

# LEADERSHIP CHALLENGE

**Train Your Brain Step #11—Train your brain to listen to your heart.**  
**Challenge #11: Practice heart-head checks before you make choices.**

Your heart and brain have a very special connection. They are wired to work together to help you make wise choices. Your brain is so smart it can figure out how to do almost anything—even things it shouldn't. Your heart tells your head when something doesn't feel right.

Have you ever done something when you knew you shouldn't? How did your heart feel?



Your heart can sometimes talk your head into doing things because it feels good, like eating too much candy. It needs your head to think about the consequences to keep it from making a bad choice. It's important to listen to both your heart and your head.

Practice taking heart-head checks before you make decisions. Remember your truth meter from lesson eight? Ask yourself if it is...

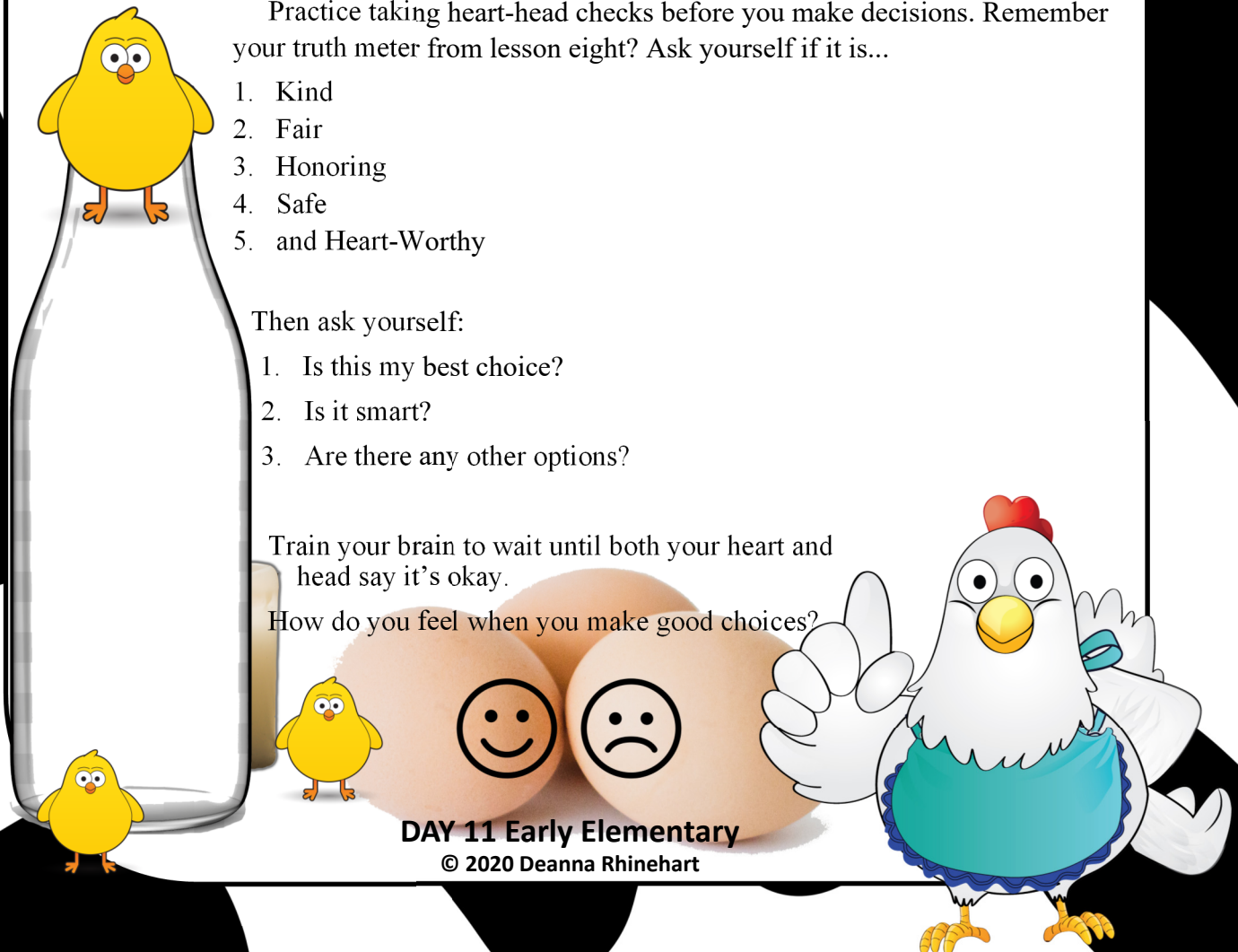
1. Kind
2. Fair
3. Honoring
4. Safe
5. and Heart-Worthy

Then ask yourself:

1. Is this my best choice?
2. Is it smart?
3. Are there any other options?

Train your brain to wait until both your heart and head say it's okay.

How do you feel when you make good choices?



**DAY 11 Early Elementary**

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