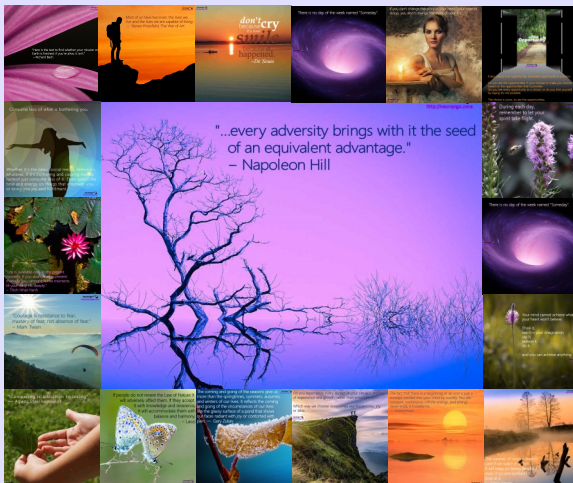


# Daily NeuroNudges™

Volume 1



Daily inspirational and affirmational nudges  
for self-esteem and success

Experience Your



**G. Keith Engelhardt A.S., B.A., MYT**

# **Daily NeuroNudges™**

Volume 1

**Inspirational and affirmational nudges  
paired with remarkable images to  
promote self-esteem  
and success.**

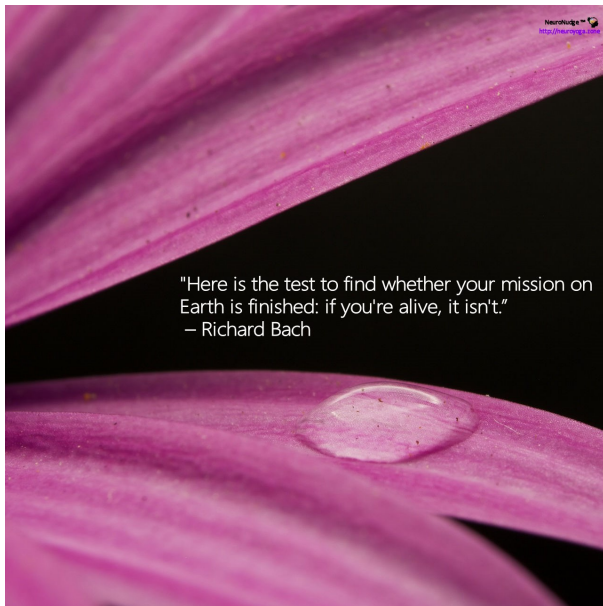
**G. Keith Engelhardt A.S., B.A., MYT**

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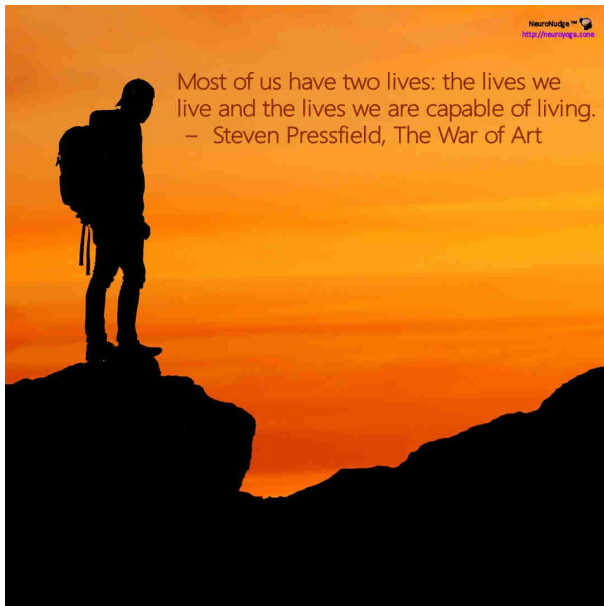
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## Daily NeuroNudges™



What is the next stage of your life mission?  
What amazing step will you move into manifestation of that mission?

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It's the life, I believe, that we all deeply desire. It's the life that we know exists somewhere deep inside us that we wish we could actualize. The you who shows up with your best stuff, making things happen, making a difference, living a life of significance.

