



# The 5-Minute Conscious B.R.A.I.N. Method™

A simple daily practice to recondition your mind, body and nervous system.

## What is it?

*This Method™* is a simple daily practice to recondition your mind, body and nervous system. Designed for switched-on, high-functioning professionals, it helps you regulate your nervous system, clear mental clutter, and shift from reactivity to calm, intentional leadership.

It's *not* about controlling everything, or ticking a box. It *is* about building a consistent habit that grounds, and uplifts you.

## Why it works

Most high-performers know how to *do*, but not always how to *pause*. This Method is a deliberate reset that interrupts automatic habits and teaches your brain, body, and nervous system what safety, clarity, and intentional leadership actually feel like. The outcomes are fast and tangible.

Used once, it offers immediate relief... a simple tool to steady yourself before a meeting, a conversation, or a key decision. Practised daily, it reconditions your nervous system.

It's like laying a new walking path through the bush. Each time you walk it, the path becomes clearer, until it's the one you naturally take.

This isn't just about "feeling better." It's about rewiring your internal systems to lead from calm, respond with intention, and return to centre under pressure.

## How to use the 5 minutes

This Method works best when each step is given exactly one minute — no more, no less. Set a timer if you need to.

The structure is intentional. It stops the mind from overthinking or lingering, and it trains your nervous system to move smoothly from one state to the next. Think of it like interval training for your inner world — short, focused, and surprisingly powerful. Trust the rhythm. When the minute ends, move on.

That's where the reconditioning happens.

**This is the practice behind the presence. And with practice, it becomes the way you lead - in business, in relationships, in yourself... not by force, but through intention.**



# The 5-Minute Conscious B.R.A.I.N. Method™

## Breathe Reflect Align Intend Notice

### B — Breathe (minute 1)

**Calms your system and signals safety, so you can lead from a grounded state.**

Use the 4-7-8 breath to regulate your nervous system:

- Inhale for 4. Hold for 7. Exhale for 8. Repeat slowly.

That longer exhale is key as it activates the parasympathetic nervous system, your body's natural calming response. This simple rhythm sends a powerful message: *you are safe*.

### R — Reflect (minute 2)

**Builds self-awareness by shifting unconscious habits into conscious choice.**

Ask yourself better questions, and write down the answers in your journal.

Shift from “*why*” to “*what*,” “*when*,” and “*where*” to grow insight. Here's some examples:

- What is the real reason I feel anxious or overwhelmed right now?
- What triggered this feeling?
- Where do I feel this emotion in my body?
- If I were five years old feeling this, what would I need?
- How can I give that to myself now?

This is how you start to recognise patterns, self-soothe, and rewire your emotional responses.

### A — Align (minute 3)

**Rehearses the mindset you want to embody so your nervous system can follow.**

It's not enough to know what you *don't* want... your brain needs to rehearse what you *do* want. Instead of “*I don't want to feel anxious*,” switch to, “*I choose to feel calm and in control*.”

Now visualise it:

- What would you see, hear, think, and feel in that state?
- What would you be saying to yourself?

Spend one minute immersed in that inner reality. This is mental rehearsal. It primes your nervous system to follow your lead. And check in with your head, heart, and gut - all intelligent systems that need to align.

### I — Intend (minute 4)

**Brings deliberate focus to your thoughts, actions, and energy — on purpose.**

This is more than setting a goal. It's about how you show up in everything you do.

- Ask: “*How do I want to show up today?*”

Then choose one simple action that supports that way of being - a boundary, a pause, a breath before speaking. Make it doable. Let it matter. This is how we lead from the inside out.

### N — Notice (minute 5)

**Trains you to observe change and stay attuned to what your body is telling you.**

This is your check-in moment.

Has your breath softened? Your body settled? Your self-talk shifted?

This step teaches your brain to witness change in real time. The more we notice our inner world, the more capacity we build to pause, adjust, and lead with presence. It's not about perfection. It's about paying attention.

# Feel Like You Again

Private Coaching with The Brain Changer™



**You're successful on the outside - but stuck on the inside.**

**Racing thoughts. Never-ending pressure. And a quiet voice inside asking, "Is this it?"**

**This is where everything changes.**

Our private coaching isn't about coping. It's about finally understanding what's really going on beneath the surface, and changing it at the root level.

## Imagine...

- ✓ Waking up calm, clear, and excited about your future
- ✓ Making decisions without second-guessing
- ✓ Letting go of overthinking, perfectionism, and burnout
- ✓ Stepping into your next level with clarity and ease

## What's included:

- ✓ 1:1 online coaching sessions
- ✓ Personalised support between sessions
- ✓ Tools backed by neuroscience, not fluff
- ✓ VIP access to exclusive offers



## The Brain Changer™ difference?

We don't do surface-level and fluff.

We get to the root cause.

And we create change that lasts.

**Ready to reset your mind - and your life?**

**Visit [moonbeammonday.com.au](https://moonbeammonday.com.au)**

Let's chat. No pressure. Just possibilities.

# Join the community



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