

The Neuroscience of Your Uniqueness

What impact does your uniqueness have on your community, teams, and goals?

Do you believe that you are wired uniquely or that you can be anything you want to be?

What is the Neuroscience of Uniqueness?

Is your personality cast in stone? The short answer is no. The human brain has 85 billion neurons and the reality is, that there is no one who thinks exactly the way you do, no one has a brain like yours. You are unique.

Your unique wiring and distinct personality are very closely related. Personalities are a form of expression of your uniqueness.

If we look back to 5 years ago, we're not 100% the same person we were. Also, if we look 5 years ahead, we'd have developed more skills and aptitude = growth.

There's an interesting balance between our belief that we are statically unique, and we'll always be the same, versus the belief that we have endless possibilities to develop. Your wiring is not static. You are unique and you will continue to be unique even from who you are today.

Why does this matter?

It matters because what you believe about your uniqueness will impact the way you live your whole life! Understanding your wiring and your uniqueness is where you'll grow the most.

It matters because you'll live a life of impact. Understanding that you are wired uniquely sets you up for a significantly purposeful life and you're better equipped to tackle your limiting beliefs and disempowering mindsets.

Who is this about?

First and foremost, it's about YOU. This is about self-empowerment and identifying opportunities to grow. Research suggests that in an area of a talent, your ability to grow in that specific talent is almost unlimited. You have unlimited potential, and understanding your uniqueness is about where you'll grow the most.

The second who, is your community. Your relationships and your ability to influence are all impacted by your uniqueness.

When should we pay attention to this?

NOW - this is an urgent task. Before we get carried away with the "lotto mindset" of "I'll do this when I'm more like Steve Jobs or Nelson Mandela". Growth is not becoming someone else; growth is becoming more of who you really are and investing to the fullness of your full potential.

How can you leverage your uniqueness?

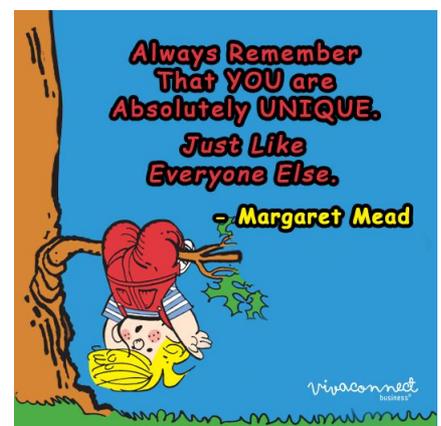
3 Simple steps:

- Discover and accept who you are
- Grow and liberate who you are
- Celebrate and love who you are

Closing Quote

"I understand now that no one else in the world knows what I should do. The experts don't know, the ministers, the therapists, the magazines, the authors, my parents, my friends, they don't know. Not even the folks who love me the most. Because no one has ever lived or will ever live this life I am attempting to live, with my gifts and challenges and past and people. Every life is an unprecedented experiment. This life is mine alone. So, I have stopped asking people for directions to places they've never been."

- Glennon Doyle



I hope you enjoyed the presentation!

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