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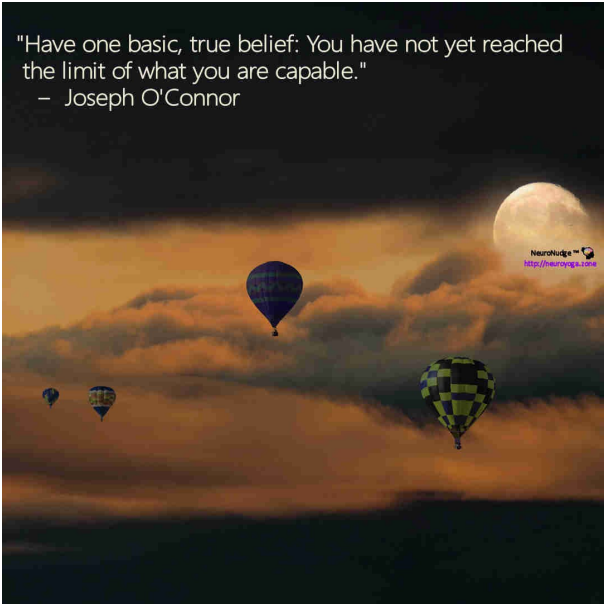
What seeds will you plant?

What ideas or relationships will you pollinate?

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"Have one basic, true belief: You have not yet reached the limit of what you are capable."

– Joseph O'Connor

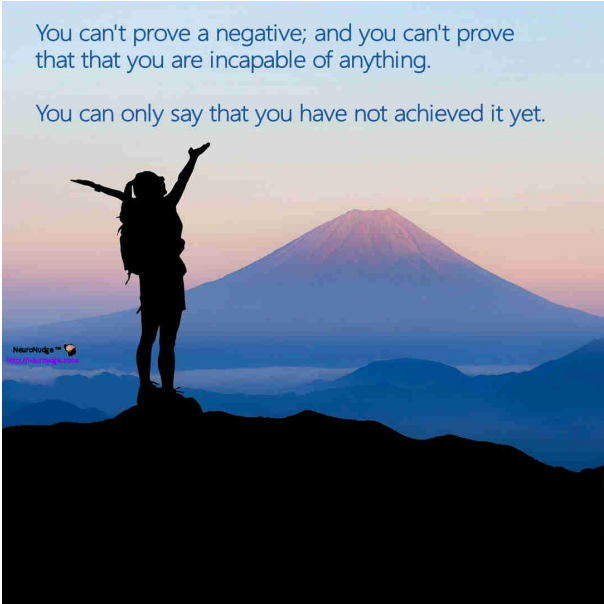


What limit(s) will you stretch today?

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You can't prove a negative; and you can't prove that that you are incapable of anything.

You can only say that you have not achieved it yet.



Do not rush to decide what is possible or not possible. Avoid mistaking current competence for your belief of possibility. You can't know your limits until you test them and reach them.

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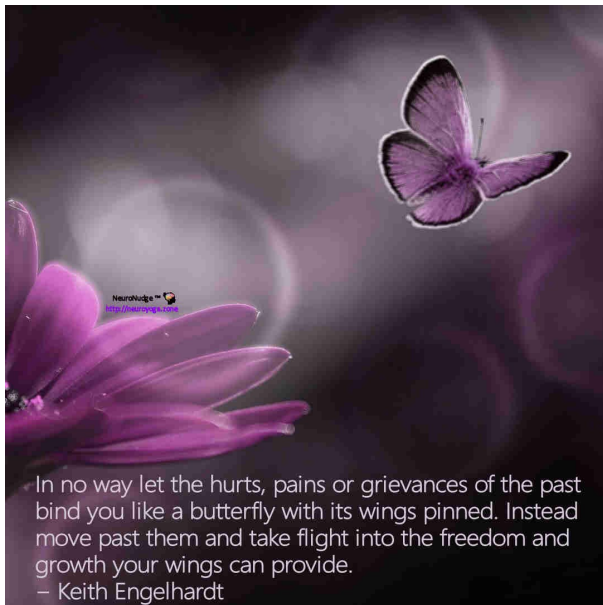
There is no one reality, it's all in the framing we each do. We all see things through our own lens and we settle on the vision that gives us the most sense of comfort when things happen to us; we sift and resift information to shape how we see the world.



Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. Choose wisely.



