

A Mind-Hacker's Guide to Rewiring Your Brain for Self-Mastery

When you are in Brain 3.0:

- you have the ability to break free of self-limiting patterns,
- you embody the highest expression of yourself
- and you build healthy and vibrant relationships, families, and communities.

Use this practical guide to jump-start your journey to naturally experience more wisdom, fulfillment, and joy



The Calm Clarity Approach

Using **neuroscience and mindfulness**, Calm Clarity provides a framework and toolkit to strengthen Brain 3.0. It's a simple, accessible, science-based approach that creates immediate and lasting impact on people and organizations.

What is Brain 3.0?

The Framework Brain 1.0, 2.0 and 3.0 are patterns of brain activation that affect how you think, feel, and act.



Brain 3.0 Well-Being & Mastery Inner Sage

Prefrontal cortex

YOUR EMOTIONS
Calm, centered, content, connected

- YOUR THINKING & BEHAVIORS**
- Embody your core values and aspirations
 - See the bigger picture and long-term time horizon
 - Be creative, wise, kind, and patient
 - Appreciate, lift up, and inspire people



Brain 2.0 Reward & Acquisition Inner Teen Wolf

Basal ganglia

YOUR EMOTIONS
Anxious, insecure, missing out, competitive

- YOUR THINKING & BEHAVIORS**
- Give in to addictions, urges, and cravings
 - Seek immediate gratification
 - Treat people as objects or competitors
 - Want to win at all costs



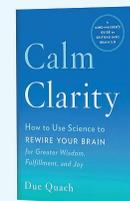
Brain 1.0 Self-Preservation Inner Godzilla

Amygdala

YOUR EMOTIONS
Fearful, unsafe, overwhelmed, powerless

- YOUR THINKING & BEHAVIORS**
- Transmit pain and damage relationships
 - Withdraw and isolate
 - Can't see or care about the negative impact you create
 - Be closed to new experiences

About Due Quach A Proven Methodology



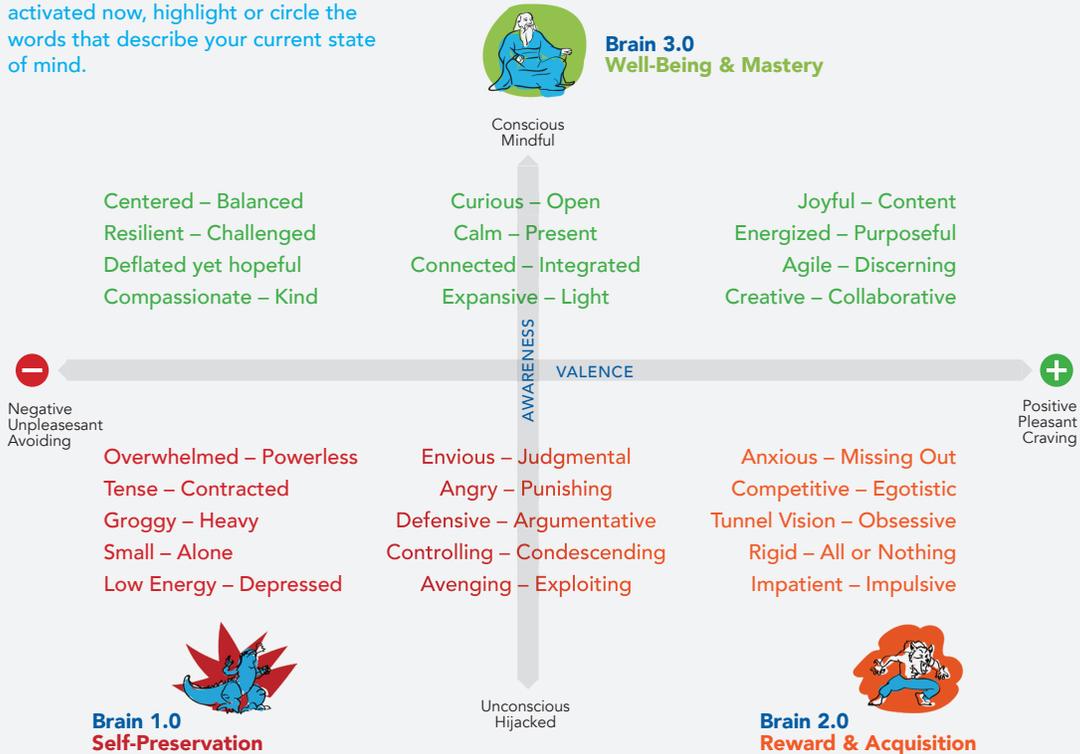
Founder & CEO, Due Quach (pronounced 'Zway Kwok'), is the author of *Calm Clarity: How to Use Science to Rewire Your Brain for Greater Wisdom, Fulfillment and Joy*, one of *Fast Company's* best business books of 2018.

Having started life in poverty as a refugee, Due grew up in inner-city Philadelphia, graduated from Harvard College and the Wharton School of Business, and built a career in management consulting and private equity investments. Due created Calm Clarity to share the neuroscience-based techniques she developed to heal PTSD, and become her best self.

Today, her in-depth understanding of neuroscience provides organizations with valuable insights for building a high-performing and inclusive culture.

Self-Assessment

To see which of your brain states is most activated now, highlight or circle the words that describe your current state of mind.



Simple exercises to boost Brain 3.0

Try these exercise to start mastering yourself.

Breathing

Calm your body and mind quickly in stressful situations



- 1 Inhale slowly for a count of 6 secs.
- 2 Hold for 3 secs. so your lungs expand
- 3 Exhale slowly for a count of 6 secs.
- 4 Hold for 3 seconds so your lungs deflate
- 5 Breathe slowly like this for 2-3 minutes to activate your parasympathetic nervous system until your heart rate slows and your body relaxes

Beginner's Mind

Observe your thoughts, to develop metacognition and befriend your monkey mind



- 1 Pay attention to the physical sensations of breathing, like air coming into and out of your nose.
- 2 Whenever your monkey mind wanders, with a sense of wonder, notice what it has wandered to.
- 3 When your Inner Godzilla or Inner Teen Wolf speaks, observe with curiosity, compassion, and detachment
- 4 Return your attention to the sensations of breathing

Inner dialogue exercise

Consider a challenging situation or choice. What does each of these voices say about it?

The situation:



Brain 1.0
Inner Godzilla



Brain 2.0
Inner Teen Wolf



Brain 3.0
Inner Sage

Positive Wishes

Activate the tend-and-befriend response to shift your body into a state of well-being. Saying and feeling positive wishes releases oxytocin and opens your heart



Say the following wishes for yourself and others. You can say them aloud when you are alone or quietly in your mind when you are in public spaces

- "May I/you/we be happy"
- "May I/you/we be healthy"
- "May I/you/we be safe"
- "May I/you/we be peaceful"
- "May I/you/we be prosperous"
- "May I/you/we live in harmony"

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Write to us and share your feedback

info@calmclarity.org

Benefit from more resources

Visit the resources section of the Calm Clarity website for other activities, including guided meditations, podcasts, and reading material