



LIVE WEBINAR WITH TOTAL BRAIN

Small Steps To Big Change




Brain-based ways to make healthy habits stick

THURSDAY, JUNE 13 | 12:30 PM EST

The majority of us have goals or dreams that we want to fulfill, and we look at milestones throughout the year as markers to start fresh and achieve new opportunities. But did you know that 80% of people will drop their resolutions completely? The good news is that there are brain-based predictors of resilience and grit that can be trained. Join this session to learn techniques you can train to strengthen your willpower and get the brain edge you need.

[Register today](#)

In this webinar, you'll learn:

-  The science behind small steps to big change; why it works.
-  Techniques to make healthy habits stick.
-  A three-step process to help you kick-start your brain-based willpower.

Attendees will learn how they can have their name entered to win a Fitbit during the Month of June



There will be Twenty-five lucky winners!

QUESTIONS? Email: Support@totalbrain.com