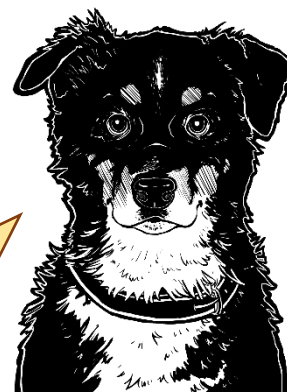
Here are some things to know:

The parameters for a **GYH** exercise should be **free flowing** and **fun**.

It is basically anything that is expressive or experiential such as singing Karaoke, going fishing, roller blading, learning to knit, going to the movies... you get the idea.

“Helpful hint from Coach

I am really intuitive and I like taking care of others. Take my advice, if you've experienced a lot of trauma, or are still healing from deep wounds, just do the **Grow Your Heart** exercises for now. Stay focused on these activities until you feel better **and** have nurtured **at least one supportive relationship** you can trust (a friend, counselor, spiritual leader, sponsor, coach). Once you feel better and are in a supportive relationship, you can hit the weight pile and start doing the **Train Your Brain** heavy lifting. Anyone who's done weightlifting knows you might need a spotter, and it's best to be prepared!



COACH RUBY

Train Your Brain (TYB)

These exercises are your **STRENGTH BUILDING** workouts.

It is now time to use that big heart you've just grown inside yourself- take all those feel-good experiences from your GYH workout, and your supportive relationship and take mastery over how you are going to think and act.



This workout does two things.

1. It takes the power away from your past experiences, other's opinions, cultural expectations, lies you believed, and gives the power back to you.
2. It grows new neurological pathways, so you have more power over your choices.

LET ME EXPLAIN!

1 The **TYB** exercises gives the power back to you. You will make more decisions that work **FOR** you and give less power to others' opinions, past experiences, and culture. These TYB exercises are designed to take the guess work out of it! You just have to **DO** them!

2 These exercises give you the ability to critically think through choices and their potential outcomes. **TYB** exercises form the brain's neurological pathways giving you the ability to access your options!

TYB exercises will give you the power to go forward in **OTHER** areas of your life ...such as asking for a raise, inviting someone on a date, or confronting a co-worker.

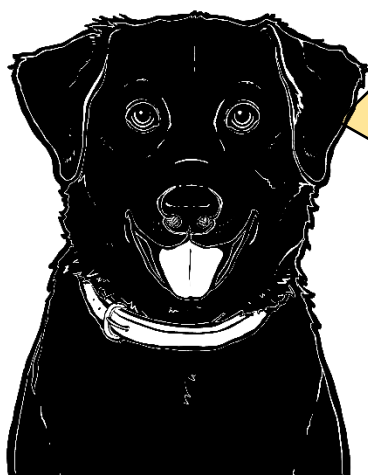
You might ask, “*does that mean if I ‘memorize a poem’ or use an ‘I’ statement instead of a ‘you’ statement it will help me ask for a raise?*”

The answer is “YES”... because, *as you do the workouts you expand your neurological connections exponentially*, so you have extra avenues of planning and problem solving that you did not have before.

What is your personal power lifting 100? You can practice it... and come up with more! Maybe you want to change your diet, or you decide to limit your screen time, say “no” or “yes” more often.

The parameters for these exercises are specifically targeted at a behavior (not as fun as the *Grow your Heart* exercises), and possibly harder to do. **Similar to weightlifting or other strength building exercises, it might be painful and hurt in the moment, but it builds a better foundation for you to stay healthy long term.**

But there is a trick to keep going – even when it’s painful... that “trick” is to **KNOW YOUR WHY**. If you’re going to do something hard that you don’t really want to do... you need a “why”.



COACH RANGER

“The ‘**why**’ is the most important thing here. It’s hard for me to come when I’m called or stop chasing birds when it’s time to come in. But I remember I want my family to know I love them, that’s why I *eventually* listen. What I learned is, ask yourself who do you want to be. Most importantly for me, who’s in your pack that needs you? Your “why” must be worth it or the exercises won’t be. **Know your why.** Do these exercises and other **TYB** workouts you come up with, and you will become stronger and happier AND get more ‘treats’ in life. I promise.” Coach Ranger

To learn more. Follow Coach Ruby and Coach Ranger on social media. #GYHTYB

***Both the Grow your Heart, and Train your Brain exercises have an option for you to create your #100. Use the parameters set for these exercises and create one that is specific to your personal goals!**