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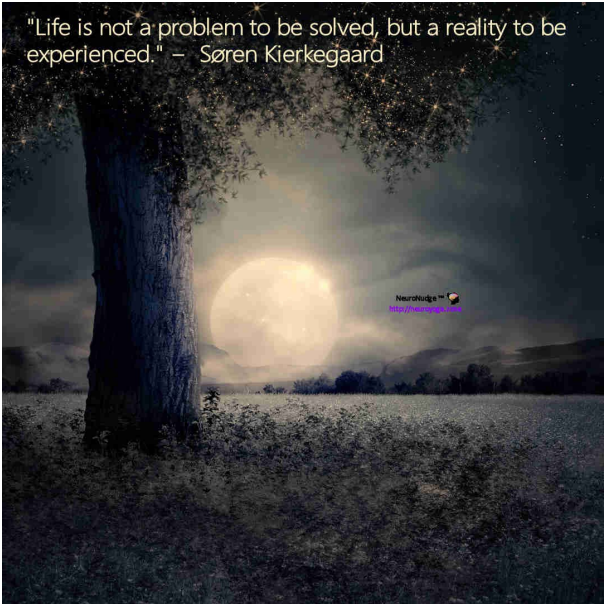


In no way let the hurts, pains or grievances of the past bind you like a butterfly with its wings pinned. Instead move past them and take flight into the freedom and growth your wings can provide.  
– Keith Engelhardt

How will you take flight each and everyday?

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"Life is not a problem to be solved, but a reality to be experienced." – Søren Kierkegaard



If you want to conquer the stress or anxiety of life, shift to a mindset of presence and experience. Be mindfully present in each moment and experience it.

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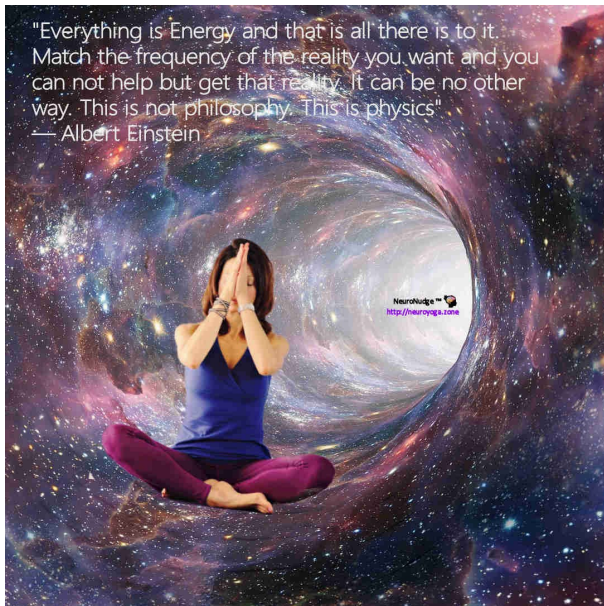
"Life is short. Why waste a single day of it doing something that doesn't matter, that doesn't try to do something big?" – Dean Karmen



What big thing or journey will you initiate today?

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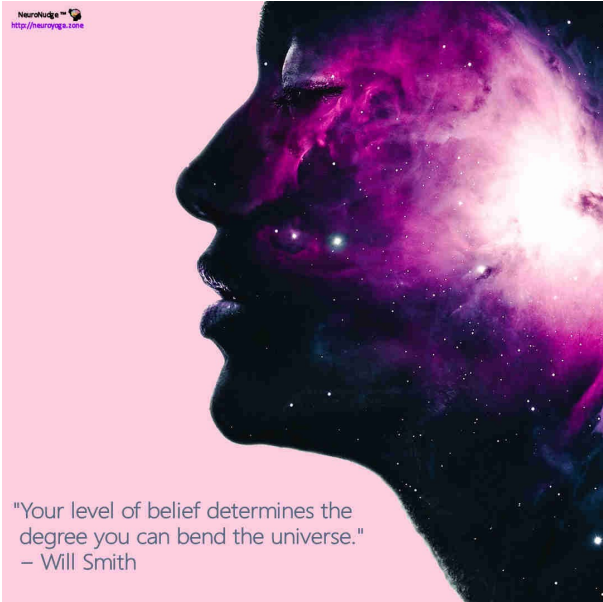
"Everything is Energy and that is all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is physics"  
— Albert Einstein



The fact that there is a beginning or an end is just a concept seeded into your mind by society. You are constant, continuous, infinite energy, and energy never ends, it transforms.

