



Behavioural Insights

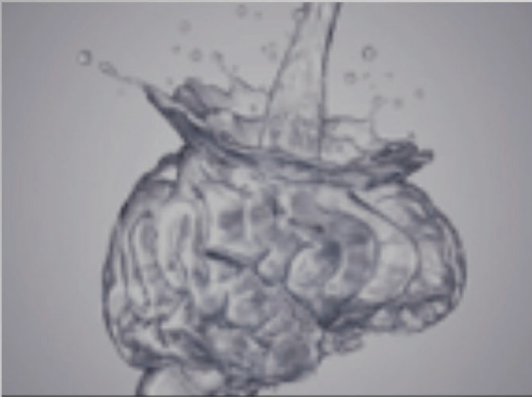
# Our Brain = Our Behaviour

Presented by Milo Wilkinson

Behavioural Scientist



# Brain Facts



73% water



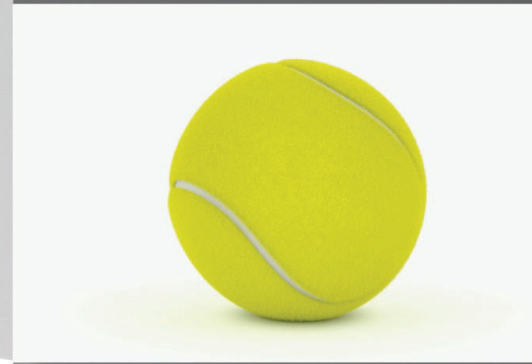
90 minutes of sweating



60% fat



50,000 thoughts



Shrinking



