

## **Brain Science of Fearlessness**

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- **Commit to team winning**
- **Learn agile thinking**
- **Don't be so hard on yourself**
- **Let go needing self-esteem (different from adaptability)**
- **Have fun**
- **Manifest your unlimited potential**
- **Structure fearlessness and vulnerability into your life**
- **Build your resilience regularly**
- **Help the others**