— Anonymous

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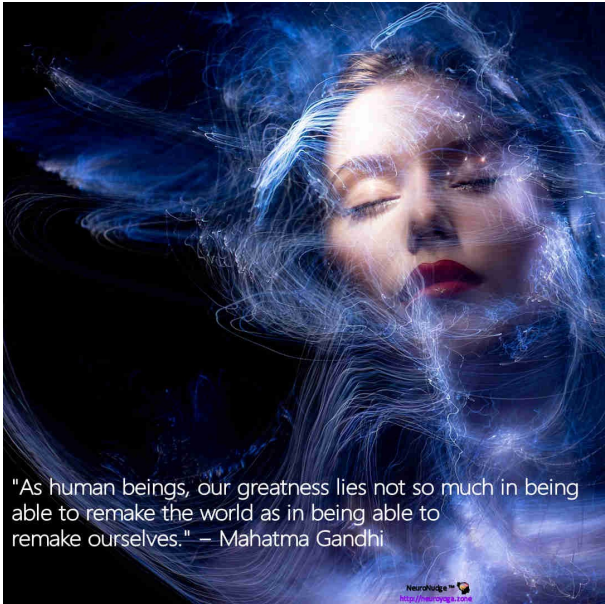


If we go through life thinking things like, “This is just the way it is. I’ll will never \_\_\_\_\_”, then you live out life controlled by this paradigm of belief.

Paradigms of belief are important because they control virtually every aspect of your thoughts, behavior and results. The subconscious mind cannot distinguish between the actual reality or our thinking regarding it, or our beliefs about it.



You have the choice whether you stay suffering the events and circumstances of the past or move forward into a future of both opportunity and possibility.



"As human beings, our greatness lies not so much in being able to remake the world as in being able to remake ourselves." – Mahatma Gandhi

Challenging yourself every day to do better and be better is the genesis of remaking yourself. Growth starts with a decision to move beyond your present circumstances and leaving behind reactions and behaviors that no longer serve you or others, and replacing them with habits that fuel your success and fulfillment.

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"Being negative only makes a difficult journey more difficult. You may be given a cactus, but you don't have to sit on it."  
— Joyce Meyer



Every prickly situation or experience usually blooms into something beautiful; especially when you change your mindset and perception of it.



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Our days and lives are made up of a series of moments. This moment, the next, and the next... In each moment is a choice. A choice of how we live and experience it. It can be a choice of negativity, angst, anxiety, stress, or fear. Or, one of positivity, potential, joy, or exuberance.

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The way I appear now, I will never appear again. I am "Life", and I am always changing. But still I am, always. And I can always rest in myself.

I can rest in and experience the core of my being where there is no striving, judgement, or attachment. I can just "be".

NeuroNudge™  
<http://neuronudges.com>

How do you keep your centering and balance when people around you have lost theirs, or it seems the whole world has lost theirs?

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Our suffering is caused by holding on to how things might have been, should have been, could have been.  
— Stephen Levine

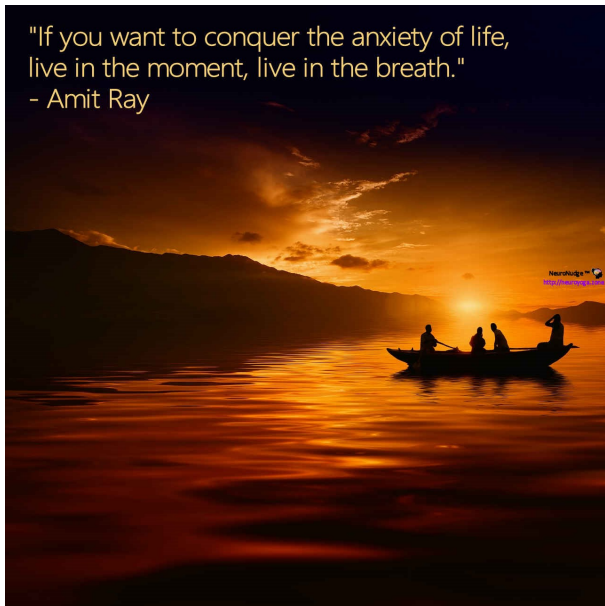


The human mind seems to have an unlimited capacity to form attachments and accumulations (thoughts, feelings, physical, and psychological) that lead to suffering.

It also has a unlimited capacity for joy, exuberance, and participating in life with presence. We get to consciously choose which state we experience.

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"If you want to conquer the anxiety of life,  
live in the moment, live in the breath."  
- Amit Ray



The breath anchors us to the moment, our life energy, renewal and equanimity.

Are you breathing in a healthy way?