

# THE MENTAL STRENGTH LAB

*A neuroscience-based roadmap from self sabotage to self mastery*

SWIPE TO LEARN

# A NEUROSCIENCE-BASED JOURNEY

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Your brain is wired for survival first, not for happiness

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Negative thought patterns are automatic neural pathways built over the years

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Neuroscience shows that through neuroplasticity, we can rewire the brain: weakening sabotaging circuits and strengthening positive, empowering ones.

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PQ (Potential Intelligence Quotient) = % of time your mind serves you vs. sabotages you.





## PHASE 1: THE UNVEILING

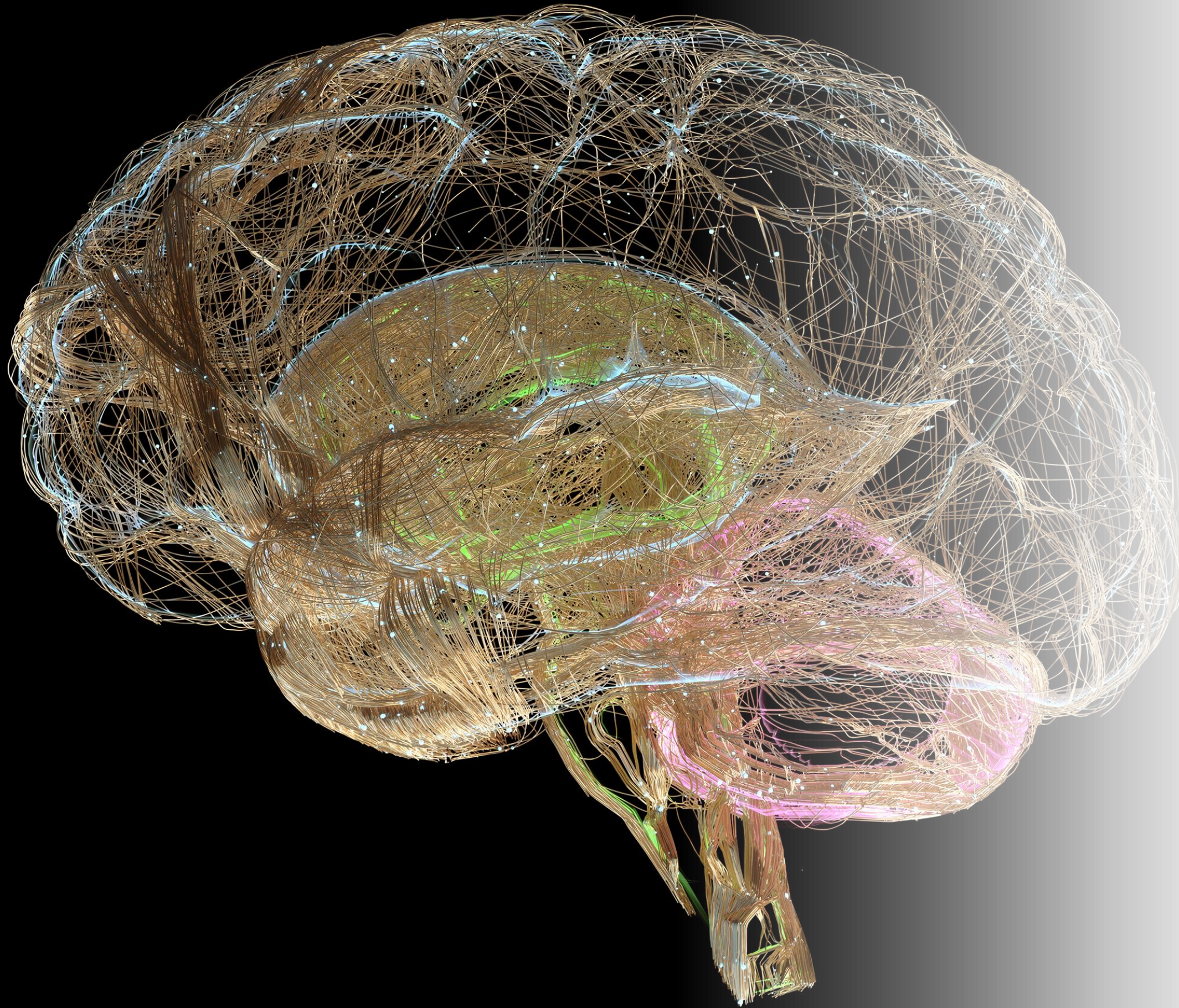
### Recognize what you are not

Brain areas activated:

**Prefrontal cortex** – self awareness, labeling thoughts

**Anterior cingulate cortex (ACC)** – conflict monitoring, noticing inner saboteurs

**Why this matters ?** naming sabotaging thoughts reduces their emotional charge (labeling effect). awareness literally calms the amygdala (a small part of the brain . Its main job: keep you safe from threats)



## PHASE 2: LIBERATION

**Minimize what you are not and that wants you to believe you are**

Brain areas activated:

**Prefrontal cortex + Dorsolateral PFC** – cognitive reframing, boundary setting

Reduced activity in **amygdala** – fear and stress response weaken

