

As a neuroscientist, I think deeply about all the tools we have from science to help us live the happy and joyful lives we all seek. Did you know that our Quality of Life can be enhanced by the maintenance and intersection of 3 key areas of life? First up, physical fitness, when you move your body you are not only strengthening your cardiovascular muscle and bone health, but you are giving your brain a veritable bubble bath of neurochemicals, including dopamine, noradrenaline and serotonin that also gives you an immediate mood boost. And speaking of mood boost, second on the list is mental wellness. Emotional regulation and balancing your stress and anxiety levels with your joyful happy times is absolutely key. The third key associated with the high Quality of Life is your financial fitness. This totally makes sense since one of the biggest sources of anxiety in our lives today is managing money. Focusing on just one or two of these areas of wellness, just won't cut it. The research indicates the importance of investing in all three areas to get the highest Quality of Life. And here's a surprising insight, people that use the executive control area of their brain or prefrontal cortex right here to proactively plan their financial futures were 50% more satisfied with their Quality of Life. Wow, 50%. Managing your physical, mental and financial fitness together can lead to an excellent Quality of Life. And to supercharge that process, use your PFC or your prefrontal cortex to proactively and joyfully plan your financial future.