GROW YOUR HEART EXERCISES

1. Hug someone for 20 seconds
2. Practice porch sitting
3. Stretch
4. Look at pretty things, admire art - architecture, museum
5. Take a walk
6. Spend time with animals
7. Go to a local school game, play, or musical event even if you don't have school age kids
8. Experience something new - escape room, mini golf...
9. Sit with a friend who is hurting
10. Listen to or watch a motivational speech
11. Look at the stars/stargaze
12. Take a nap
13. Look in the mirror - who do you see? First impressions?
14. Smell a flower
15. Get into water - swim, soak, or play in the sprinkler
16. Look at old photos
17. Tell someone you love them
18. Pay for a massage or spa day
19. Spend extra time on personal grooming
20. Draw or color
21. Play an instrument - a kazoo, drumming on pots and pans, the piano or old instrument sitting in your house
22. Listen to music
23. Daydream
24. Read a favorite children's book
25. Go to the library and borrow something
26. Sit by a fire and watch the flames
27. Go to a park and do everything there that is available to do
28. Make yourself a special food or drink
29. Set a nice table for a meal
30. Celebrate an accomplishment
31. Do a random act of kindness for someone you know
32. Do a random act of kindness for someone you don't know
33. Volunteer
34. Dress up for a mealtime or ordinary errands
35. Sing your favorite songs
36. Pray for the people that matter to you or elevate them in your thoughts
37. Acknowledge your humanity, accept your shortcomings
38. Read a poem
39. Play a board game with a friend
40. Climb something and look at the world from up above
41. Go on a picnic
42. Organize a space in your home or office
43. Eat something you've never eaten before
44. Deep clean a small space
45. Send a letter or postcard to someone
46. Tell someone why you appreciate them
47. Nurture something or someone
48. Sustain eye contact while listening to someone
49. Hold hands with someone
50. Fly a kite
51. Kick, throw, or hit something (soccer ball, frisbee, soft ball, punching bag, drums, tennis ball)
52. Build something
53. Watch a children's movie, or tv show, you once loved
54. Laugh- watch a comedy show, read something funny
55. Wrestle
56. Tinker or Putz
57. Go to a church service or participate in spiritual gathering- drum circle, meditation...
58. Experience something cross cultural
59. Give yourself a scalp massage - have someone brush your hair
60. Design and craft something
61. Sit in Silence and listen
62. Go on a drive
63. Visit a plant nursery
64. Visit a farmer's market
65. Visit a local bazaar or exhibition
66. Participate in a tour of homes
67. Write a poem
68. Listen to an audio book
69. Make a photo album
70. Start a journal
71. Experience the weather- whatever it is
72. Serve someone
73. Invite someone over
74. Do something in the dirt
75. Hum
76. Join a social or a community group
77. Snuggle a friend, baby, animal, pillow or plush toy
78. Light some candles
79. Listen to instrumental music
80. Make your bed, beautify your space.
81. Steam in the shower, steam room or sauna
82. Go barefoot
83. Pack yourself a fantasy sack lunch and eat it later
84. Put on lotion or a healing skin cover (vitamin e or coconut oil)
85. Add in a self-care activity to your daily routine
86. Give something away
87. Practice being alone - set aside a designated time
88. Play with playdough or silly putty
89. LARP
90. Get a mentor, counselor, or a sponsor and talk to them
91. Write encouraging notes to yourself, stash them around
92. Do something scary (but safe)
93. Do a grounding or breathing exercise
94. Slow down
95. Find a "life quote", verse, or saying to guide you
96. Dance
97. Meditate on something or someone who inspires you
98. Join a cause or become a member of something fun or important
99. Say "thank you", express gratitude