Multitasking hurts

# Brain Facts



Attention Span



Imagine



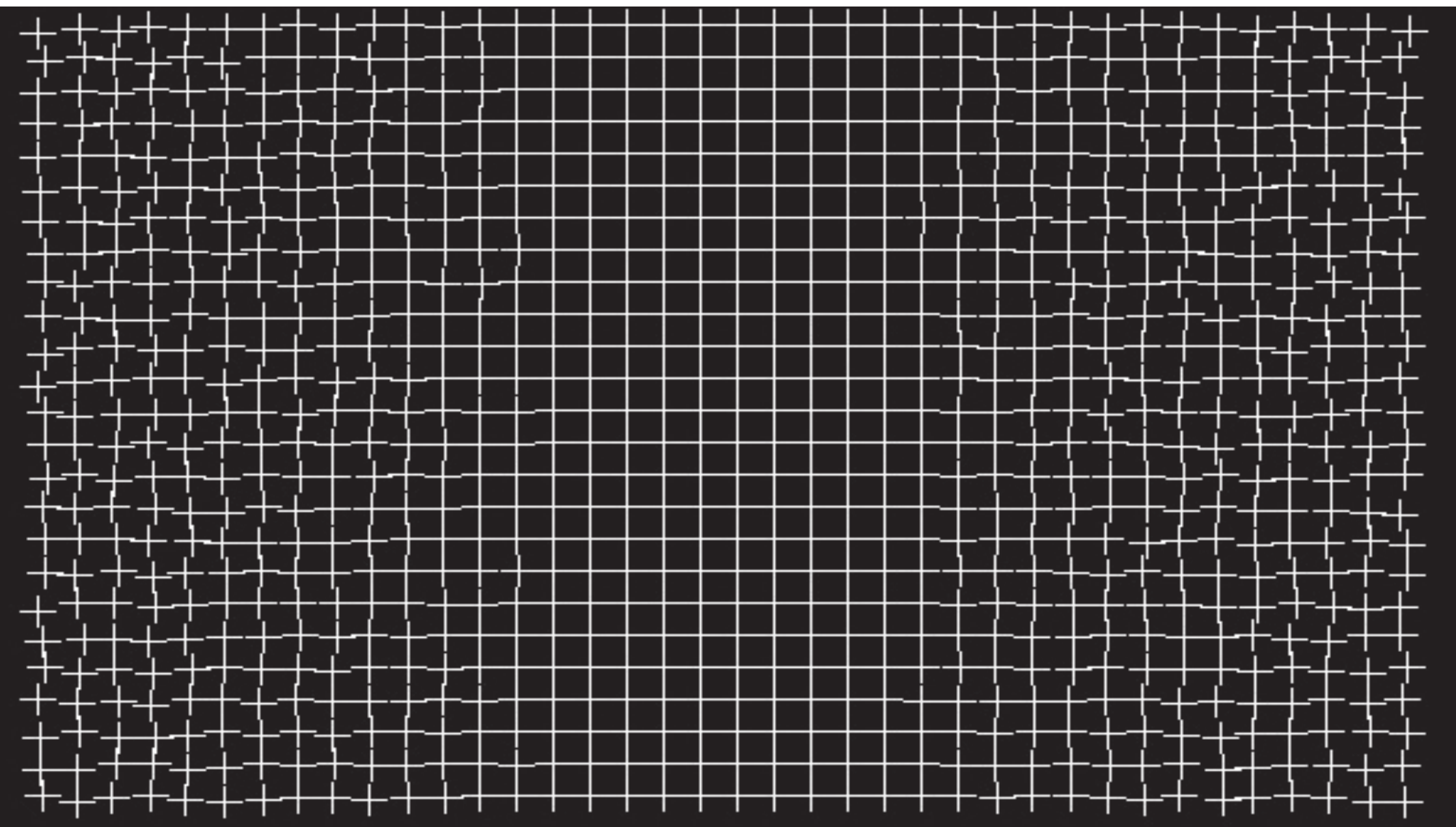
Memory

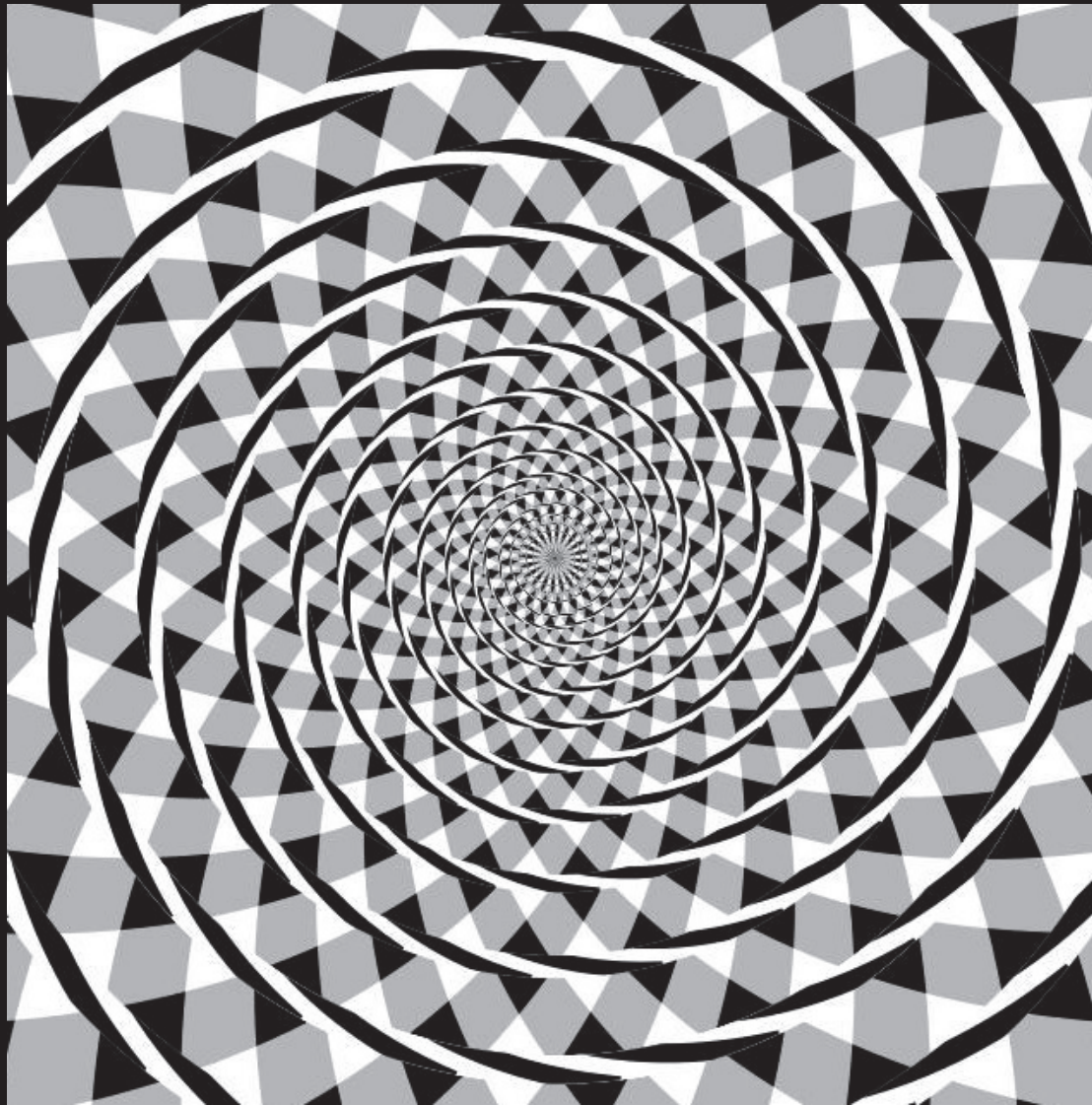


Have you noticed....

**Your brain sees your nose  
at all times, it just chooses  
to ignore it!**

Our brain selects what it wants to see.