**Why this matters?** By reframing and setting boundaries, you weaken old neural circuits (atrophy) and create space for new pathways.

A woman with dark curly hair, wearing a yellow cable-knit sweater, is shown in profile from the chest up. She is looking upwards with a smile, her right arm raised towards the sky. The background is a soft-focus sunset or sunrise sky with warm orange, pink, and purple hues.

## PHASE 3: REVELATION

### Strengthen who you are

Brain areas activated:

**Hippocampus** for memory consolidation (journaling, meditation)

**Prefrontal Cortex + Insula** for deeper self-awareness, connection to emotions

Theta brain waves support integration of new neural pathways

**Why this matters?** Positive repetition increases connections, meditation increases cortical thickness in regions of empathy towards the Self and emotional regulation.

An abstract sculpture made of numerous layers of colored paper, folded into petal-like shapes. The colors range from bright orange and yellow at the base to soft pinks and light blues at the top, creating a sense of depth and movement. The petals are arranged in a dense, overlapping cluster.

## PHASE 4: EMBODY THE CREATOR WITHIN

Brain areas activated:

**Default Mode Network (DMN)** a group of brain regions that “light up” when your mind is at rest, daydreaming, or thinking about yourself and your life. It’s like the background map of your brain. This activates imagination, sense of identity and self narrative