What's Your 100? _____



TRAIN YOUR BRAIN EXERCISES

1. Listen to someone vent - don't interrupt or fix it
2. Listen to a different perspective - ask questions
3. Listen to learn something new - a training, a college course...
4. Change a "don't" into a "do"
5. Participate in a guided meditation or prayer
6. Memorize a favorite saying or quote to match your core value
7. Memorize a favorite poem or song
8. Take personal inventory of areas to grow in
9. Count your blessings
10. Use "I" statements instead of "you" statements
11. Notice a "trigger" - explore its origins
12. Identify physical responses to your emotions
13. Take 12 seconds- Pause before acting
14. Identify your immediate purpose- Immediate goals
15. Know your grand purpose- Life purpose
16. Tame your "righting" reflex - let others grow at their own pace
17. Ask for what you want or need - don't assume
18. Decide to do something different than the way you've always done it
19. Change your self-talk to focus on strengths
20. Decide to forgive yourself for something
21. Decide to forgive someone else for a wrongdoing against you
22. Name your feelings
23. Share your feelings with someone you trust
24. Know your top ten core values
25. List those in your circle you have influence over
26. Think a good thought about those in your sphere of influence
27. Write a letter to your previous self
28. Write a letter to your future self
29. Make a short-term goal with steps to accomplish it
30. Do brain games - crossword, sudoku, wordsearch
31. Tell the truth
32. Challenge a status quo - How can you make things better
33. Research a back story - maybe someone you admire...
34. Ask "why?" - don't just do it
35. Imagine your "ideal" self
36. Make a list of steps to become your "ideal" self
37. Visualize and re-experience a happy childhood memory
38. Accept a confrontation or criticism
39. Name 5 qualities that are unique to you
40. Do something good for yourself when you don't want to
41. Pray or seek guidance from the metaphysical (God)
42. Focus on what you can control...not what you CAN'T
43. Designate a period of time to switch up your morning routine
44. Designate a period of time to switch up your evening routine
45. Name five reasons why you made a decision
46. Learn or re-learn some math
47. Start and keep lists
48. Start a calendar and/or planner
49. Follow the rabbit hole if something doesn't make sense
50. Weigh risk v's reward
51. Flip the Script (change the narrative in your head)
52. Make an "If" or "when" ___ "then" ___ statement to establish a boundary
53. Listen to or read an inspirational story
54. Say "please" and "thank you"
55. Empathize with and/or validate someone else's feelings or experience
56. Decide to concede or compromise
57. Offer a "free pass" to someone who has offended you
58. Eat to fuel your brain
59. Get and keep your heart rate up for 10 minutes
60. Keep a list of things you've learned
61. Turn a negative experience into wisdom- write it down
62. Share learned experiences with a friend
63. Teach someone something
64. Learn a new skill or hobby
65. Accept an apology
66. Accept a compliment
67. Feel your feelings- observe what they are telling you
68. Acknowledge wrongdoing or mistakes you've made
69. Seek restoration/offer restitution
70. Let it go - even if you must do it over and over
71. Prioritize
72. Practice mindfulness - pay attention/tune in
73. Name ways in which you are satisfied
74. Create your own definition for freedom
75. List 5 things you can change to meet your goals
76. Name 5 qualities that make up "home". Begin to create it
77. Look for patterns in your life, friends, decisions...
78. Identify 5 qualities of a personal hero
79. Change all "I can't" or "couldn't" statements to "I decided ___because..." or "I chose ___because..."
80. Take off the words "to me" when retelling someone else's actions
81. Accept yourself in real time
82. Be decisive - stand by your decision
83. Don't apologize to placate
84. Don't "should" on yourself or others
85. Make a judgement, don't pass judgement
86. Simplify your life - release unneeded things, people, activities
87. Rehearse/role play/practice healthy behaviors
88. Describe your ideal parent and in your mind...imagine that person hugging you
89. Look for a "sign" - follow the "peace"
90. Name five things that makes you a good influencer
91. Think about the things people will miss about you when you're gone
92. Identify what you are grieving and why
93. Believe something in faith - it is the bridge between what you know and what you're learning
94. Choose hope - focus on the goal...not the obstacles
95. Meditate on what you know already or have learned
96. Keep a clean slate - forgive as you go
97. Reorganize your memories to make them work for you
98. Push through - transition on the "upswing" not the downswing
99. Use and "I feel ___ when you ___" statement to communicate and clarify

What's Your 100? _____

LET'S KEEP TRACK!

Name _____

Check it Off:

I did  exercise # _____ Date _____

I did  exercise # _____ Date _____

This is my 100 for  _____ Date _____

This is my 100 for  _____ Date _____

A helpful hint *Do at least 5 GYH exercises before you do a TYB exercise.

Journal your workout

I shared my workout experience with

Friend _____ Support or Treatment Group _____ Family Member _____

"Good Job and Congratulations!" - Coaches Ruby and Ranger



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