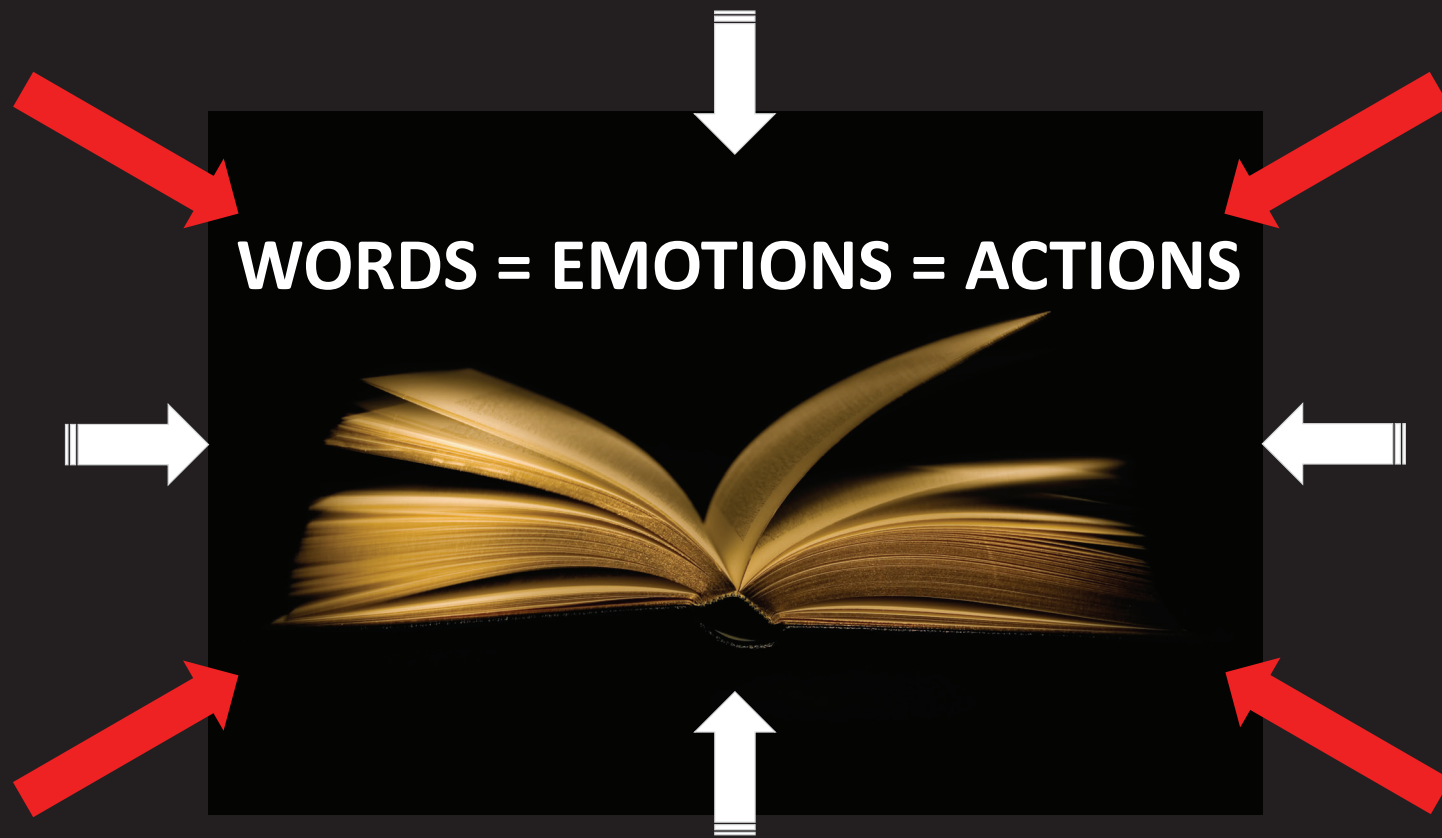


## Our Neurology vs Our Psychology





# OUR STORY



## Environmental Attitude



### COUNTER CLOCKWISE

Mindful Health and the  
Power of Possibility



ELLEN J. LANGER

AUTHOR OF THE BESTSELLING CLASSIC

*Mindfulness*

## STAY CURIOUS

When you lean into true discomfort, that is when great change happens. If you think you don't like it, explore it! LEAN IN!

## WATER

Drink a minimum of 2 litres of water per day for full cognitive capability.

## VISUALISE

Visualise what you want to change or disrupt for a minimum of 10 mins per day to increase your success rate. We are more likely to succeed if you have embedded its success!

## BRAIN GAMES

Apps like Headspace, Lumosity and other brain game training outlets. Train your brain and ensure it increases in difficulty and intensity. 10 mins per day at a minimum of 3 times per week.

## Prescription Plan

## VIVID DETAIL

Actively remember vivid details about your day (each and every day). Put the phone down in a coffee line, watch the world and the people in it. BE PRESENT

## ARROWS

You can't find the white arrows unless you are honest about the role you play in the red. Keep questioning your own logic and find the white arrows

## MIND / BODY

Dr Ellen Langer:  
"Where you put your mind, your body will follow"

Be mindful of where you put your wellbeing.

## Prescription Plan



## Contact Information

For questions, comments, and inquiries

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