**Ventral Striatum** for reward and motivation

Reduced Amygdala activity and lower cortisol, greater resilience

**Why this matters?** Moving from victim to creator rewires your DMN: instead of rumination, the brain generates vision



## PHASE 5: CONSOLIDATION

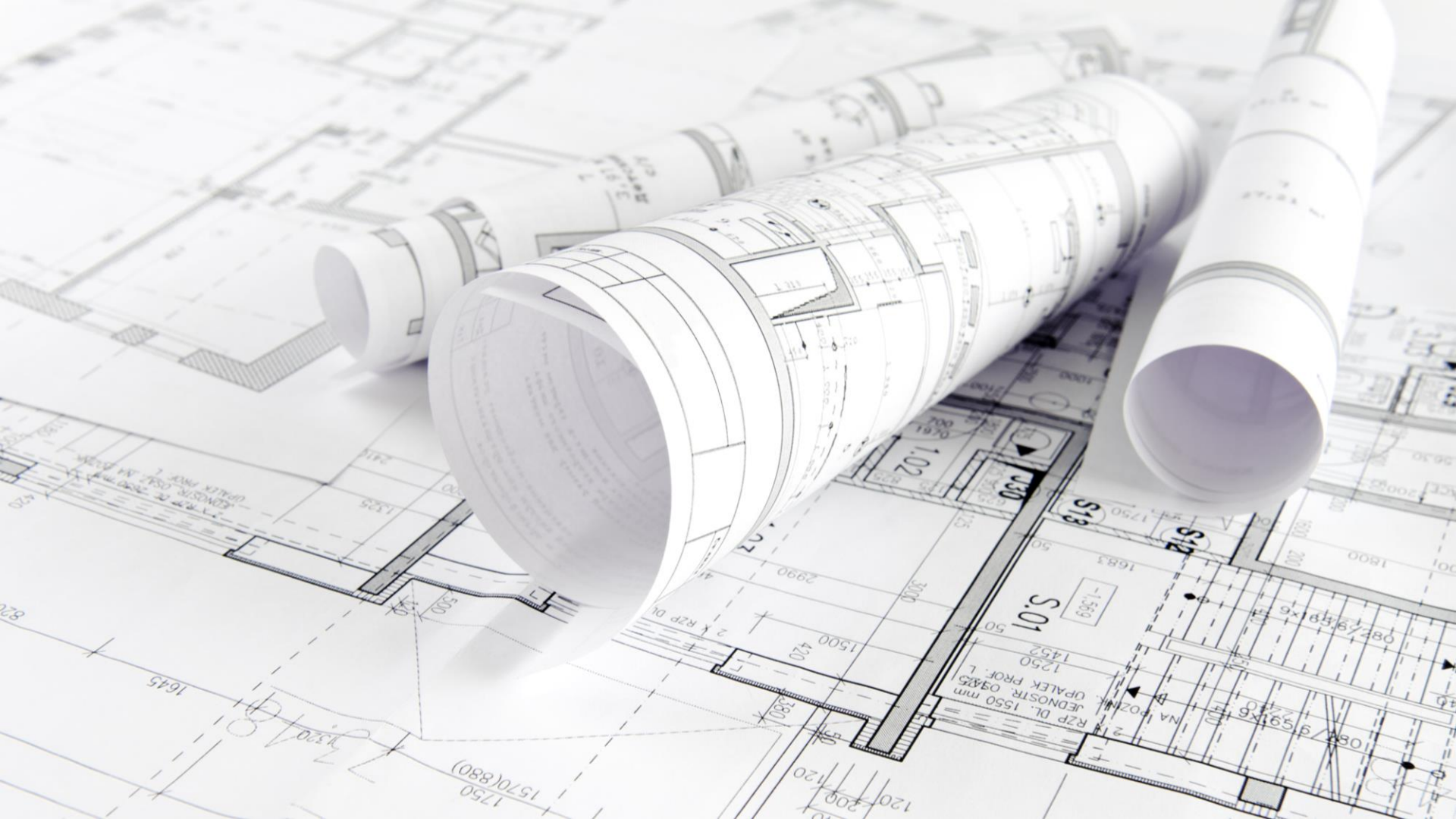
### Integrate and embody

Brain areas activated:

**Basal Ganglia** for habit formation through repetition  
Myelination processes in white matter so that new habits become automatic

**Prefrontal Cortex + Anterior Insula** for self regulation and emotional balance

- **Why this matters?** With practice, the new identity is hardwired. The brain literally changes structure. What started as “conscious practice” become your neural default outlook and identity.



## IN CONCLUSION

Your brain doesn't just think **differently** – it is physically **reshaped** to support resilience, purpose and authenticity.

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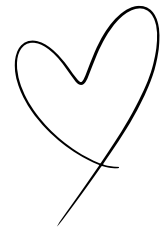
## **Real transformation ...**

doesn't happen overnight: it happens in your brain.

Every time you challenge a sabotaging thought and choose a new perspective, you are literally rewiring your neural pathways.

Science shows that lasting change comes from repetition, consistency, and the right guidance. That's why my coaching isn't about quick fixes — it's about creating new circuits in your brain that support clarity, confidence, and resilience for life. Welcome to The Mental Strength Lab!

With Love



*Lucia Giammarco Granillo*

