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# NeuroScience Tips: Video 4

## Positive Priming

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## Key Takeaways

- Yerkes–Dodson Curve.



- Priming = setting something up so that it is ready to start.
- Neuroscience teaches us that all it takes is **2 minutes of Priming with POSITIVE thoughts to get a 10% performance boost.**
- Positive Priming does not matter if you think about a real thought/event or a fake one. The result is the same.
- **Your brain does not know the difference between real and fake** (acting, pretending, imagining).
- Your body, your mind, will by default Prime with Negative if you do not make the choice to Prime with Positive.
- **You have the choice:** in stressful situations you can Fight—Flight—Freeze, OR you can choose to use Positive Priming!

Print out this **Support Guide** and using a pen or pencil, write out your answers, your comments and your notes. Remember, this is one way to “**Lock in Learning**”.

## Questions to Ask Yourself + Actions to Take

1. What **positive images** can you think about internally to Prime with Positive for 2 minutes before your next stressful situation?

- a. At work: \_\_\_\_\_  
\_\_\_\_\_



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b. At home: \_\_\_\_\_

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c. At play: \_\_\_\_\_

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2. What **positive emotions** can you think about to Prime with Positive for 2 minutes before your next stressful situation?

a. At work: \_\_\_\_\_

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b. At home: \_\_\_\_\_

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c. At play: \_\_\_\_\_

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3. Can you remember a past stressful situation where your body and mind used your default setting to Prime with Negative?

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4. If you had Primed with Positive instead, can you picture how the stressful situation would have turned out better?

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5. What can you say to someone on your team to Prime them with Positive just before they go into a stressful situation?

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