

MINDSET KEY #1: TALK ABOUT NEUROPLASTICITY

Understand and talk about 'neuroplasticity'

- “Experience builds brain architecture” (Harvard)
- “Learn how the brain works so we can work the brain” (Jim Kwik)
- “The brain is like a muscle that grows with use” (Stanford)

More Key Phrases:

“Survival of the busiest”.

“Neurons that fire together, wire together”

“Use it or Lose it”

Becoming aware of neuroplasticity can disrupt a fixed mindset

